



MailOnline

Home News | U.S. | Sport | TV&Showbiz | Australia | Femail | Health | Science | Money | Video | Travel | Fashion Finder

Latest headlines You mag Event **Books** Promos Rewards Mail Shopping Bingo Horoscopes Property Motoring Columnists Stats Login

Why your brain always looks on the bright side

THE OPTIMISM BIAS BY TAL SHAROT (Robinson £8.99)

By JOHN HARDING FOR MAILONLINE
 UPDATED: 14:56, 6 January 2012

Site Web Enter your search



Jumping for joy: We are naturally optimistic

Monty Python told us: 'Always look on the bright side of life', but it seems they needn't have bothered because people do that anyway.

According to neuroscientist Tali Sharot the human brain is hardwired to see the glass as half full rather than half empty.

Sharot first stumbled on the phenomenon when researching people's memories of the events of 9/11. She found that their later memories of the day often diverged dramatically from what they reported at the time.

Memories are constructed in an area of the brain called the hippocampus, and her research showed what every entertaining dinner guest already knows: that we tend to embellish and enhance our recall of the past.

Why should this be? The answer appears to be that the hippocampus's function of imagining scenarios is actually designed not for thinking about the past, but the future, and that we put a positive spin on what we think is going to happen.

Research indicates a huge reality gap in our predictive habits.

We know that around 50 per cent of marriages end in divorce, but even people who've had a number of failed marriages continue to tie the knot again - what Dr Johnson famously called the 'triumph of hope over experience'. We know the odds of a successful marriage aren't great, but we don't think ours will fail.

Similarly, statistics tell us one in three people will suffer from cancer, but the overwhelming

The funniest books for kids this Christmas

SCHOLASTIC

Like Daily Mail

Follow @MailOnline

Follow Daily Mail

+1 Daily Mail

DON'T MISS

Keira Knightley pregnant with musician husband James Righton's first child

Actress confirmed she is expecting 18 months after French wedding



Is that part of your Masterpiece? Jessie J flashes her pert derriere and wears racy leather bikini in new video

Putting her gym honed body on show



Shirtless Justin Bieber playfully wrestles with his friends as they enjoy a pool party at his lavish new \$60k-a-month glass mansion



Ads by Google

3 Months Telegraph - £1
www.telegraph.co.uk

Tablet, mobile & web full access. Join today for as little as £1!

Lumosity Fit Test
www.lumosity.com

Take a 10 minute Lumosity Fit Test Challenge Memory, Attention, & more

John Lewis Official Site
www.johnlewis.com

Shop For The Latest Brands Online. Free Delivery On Orders Over £50.

Cognitive testing
www.metrisquare.com

Innovative solutions for digital psychol. & IQ-testing & education

100% Natural Muscle Rub
www.ultrabehealth.co.uk

Subtle Warming.Excellent for Joint Pain.Spicy Ginger. FreeP&Pt&c apply



Glass half full: Cartoonist Pugh's take on the eternal question

majority don't believe it will happen to them.

We view favourably decisions that we've made. Research subjects were asked to rate different possible holidays. They were then asked to choose between two holidays they had rated the same. Having chosen, they were then invited to re-evaluate all the holidays.

Nearly all rated the one they had chosen as higher than the one rejected, even though they had previously judged them equally attractive.

When asked to imagine different future scenarios, both pleasant and unpleasant, subjects whose brains were being scanned by an MRI scanner showed increased activity in areas of the brain associated with emotion.

The more optimistic a person was, the greater the activity when considering a positive future event.

Why do we see the future through rose-coloured spectacles? The obvious conclusion is that life's realities - the fact that we are going to grow old, probably suffer illness and ultimately definitely die - would be unbearable otherwise. Looking on the bright side enables us to cope.

At the same time, being overly optimistic may not be good for us. Thinking only others will get heart disease or cancer may encourage us to miss potentially life-saving check-ups. Believing our own household will remain immune from a general recession may lead us to spend recklessly when we should be saving.

But moderate optimists tend to stay healthier and live longer, probably because they suffer less stress and anxiety worrying about the future.

