

Women gamers get as much benefit from playing certain video games as men.

## Q&A

"My longtime boyfriend is a musician who has a pay-the-bills job but dreams of stardom. How can I get him to face the fact that at 36, he's not going to be a rock star, and to focus on his career?"

Well, first you need to stop thinking of this as his problem. "He has every right to have his dream, so this is really your issue and you need to acknowledge that," says Laurie Mintz, Ph.D., an associate professor of counseling psychology at the University of Missouri at Columbia. Carefully consider the reasons why you want him to make this change, whether you crave more stability or security. Then, if it still seems a subject worth pursuing, carefully broach the topic with him, avoiding accusatory language. "Use 'I' statements, such as 'I'm concerned about our financial future' or 'I really want to marry someone with a successful career,'" says Mintz. In the end, you should be prepared for the possibility that he will opt to keep on rockin' in the free world.

## Meditation for the rest of us

**THE PROBLEM:** You're longing to chill out, but your nonstop schedule leaves no time for finding your bliss. A new Web site makes it possible to slip more quiet time into your day. The Peace Club ([thepeaceclub.com](http://thepeaceclub.com)), a virtual spa, provides members with a new 20-minute guided meditation each day that can be downloaded onto a computer, iPod or cell phone, which means you can turn running errands or commuting into a soul-soothing experience. And a \$75 three-month membership also gets you access to a catalog of meditations for headache relief, improving relationships, curing a hangover and relieving anxiety or depression.

## Drug-free pain relief

THE NEXT TIME YOU'RE LAID UP WITH A SPRAIN, strain or ache, pop in a video game to help ease discomfort. New research has shown that just 5 to 10 minutes of playing certain types of video games can produce sufficient mental distraction to actually decrease the amount of pain you feel. "Games that require greater attention and mental processing, such as sports games or first-person fighting games, showed the best result," says Bryan Raudenbush, Ph.D., a professor of psychology at Wheeling Jesuit University in West Virginia. "The effect is achieved regardless of the player's level of skill or experience."

## Relationship red flags

The new man in your life makes a habit of showing up unexpectedly or calling to check on your whereabouts. You want to believe that it's a sign of his devotion, but according to a new study, it's more likely a hint at his potential violent side. The research noted that vigilance over a partner's whereabouts was among the greatest predictors of violence.



### THE NAKED TRUTH

54% of women said they think about weight and fitness while in the shower.

Olay Shower Secrets Survey

