



Rihanna
The Firecracker

"Rihanna has a very passionate heart line, but it isn't fully expressed. Her desire to be a nicer person is taking the edge off her focus. As a result, her career line shows a lack of focus.

"The top of her middle finger is bending slightly showing she feels the need to do the right thing.

"The star on her head line under the point where her little finger and ring finger meet appears after we spent our childhood learning to please other people and no longer know what we want.

"She has a few Xs hanging off her heart line, indicating she feels unsupported in her intimate relationship. The more she values herself the more others will too."

Victoria Beckham

The Thinker

"Victoria's hands are quite lined, reflecting the fact she thinks A LOT. She's a resourceful and creative thinker but she holds herself back so much!

"Her career line has a healthy start and follows through straight and clear until it hits her heart line where it stops – showing she is career-focused, a hard worker who follows through until her heart gets in the way. Her life is a balancing act between working and being a mum.

"The small, lower section on her little finger shows she struggles to trust others. Her high-set ring finger shows how important appreciation and applause are to her."

Mick Jagger
The Showman

"Mick's success is reflected very clearly in the four vertical lines originating from one point lower down on his hand. They are the physical representation of the accolades he has received in his career. A person with these lines is capable of accomplishing a great deal.

"The length of the vertical line under his ring finger is unusually long by average standards, signalling someone who has spent years putting energy into performance. His head line shows he's very traditional with strong family values.

"The plumped-out, lower-moon zone on his hand shows he is filled with inspiration and imagination. It also indicates a person who is changeable in their married life."



Jennifer Aniston The Traditionalist

"Jen's fairly straight heart lines that stop under her middle finger show she's quite a reserved person who is unlikely to wear her heart on her sleeve.

"Her life lines and head lines are both 'tied together' for some distance before they separate, telling us that Jen is really quite traditional – she's more likely to take a sensible, grounded approach, thinking things through before taking action.

"Her little finger is long in comparison with most women's, emphasising a need for closeness and understanding, a need to be heard. She should put energy into saying what she feels."



Tom Cruise The Provider

"The shape of Tom's palm is that of the 'loyal soldier'. He's great at getting done what needs to be done. But he's limited by his own rules, especially in his relationships.

"His large index finger represents his sense of his own authority. Given its size, it shows he has put more energy into being in control than into getting under the spotlight.

"His large Venus zone (muscle under the thumb) shows he likes to provide. Tom's level heart line suggests he thinks more about how he feels than actually feeling it. It's curved, meaning he'd like to get into his feelings more. Don't be scared, Tom!"



Denise Welch The Self-Doubter

"An intertwining head line and life line means she'll win the hearts of the public as they can relate to her on several levels. Her head line emphasises that if Denise ignores her instincts, she will experience sudden depression or a feeling of being trapped.

"Her short life line on her left hand shows she doesn't feel grounded in her personal life, that she needs to use energy in short bursts, rather than using it on anything that requires a sustained expenditure of energy.

"It looks like her subconscious pulls her in a different direction to her conscious. Denise should trust her gut instinct."

Lorraine Kelly The Mentor

"What really jumps out is the very obvious line of clairvoyance in Lorraine's left hand. This suggests someone who's a spiritual teacher or life coach.

"Her straight head line shows she's logical and sensible. Her heart line shows she's passionate, while a long life line means she is grounded.

"A long ring finger compared to her index finger shows applause and appreciation are motivators. So the more people love what she is doing and tell her, the more she'll do.

"The one thing that does show up in her hands is that she struggles to say no. She shouldn't be afraid to turn things down!"



By Janelle Butterfield

Kristin's diary



LIVING WITH CANCER

Learning to be a model patient

This week's feel-good factor ☺☺☺●●●

Since the end of last year, I have been visiting my local Marie Curie hospice for all sorts of scrumptious treatments like reflexology – the work of gods – and emotional pick-me-ups.

I had decided it was time I got a little help with "stuff". I'm still not sure what this "stuff" was or what solutions I needed, but I felt I needed "something." This sounds vague, I know, but such is my brain sometimes.

I have to be assessed by a palliative doctor, which is refreshingly nice. Typically, you hear the word palliative and you think it's game over.

Well no, people like this doctor give you options, give you any painkiller under the sun and want to know about the day-to-day issues rather than the scans and blood tests (yawn). They are there to make life as easy and comfortable as possible, for as long as they can – and I plan for that to be a while.

She knew what all my scans told us. We know that I have multiple cancer spots on my spine, hips and pelvis. And on paper you'd think I'd struggle to move let alone exercise. But exercise is what she wants me to do.

I have somehow lost a lot of my confidence in that department and it also didn't help that, at every exercise class I used to attend, a bit of me died inside when the instructor asked if I'd got "any injuries." I hated that look when I told them. I mean, it was only Pilates!

When I was living in China (before Diagnosis Day) I dabbled in a little modelling alongside working for a travel company and teaching English to Chinese businessmen and children.

When I say dabbled I mean I helped a mate with a fashion show and went to castings only to realise how soul-destroying the modelling world was in Beijing.

One afternoon I was given a catwalk class to help me up my game. It wasn't very successful and in fact I really didn't take trying to perfect the model strut very seriously at all.

I count my lucky stars that I can still get out of bed

Last Wednesday, I had a very vivid flashback to that day when the physiotherapist asked me to walk up and down the corridor to see how many lengths I could do in two minutes.

The contrast hit me like a sledgehammer. I found myself asking myself how it had come to this.

Back then, in Beijing, I was judged on my ability to walk in an ultra-cool fashion, and yet here I was being assessed on my ability to walk at all. And not just that, but I was struck by how much my body had changed. It felt like I had aged 40 years, not four.

I count my lucky stars every single day I can get out of bed without too much of a struggle. But I am now determined to help my body in any way I can.

I know I don't help myself (for one, I spend far too long sitting in front of my laptop) but thanks to the great people at the hospice, I'm going to get pumping some serious iron. And I think my catwalk days are very much a thing of the past...



POSE: But modelling wasn't for me

Kristin Hallenga is founder of breast cancer charity CoppaFeel!
To find out more go to WWW.COPPAFEEL.ORG