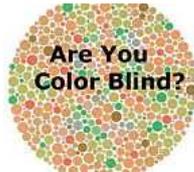
Optimism, like red wine, concludes Sharot in this fascinating account, is good for us in moderation. A half full glass every day, perhaps?

[Buy this Book](#) ▶

Share or comment on this article



Forget the iPhone - Check Out These Classic Nokias
Stuff



10% of the population is Colourblind. Are You? Take The Quiz And Find...
Quizzyn

Sponsored Links by Taboola



Most Hated Trick by Life Insurance Companies...
NationCover



35 Celebrities Who Completely Ruined Their Faces
Caliser



New Policy in U.K. - If You Don't Have Life Insurance You Better Read This...
Best Life Cover Quotes



You've Been Eating Chips Wrong Your Entire Life
Foodnetwork.co.uk

Ads by Google

Your "Shocking" Future
Enter Your Zodiac Sign for a Custom Horoscope Reading-Empower Yourself!

Reverse Signs of Aging
12 Natural Ways to Stimulate Your Cells to Grow Younger!

Hey, Sandra Bullock Lied
Her Fans Are In Shock. Her Huge Secret Is Finally Exposed!

Boost Brain Power
Dr. Sears Reveals How to Improve Brain Function in 15 Minutes A Day!

Just a normal lad...

Nicki Minaj displays her dramatic curves as a dominatrix in S&M-themed video for Only starring Drake and Chris Brown
Loves to be provocative



Rihanna slips into an elegant rose gown as she towers over tiny Kim Kardashian at her First Annual Diamond Ball
Ri-ri was demure, Kim... not so much



... before Rihanna wows in billowing black bouffant gown as she performs for VIP guests at her inaugural Diamond Ball
She's a gem!



If looks could KILL! Awkward moment Sony boss tried to embrace Angelina after those hacked emails
Amy Pascal's days may be numbered...



Bikini-clad Alyson Hannigan is in high spirits as she enjoys a day at the beach with her family
Actress, 40, looking good after two children



Katie Price looks markedly different as she showcases her newly-refined figure after having her breasts drastically reduced to a C-cup



Dress like a the Duchess of Cambridge without the royal price tag: How to get glamorous festive party looks for less
SPONSORED



Butt implants aged 12, waists crushed into straps and intestines removed by 16: Inside extreme Venezuelan 'beauty factories' where girls go to become Miss World



One Direction's Harry Styles flashes his chest as he rocks a plunging shirt and loud striped trousers at fashion bash
Out without his bandmates after awards



Boyfriends before best friends! Stephanie Pratt ignores Lucy Watson's warnings about beau Josh



Comments (0)
Share what you think

We are no longer accepting comments on this article.

 **Who is this week's top commenter?**

[Find out now](#)

Shepherd as they enjoy cute date
Reality couple have jumped in head first



That's one way to get attention! Ellie Goulding flashes sideboob in daring cut-out blazer at BBC Music Awards
Singer, 27, rocked up to the event in a trousersuit



EXCLUSIVE: Andrea Faustini WON'T win X-Factor because the British public are too 'nationalistic' to vote for a foreigner, his own father claims
Showed baby photos



Lively looks lovely! Pregnant Blake tips her flat cap to the Brits by keeping her baby bump warm in a checked jacket and tartan fur coat



JAN MOIR: Angelina an angel? No, just another spoilt rampaging ego
It all seems too good to be true - and that's because it is



One is definitely NOT amused! Hilarious video of the Duchess of Cambridge rolling her eyes after being told to 'keep wrapping' during charity visit in New York emerges



Nicole Scherzinger smolders in form-fitting taupe dress as she celebrates successful opening of Cats with co-star Cassie Clare
Feline fine



Kris Jenner, 59, proves she's keeping up with her sexy daughters as she displays cleavage in daring lace top at glitzy gala
Not your average mum...



