

celebs

Selena Gomez has learned to 'appreciate' her mental health struggles

Celebretainment | Los Angeles

Selena Gomez has learned to "appreciate" her personal struggles.

The 31-year-old pop star revealed in 2020 that she had been diagnosed with bipolar disorder before she opened up about her mental health in the 2022 documentary 'My Mind and Me' and reflected that the older she gets, she no longer feels "held back" by anything.

She told People: "I have to say, turning 30 was a good moment for me. I'm 31 now, and I actually truly feel like the older I've gotten, the more I've re-

ally appreciated the struggles that I've had. And I don't necessarily feel like I'm held back by anything. I just feel like I've been honest with the world, I've been honest with myself, I've called myself out, and I just want to be the best version of myself."

The 'Single Soon' hitmaker - who shot to fame in her early teens when she was cast in the leading role of Alex Russo in Disney Channel sitcom 'Wizards of Waverly Place' - went on to assure fans that after all this time, she now feels "really happy" in herself, especially after retailer Sephora agreed to donate 100 per cent of the sales from her Rare Beauty brand to her Rare Impact fund in honour of World Mental Health Day.

She said: "I've done so many cool things in my life, but there's never been a moment quite like this. I'm so grateful. I actually feel that way about my gala that's coming up as well, and to know that my partner Sephora is actually supportive of [my mental health] mission is so incredible



Selena Gomez



Megan Fox: Sometimes relationships are a 'war'

Celebretainment | Los Angeles

Megan Fox believes relationships can be a "war".

The 'Transformers' actress - who has three sons with ex-husband Brian Austin Green and is engaged to Machine Gun Kelly - explored toxic bonds in her new poetry collection, 'Pretty Boys Are Poisonous', and despite the dark subject matter, she insisted "ugly" problems can be a way to grow and get stronger.

She told People magazine: "Relationships are complicated.

ed. "For most of us it's not a fairy tale. Relationships are not pretty. They are ugly. Sometimes they are a war.

"But through a wound enters an opportunity to grow and become a stronger more whole version of yourself."

The 37-year-old beauty kept "the majority" of her work out of the book because she thought it would be too "unsettling" for readers.

She said: "I didn't even bother sending the majority of what I wrote to my editor because they were too graphic and unsettling for others to read."

But just writing the poems was more fulfilling than acting has ever been.

She explained: "Acting doesn't really

allow me to express myself fully in the way writing does because I'm reading someone else's words under someone else's direction.

"Poetry gives me a space to experience some catharsis through art."

The 'Jennifer's Body' actress didn't only use her own life for inspiration for her poems.

She said: "It comes from a lot of places. Some of it is literal, while other parts are allegorical. Some poems contain a Grimm's-fairy-tale-type element, and others serve the same purpose as memes in online culture.

"All of it "is something women can relate to."

And Megan isn't nervous about sending her personal writing into the public sphere.

Bradley Cooper 'crashed' Gigi Hadid's girls' night out

Celebretainment | Los Angeles

Bradley Cooper reportedly "crashed" Gigi Hadid's girls' night out with Taylor Swift over the weekend.

The 48-year-old actor has been romantically linked to Gigi, 28, over recent months, and the celebrity duo were spotted leaving a nightclub in New York City at around 3am on Sunday.

A source told 'Entertainment Tonight': "After the ladies finished with their dinner, they went over to Zero Bond and some other friends joined - including Bradley Cooper.

"Bradley was there to meet up with Gigi. The two of them left the club together."

Gigi spent much of the night with some of her showbiz pals, before she was seen leaving the club with the award-winning actor.

In October, a source claimed that Bradley felt "excited" about getting to know the model.

The source told DailyMail.com: "Bradley is excited about getting to know Gigi.

"He hasn't felt this excitement about a woman in a very long time.



Bradley Cooper

Priyanka Chopra Jonas 'reintroduced' to abs after movie training

Celebretainment | Los Angeles

Priyanka Chopra Jonas has had a "reintroduction" to her abs.

The 'Baywatch' star, 41, says working out for a recent film left her torso so defined she is now back to wearing more crop tops to show off the results.

She told the PopSugar website: "I was training for a movie recently and I had a reintroduction with my abs after a long time. I hadn't been confident about

wearing crop tops and stuff like that.

"I was going to a public place and I remember I wore a crop top and skirt, and I was really nervous about it.

"I was like, 'Oh man, I'm not going to be comfortable sitting,' and all those things that you think about when you're wearing

a crop top.

"But I felt good because I felt healthy, confident, and fit and I was really surprised. I wasn't sure when I was walking out the door but I was like, 'Alright, I'm going to push myself.'"

"And then eventually, I turned around and added that into my wardrobe a lot more."

Priyanka, who has a nine-month-old daughter Malti with her Jonas Brothers star husband Nick Jonas, 31, believes getting dressed can be a "version" of "confidence" and its important to find your own path.



Priyanka Chopra

Austin Butler is selective about the roles he takes on

Celebretainment | Los Angeles

Austin Butler has been inspired by other actors and directors to only take on "certain types of work".

The 32-year-old former Disney star - who shot to fame in teen shows such as 'Hannah Montana' and 'Zoey 101' and became a massive star after playing the late King of Rock and Roll in 2022's 'Elvis' biopic - thinks carefully before agreeing to work as he forms his own unique career trajectory.

