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**SHOCK
REPORT:**
I KILLED MY
BEST MATE'S
BOYFRIEND

bliss

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VS PARIS**

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YOU + YOUR MATE ÷ HIM = ? FIX YOUR LOVE TRIANGLE, SEE p134



Reincarnate yourself

HOW TO GO BACK AND START ALL OVER AGAIN

Being born again is a nice idea, but what if you can't wait until your next life for a new start? Sometimes you need to change the way people see you, like, now! But

is it possible to reincarnate yourself? Life coach Shola Arewa thinks you can. "You need to build on the wisdom you've gained through past experiences," says Shola. "But

with a leap of faith you can reinvent yourself." So if you wanna be the class diva or tame your wild side, find out how to have a reinvention when you need it most!

► **You need to reinvent yourself because...**

You've embarrassed yourself in front of the lad you fancy. Now you seriously need to regain some face!

► **What to do...**

"You need to own the situation," says Shola. "You have to be able to laugh about it." Be the girl who can deal with anything.

► **What not to do...**

"Don't pretend it didn't happen," advises Shola. "You can't affect a transformation while you're still cringing!" Be brave and get on with it.

► **You need a transformation because...**

You've started to have feelings for one of your boy mates. The problem is he just sees you as a friend.

► **What to do...**

For him to realise what a goddess you are, you may need to come clean about your feelings. "Talk to him on his own and be honest," says Shola.

► **What not to do...**

Try not to go overboard with the flirting. He may be scared if you suddenly start vamping it up too much!

► **You need a reincarnation because...**

Your parents don't trust you, but you really want them to start seeing you as a responsible adult for once.

► **What to do...**

"Be seen to really listen to what your parents say, and act on it," says Shola. Give them your point of view, but do it without the drama!

► **What not to do...**

"Telling your parents to 'speak to the hand' won't help," warns Shola. They'll think you can't handle a grown-up chat.

► **You need a makeover because...**

You fancy a new 'look' but don't know how to go about suddenly pulling off a total transformation.

► **What to do...**

"Be courageous," says Shola. If you decide to ditch your emo trainers for a pair of stillies, who's to stop you? It's about creating your own style!

► **What not to do...**

You don't need to follow anyone else. Don't stick to a look you're bored with just because your mates are.

► **You need to be reawakened because...**

Your friends see you as a pushover and you want to start asserting your own opinions more often.

► **What to do...**

Think about what you really want to say and make sure you act on it. "The things you say, think and do should all be in harmony," says Shola.

► **What not to do...**

"Don't lie to yourself or your friends," advises Shola. You'll only end up resenting your mates if you're not being heard.

► **You need to be revitalised because...**

You went and blabbed a mate's secret and now your friends think you're two-faced and can't trust you.

► **What to do...**

"Apologise to the people involved and explain that you know it was out of order," says Shola. And keep things to yourself in future!

► **What not to do...**

Don't just pretend you didn't say anything. It will only make things worse if people think that you're a liar as well.

5 PEOPLE WE'D LIKE TO COME BACK AS...

1 Royalty – any excuse to behave like a princess.



2 Paris Hilton. We'd never want for new shoes again.

3 Cameron Diaz. Life has to be easier with those legs.



4 A cat. Biggest worry = where to sleep!



5 People! We're pretty happy, really.

PARIS HILTON: PHOTOFEST; CAMERON DIAZ: PHOTOFEST; SHOLA: SHOLA; KITTEN: PHOTOFEST