Pixie takes a bow! Pop star Lott leads the way at star-studded BBC Music Awards in large bow crop-top
Looking stunning following her shock Strictly exit



Slumber party? Karlie Kloss spotted leaving BFF Taylor Swift's NYC apartment... after singer denies lesbian romance
Singer recently revealed she has a spare room for her best friend



Marital bliss! Millie Mackintosh and Professor Green share a tender kiss at rapper's gig afterparty
Still as in love as ever after three years together



Taking it to the next level! Cara Delevingne 'planning move' to new best friend Kendall Jenner's lavish \$1.39m Los Angeles condo
Future flatmates



A Christmas miracle! Kendra Wilkinson reunites with husband



Hank Baskett and their kids to pick out a tree
The couple of five years put their marital woes aside



BAZ BAMIGBOYE: Emma Watson and rugby star boyfriend break up: Actress split with Oxford student a month ago but they remain friends
Work to blame



Joan Collins and toyboy husband Percy Gibson look loved-up as they step out together in London
Pair have been married 12 years



Here come the grooms: Sir Elton John and David Furnish 'to wed in intimate ceremony' on anniversary of their civil union



'Pregnant' Jessica Biel has a grey day as she camouflages her stomach in uncharacteristically baggy jumpsuit
No confirmation yet...



Cindy Crawford's lookalike daughter, 13, lands Teen Vogue shoot and insists it's 'a job' and 'not just putting pretty dresses on'
Passed on her good genes



Fleur East displays her cleavage and abs ahead of X Factor final
Cites coconut water, bum exercises and an HOUR a day on the treadmill for keeping her in shape



Best buddies! Rebel Wilson gets chummy with Crystal The Monkey at Night At The Museum: Secret Of The Tomb premiere
Kept her cool with the simian



Taylor Swift steps out in a chic blue coat as she and 1975 frontman Matt Healy fuel romance rumours in cosy video
Is Matt the next British pop star to date Taylor?



What's happening bro? Kristen Stewart reps signature tomboy style in baseball cap and black hoodie as she hugs a male friend
Far cry from red carpet look



Dotty for fashion! Fresh-faced Pixie Lott shows no signs of her late night as she arrives in Manchester in a polka dot playsuit
Looks Strictly sensational



Andrea Faustini wins X Factor... according to Google Trends, at least: Real time data hints that Fleur will miss out despite being bookies' favourite



'I drank copious amounts to get



through': Kirstie Allsopp reveals she turned to booze after her mother's tragic death



Tears for a beloved aunt: Belgium's royals joined by European monarchs as they bid farewell to Queen Fabiola
Died last Friday at 86



Gemma Arterton wraps up in a faux fur jacket and skinny jeans as she indulges in a caffeine fix while Christmas shopping
Currently starring in the West End



Samantha Cameron gets into the festive spirit in a supermarket jumper as she throws a children's Christmas party at No.10
Christmas Jumper Day



Kim Kardashian 'is offered \$1million to spend an evening partying with Saudi Arabian prince'
Nice work if you can get it...



Showing their support! Jerry Hall can't keep the smile off her face as she is joined by ex-husband Mick Jagger and their daughter Georgia May after panto performance
Christmas together



Chloe Sims and Elliott Wright cosy up for cute festive-themed selfie after reuniting on TOWIE Christmas special
Confirmed they are officially an item again



A sweeping statement! Salma Hayek wins style plaudits in dazzling red gown as she attends inaugural Diamond Ball with billionaire husband Francois-Henri Pinault
Accentuated curvy frame



Cutting edge cameras gave candlelit scenes 'historical authenticity' on the set of BBC Cromwell drama Wolf Hall
Stars Mark Rylance



So was it worth it, boys? James Franco and Seth Rogen pose at the The Interview premiere... after Sony bans the press
Bit awkward



Sony hacking scandal deepens as sensitive medical records of employees are posted online detailing those with cancer, alcohol problems and special needs children



Nicole Scherzinger dazzles in a sparkling backless dress at Cats press night after getting the seal of approval from original Grizabella Elaine Paige



'My absolute world':
Katie Price shares sweet snaps of baby Bunny as she praises herself for being 'strong' and standing by cheating husband Kieran Hayler



Kendall Jenner beats best friend Cara Delevingne to be crowned most popular model of 2014 ... and Miranda Kerr and Dita Von Teese aren't far behind



Did someone say rain?
Jeremy Renner stays dry as female assistant hold umbrella above HIS head on London set of Mission: Impossible 5
Not such a gent...