Speaking to Total Film mag-

azine before the actors and writers' strikes, he said: "I've been working as an actor since I was 12 years old, and hoping to do certain types of work, and work with certain people.

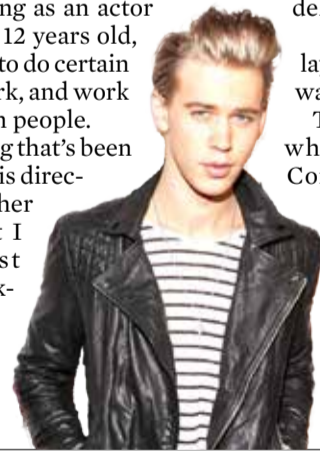
"The thing that's been guiding me is directors and other actors that I would just adore working with."

The strikes have seen Austin Butler

his upcoming movies 'The Bikers' and 'Dune: Part Two' delayed.

The former was delayed after the interview was conducted.

The acclaimed drama, which also stars Jodie Comer and Tom Hardy, was due to hit cinemas on December 1, but it has now been left with a question mark over the release date, according to The Hollywood Reporter.



Austin Butler

SUDOKU

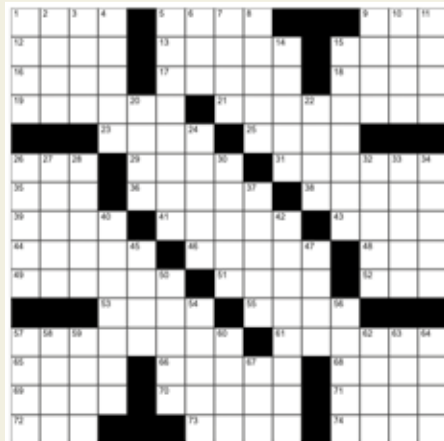
		3		7	1	8		
				9				6
	8		3					7
	3		9		6			
	9		2	8	3			5
			1		5			6
6				2		7		
5				1				
	8	9	7			2		

Yesterday's solution

1	4	7	6	8	3	2	5	9
3	9	5	7	1	2	4	8	6
2	8	6	9	5	4	1	3	7
9	5	3	8	6	1	7	2	4
6	7	4	3	2	9	5	1	8
8	2	1	4	7	5	9	6	3
7	3	2	1	4	8	6	9	5
5	6	9	2	3	7	8	4	1
4	1	8	5	9	6	3	7	2

How to play
Place a number in the empty boxes in such a way that each row across, each column down and each 9-box square contains all of the numbers from one to nine.

CROSSWORD



Across

1- Disrespectful back talk; 5- Ticklish doll; 9- Skye cap; 12- Spillane's "... Jury"; 13- Scenes; 15- Commedia dell'...; 16- Bridle strap; 17- Mgmt.; 18- Fly catcher; 19- Infected; 21- Person-to-person; 23- Border on; 25- Basic unit of heredity; 26- Tie the knot; 29- Long objects used to row a boat; 31- Steal livestock; 35- Afore; 36- Meat; 38- Place; 39- Slender; 41- Ruhr city; 43- Longings; 44- Lager holder; 46- Luster; 48- Born, in France; 49- Informal chat; 51- Capital city of Western Samoa; 52- Fashion monogram; 53- Big bash; 55- Cpls' superiors; 57- God of dreams; 61- Owl, e.g.; 65- Not pro; 66- Improvise; 68- Like the White Rabbit; 69- Observed; 70- Connect with; 71- CPR experts; 72- Is afflicted with; 73- Redolence; 74- Show to a table;

Down

1- Letter opener; 2- To ... (perfectly); 3- Pack and send; 4- Actress Berger; 5- Leave empty; 6- Container cover; 7- Exec's note; 8- Due (to); 9- Dixie Chicks, e.g.; 10- Env. notation; 11- Allot; 14- Twisted expression?; 15- Pardon; 20- Native Nigerians; 22- Responsibility; 24- Head lock; 26- From Cardiff; 27- One of the Muses; 28- Brightest star in Cygnus; 30- "Peter and the Wolf" bird; 32- Itty-bitty; 33- Ways to the pins; 34- Ford flop; 37- Hangs on to; 40- Boss; 42- Person who lives near another; 45- Flood survivor; 47- Defense grp. since 1949; 50- Sheep cry; 54- Recording of acoustic signals; 56- Mends a shoe; 57- Potato preparation; 58- Draft classification; 59- Hwys.; 60- Go downhill fast?; 62- Domesticated; 63- Bluesy James; 64- Break; 67- How was ... know?;

Yesterday's solution

R	O	M	E	O	A	F	L	E	R	T	E	S
O	R	A	T	E	L	O	O	T	E	A	S	E
A	S	P	A	R	A	G	U	S	E	L	I	T
M	O	S		B	A	L	T	R	I	G	O	R
G	E	M	I	N	I	A	N	N	A			
E	L	A	P	S	E	W	A	I	L	I	N	G
E	S	A	U		A	A	H		C	O	A	L
T	E	M	P	E	R	O	R	O	T	E	L	L
		V	A	L	E		H	E	R	O	E	S
A	S	S	E	T		A	G	E	S			
A	S	T	E	R		E	U	R	O		U	A
U	S	A	G	E		S	T	O	D	H	O	R
T	O	R	U	S		T	A	B		E	N	D
O	C	T	E	T		A	H		M	O	U	S