These shoes were made for... running!
Nikki Reed goes make-up free as she pounds the pavements in skintight tie-dye leggings



Not quite the photo op she wanted!
Amber Rose takes her brand new red Ferrari back to the shop after getting a flat tire
She finally slowed down.



A flare for fashion!
TOWIE's Lauren Pope party hops across London in retro wide-leg trousers and chic white blazer
Never stays for long



Batman gets smoked!
Ben Affleck lights up a cigarette while out on a romantic stroll with wife Jennifer Garner
Health kick for Batman v Superman is over!



'I'm just humbled':
Jennifer Aniston, Emily Blunt and other nominees share their joy after 2015 Golden Globes announcement
Will Oscars come next?



Ella Henderson attends the BBC Music Awards in plunging black jumpsuit just days after wearing almost identical outfit
Similar to Jingle Bell Ball outfit



The day Angelina Jolie asked if my dress would unzip, by Clare Balding: Presenter reveals actress made flirtatious compliment when the pair met



Her halo is restored!
Alessandra Ambrosio arrives at LAX in jeans and a baggy jumper after rocking a VERY racy cut-out gown
Like a regular flier...



How does she do it?
Miranda Kerr steps off a plane in Hong Kong looking incredible in a black mini dress and thigh high boots
Foxy lady



Fleur East looks every inch the pop diva as she struts her way through rehearsals for live X Factor final at Wembley
The 27-year-old looked determined



'There's a chance she won't make it': X Factor bosses fear Mel B will not be able to appear in the live finals as the Spice Girl is struck down with mystery illness



'We're passionate but it's never personal': Cheryl Fernandez-Versini dismisses rumours of Mel B feud... as illness forces the Spice Girl to miss X Factor conference



Joan Fontaine's Oscar will NOT be sold at animal rights auction after Academy threatened to sue because they weren't offered it back for \$1



Athina Onassis falls from her horse during showjumping competition in Geneva and is forced to put down her beloved steed
Upsetting news



'She's the greatest mom!' Ashton Kutcher opens up about life with baby Wyatt as he heaps praise on Mila Kunis
He's a doting father and fiancé



Winter style all wrapped up! Jessica Alba bundles up in fur-collar coat and slouchy beanie hat for off-duty shop in the city
Actress looked youthful



Meet Poe Dameron and Kylo Ren! Star Wars: The Force Awakens reveals character names with mock-up trading cards



The gym is paying off! Khloe Kardashian doesn't break a sweat as she drags her large suitcase around LAX
Never spends long in one city



Alyson Hannigan and husband Alexis Denisof are beaming as they treat two daughters to Disney On Ice show
Mother of two couldn't contain her excitement



Creating her own winter wonderland! Kylie Jenner snaps up a huge Christmas tree as she gets ready for the holidays
Shopping for festive decorations



'Any minute now!' Kris Jenner reveals daughter Kourtney is ready to deliver... then jokes they're calling him Stuart
Awaiting No.3



Nicole, near purr-fect in a show with plenty of meow factor: **QUENTIN LETTS' first night review of Cats**
Look what the cat dragged in! It's Nicole Scherzinger



The battle of the big mouths proves a damp squib as Russell Brand and Nigel Farage go through the motions on Question Time, says **JIM SHELLEY**



'We try not to spoil her!' Kim Kardashian reveals she's already bought 'something nice' to surprise daughter North on Christmas
Gift delivered to their new home



Rochelle Humes bundles up in stylish furry grey coat as she enjoys some family time with husband Marvin and their daughter
The pop stars were spotted in London



He's still got it! Tom Jones cosies up to leather-clad Paloma Faith on the red carpet at BBC Music Awards... before performing together



'Finally it feels like Christmas': Katy Perry wears festive black velvet off the shoulder dress and fishnet tights as she watches The Nutcracker in Sydney



How much younger would YOU like to look? Four women reveal whether they would choose wrinkles or smooth skin...and the results might surprise you



Rita Ora covers up in a full length fur coat and long black dress... a day after showing off her cleavage in bold bralet at Jingle Ball
One extreme to the other



Judd Apatow and Leslie Mann enjoy a date night in LA after director claims Sony hacking scandal 'is the same as releasing nude photos of Jennifer Lawrence'



'You were the best puppy ever!' Justin Bieber shares throwback snap with his dog Sammy... as he mourns pup's death
Sad times for the Bieb



Freida Pinto looks stunning as she makes high-spirited appearance at Nobel Peace concert following reports she's 'split from actor Dev Patel after six years'



Munn leggy lady! Olivia shows off her slim limbs in tight leather blue skirt slit to the thigh
The actress teamed her look with a loose fitting sleeveless top



'She's only 11!' Jamie Foxx can't hide his admiration for Annie co-star Quvenzhané Wallis after her Golden Globes nod
Talented tween



Home for the holidays! Margot Robbie shows off trim pins in a micro-mini skirt and flawless complexion following long haul flight as she jets into Sydney



Is that from Victoria's Secret? Lindsay Ellingson flashes her bra in sheer top... but Kelly Bensimon keeps it modest at GQ party
Once a lingerie model...



Skating through! Tori Spelling and Dean McDermott put on happy faces with the kids at Disney On Ice celebration
A happy family again... for now



Blaze of glory! Kate Bosworth lights up Coach fashion event in fiery orange zip up leather dress
There was no missing her in that eye-catching number



Goldie Hawn, 69, shows off her incredible figure in gym gear as she steps out following daughter Kate Hudson's split from fiancé Matt Bellamy



Emily Blunt shows off her sensational post-baby body in a see-through lace dress
Close inspection revealed that it was almost completely see-through



Talented AND beautiful! Julianne Moore, 54, radiates youth in smart black dress at Still Alice luncheon... hours after Golden Globe nod



Celebrations fit for a prince and princess! Monaco goes mad for its baby royals, as proud father Prince Albert visits the twins
The people of Monaco are celebrating



Arctic at the airport! Heidi Klum is a chic traveller in a polar bear jumper and skinny jeans as she jets out of LAX
Wearing a festive jumper



Raising the Bar! Refaeli shares gorgeous make-up free selfie as she shops with her brother and father
The Israeli stunner was on her way to see her brother Dor



What you REALLY want for Christmas! From top fashion and beauty buys to fizz and gadgets... FEMAIL reveals the ultimate gift



guide (and pets get pressies too!)

'I can't do it on my own': David Tennant and Olivia Colman return to Broadchurch in gripping new trailer for second series
Ellie Miller and Alec Hardy are back



Letting rip! Jenna Dewan Tatum is casual but chic in tattered boyfriend jeans, lace top and hat on shopping trip
Bang on trend



That's a Busy look! Ms. Philipps catches the eye in mismatched lemon sweater and vibrant patterned scarf as she steps out to run errands



Here's to the babysitter! Bruce Willis and Emma Heming enjoy a rare evening off from parenting their young children
Bruce looked cosy



SEBASTIAN SHAKESPEARE:
Slimline secret of Fergie's niece
The Duchess of York has been flaunting her slim figure - but her niece is way ahead



Australian actor Sam Worthington opposes New York paparazzo's \$10m assault claim saying it's a 'normal risk' attached to following celebrities



What could have been! Nicola McLean shares fresh faced throwback snap of herself with Playboy mogul Hugh Hefner
Smiled for the camera with her arm around Hef



'She's fearless': Baz Luhrmann reveals what Gisele Bundchen is really like as supermodel dazzles in a cleavage-baring dress on cover of Vogue Australia



That's one stylish couple! Jesse Metcalfe and tummy-baring Cara Santana cosy up at comedy benefit in downtown Los Angeles
Good looking pair



Leggy in leather! Chrissy Teigen displays her toned pins in skintight trousers
Chrissy Teigen was sure to not disappoint her fans as she headed out for a promotional appearance



Birds Of A Feather... and a turkey! Pauline Quirke, Linda Robson and Lesley Joseph return for Text Santa sketch (with a little help from a celebrity Santa)



Lovely in lace! Made In Chelsea's Billie Carroll puts her slim figure on display in pink dress



Briefly dated Stevie Johnson until Stephanie Pratt made her return



Glee's Lea Michele shows off her slender figure in skin-tight exercise leggings as she heads to yoga class
Filming final season of Glee must be emotional



With special effects wizardry that Gandalf would be proud of, the Hobbit trilogy ends with a flourish... BRIAN VINER reviews The Hobbit: The Battle Of The Five Armies



From drugs to flowers! Bryan Cranston shows he's just a big softie as he carries wife Robin Dearden's bouquet
Their marriage is nothing like Breaking Bad's Walter and Skyler



Personal trainer charts her dramatic transformation from Miss Average to award-winning Ms Bikini Body in selfie photo diary
Leanne-Grace Costa, 31, from Middlesbrough



Baby Spice forever! Emma Bunton looks youthful in patterned jumpsuit and ruffled coat at charity launch
Looked sensational in a patterned jumpsuit and long, ruffled coat



Time for some pam-paw-ing? Rumer Willis takes her pet dog Jack with her to a beauty salon
Those dogs have a good life



Lily Cole shows off effortless model style in demure cinched-in jumpsuit as she mingles with Chris Martin at fashion dinner
Lily Cole proved she's worth her model status



'I'm extremely thankful!' Reese Witherspoon leads the many gushing reactions from stars nominated for the Golden Globe Awards
It's not like she's won yet!



No wonder she's glowing! Katie Holmes hugs a box of anti-aging serum while stepping out in chilly NYC
Katie Holmes obviously adores her beauty products



Suits you Miss! Portia de Rossi rocks androgynous chic in dapper three piece at Power 100 Women In Entertainment event
Portia di Rossi showed off her sartorial sass



BAZ BAMIGBOYE: Damian Lewis's Buffalo starts stampede to the stage...
The Homeland actor will star in David Mamet's 1975 blistering classic American Buffalo



Gisele Bündchen goes topless AGAIN for sexy 'tomboy inspired'



Stuart Weitzman campaign

The 33-year-old Brazilian mother-of-two wears nothing but high heels and wide leg trousers



BAZ BAMIGBOYE: Casting your theatre pals for a big-screen debut is a Genius idea

Michael Grandage has gathered a top-flight cast for his big-screen directorial debut



Olly Murs and Demi Lovato play lovers in a failing relationship as they reveal official music video for their emotional duet, Up
Set to perform on the X Factor final this weekend



Girl on fire! Christina Milian sizzles on the catwalk in plunging red dress at charity event
The 33-year-old left little to the imagination in an elegant cleavage-baring number



Pregnant Catherine Tyldesley hides her baby bump under stylish wrap as she films scenes for Coronation Street
In Manchester on Thursday evening



If train staff are heroic, why are our railways a national disgrace: CHRISTOPHER STEVENS reviews last night's TV
Can somebody please explain this



Rebecca Gayheart hides stomach behind sack of presents on festive shopping trip with daughter Billie... amid rumours she's pregnant with third child



A winning mix of history and high spirits: First night review of The Christmas Truce
A warm, likeable confection that plays down the slaughter, says PATRICK MARMION



'I have so much love for him': Selena Gomez gushes about Justin Bieber as she confirms she's single in new radio interview



Tamara Beckwith fined £900 for refusing to say who was driving her speeding Porsche
The 44 year-old pleaded guilty by letter to failing to give information relating to the ID of the driver



My cute cub: Anthony Kiedis plays doting dad as he scoops up son Everly Bear in his arms after school
Carried him away in his arms after a day of study



Jessica Biel continues to fuel pregnancy rumours by donning baggy shirt and trousers at Pressed Juicery in LA
Has been on bump watch for three months



Foxy lady! Anna Kendrick rocks forest green dress and nude heels as she attends Into The Woods screening
She is one of the stars in the film



Ready for another dip? The Hot Tub Time Machine gang abuses their whirlpool transport to get filthy rich in the sequel's trailer
Follow-up to the 2010 flick



'Happy Friday!' Home And Away's Pia Miller shows off her incredible curvy body in yet another showstopping bikini shot
Newcome is making waves



Nicki Minaj's sexy new songs with Beyoncé and Ariana Grande leak four days before release of her album The Pinkprint
Belt out lyrics about their successes



Steve Carell has audience in fits of laughter as he sings Sexual Healing with Jimmy Fallon's barbershop quartet
The actor did a surprise performance



'I've been a good girl!': Jaime King asks Santa for the larger breasts she had when she was a teenage model
A rather unique Christmas wish came with a flashback photo



'I'm floating': 'Shocked' Lorde expresses her thanks on Instagram after being nominated for a Golden Globe for Best Original Song In A Motion Picture



Sarah Jessica Parker steps out in wild outfit as she returns to mummy duty in NYC
The busy 49-year-old emerged mismatched while taking her twins to school



'Beyond excited to hang with her!' Olivia Munn is a vision in grey as she gushes over Rosie O'Donnell while guest-hosting The View
Showcased her slim figure in a halter dress



Girls lead the way! Lena Dunham ends the year on a high note as celebs react to Golden Globes nominations
HBO series Girls was recognised for best comedy series



Liev Schreiber cycles his boys to school with partner Naomi Watts before landing Golden Globe nod for Ray Donovan
It looked like an average morning for the family



'He just makes you feel bad to have normal-sized genitalia': Aaron Sorkin's private emails about Michael



Fassbender leaked in Sony hack
Left embarrassed



Ladies in lace! Kate Beckinsale, Paula Patton and Greer Grammer are ready for their close ups at Golden Globes nominations
A trio of beauties



Doting dad Alec Baldwin bonds with his adorable daughter Carmen during a morning stroll in New York
The actor doted on his one-year-old



'The Great Escape': Iggy Azalea coins her 2015 tour
New album name? Iggy Azalea drops hints that the name is related to her upcoming record out next year



'I'm so excited!' Drew Barrymore reveals her anticipation at turning 40 and gushes about her domesticated life as a wife and mother
She'll hit the milestone birthday on February 25



'She's a super strong woman!' US reality star NeNe Leakes shares photo of Teresa Giudice and daughters supporting her on Broadway



Still in jungle mode! Melanie Sykes cuts a fine figure in leopard-print jumper and ripped denim jeans as she steps out in London
Back to the old routine



Pre-wedding workout! Michelle Keegan goes make-up free as she hits the gym in casual workout gear
Back in chilly Essex after working in the Caribbean



Tragedy! Zayn Malik ditches the quiff for a Seventies curtained-look at One Direction book signing
What do the Directioners prefer?



Porn heiress India Rose James celebrates her 23rd birthday in London
Marked 23rd birthday with friends on Wednesday night



Big Bang Theory star Kaley Cuoco smoulders in sexy Instagram snap as she cuddles up to pet pooch under the covers in bed
Showed some skin



Anytime Anywhere, MailOnline on your iPad



ADVERTORIAL FEATURES

Inspirational Christmas Gift Finder
Shop for inspiration using this online gift finder. Click here now



Win a Guide Dogs VIP experience tour!
Meet some guide dog puppies, learn their journey to become fully trained & qualified, plus more. ENTER NOW



You want the best for your family. So do we.
Discover how to keep your family healthy with Bupa tips, advice & expert guidance.



[Back to top](#)

[Home](#) | [News](#) | [U.S.](#) | [Sport](#) | [TV&Showbiz](#) | [Australia](#) | [Femail](#) | [Health](#) | [Science](#) | [Money](#) | [Video](#) | [Travel](#) | [Fashion Finder](#)

[Sitemap](#) | [Archive](#) | [Video Archive](#) | [Mobile Apps](#) | [RSS](#) | [Text-based site](#) | [Reader Prints](#) | [Our Papers](#) | [Top of page](#)
[Daily Mail](#) | [Mail on Sunday](#) | [This is Network](#) | [Evening Standard](#) | [This is Money](#)
[Metro](#) | [Jobsite](#) | [Mail Travel](#) | [Zoopla.co.uk](#) | [Prime Location](#) | [Villa Holidays](#)

Published by Associated Newspapers Ltd
Part of the Daily Mail, The Mail on Sunday & Metro Media Group

© Associated Newspapers Ltd
[Contact us](#) | [Advertise with us](#) | [Terms](#) | [Privacy policy & cookies](#) ▶