

The secret of being happy

We look at what keeps Cameron Diaz, 40, smiling. Naturally, Justin Timberlake is on the list

Happiness is...

BEING SEXY

“‘Sex’ is the sexiest word in the English language. Just the word is sexy to me... Bonk me over the head and throw me over your shoulder? Oh, I still love that. Well, once in a while...”

EMBRACING HER AGE

“When I was in my twenties, I couldn’t wait to get to my thirties – somehow I was aware that life is so much better as you get older. I feel stronger, more capable, more fulfilled and happier than I did when I was 29 – 35, even. I don’t care about wrinkles. My body is better than it was when I was 20.”

JUSTIN TIMBERLAKE

“Justin and I... I’ll always love him in so many different ways. Love evolves, and it’s a wonderful thing to be able to share that with somebody who you really care about, and be able to make a movie with them.”

SAYING THANK YOU

“The key to happiness is gratitude. I think we live in a society that’s totally ungrateful. We feel entitled – we want instant gratification and feel that things



BFFs: JT has Cameron's (sexy) back

should be delivered to us when we want them. I’m grateful for what I have – and I have a lot.”

FRIENDS AND FAMILY

“I don’t feel alone. I have so many friends; more friends who are like me [without children] than not. I also have girlfriends who have kids, and I have a strong relationship with their children, and with my nieces and nephews. My friends and family are my greatest wealth. They are my crown jewels.”

Unhappiness is...

TOO MUCH WINE

“There are nights when you order more bottles of wine than you realise, and then the bill comes in and you go, ‘Whoa!’ But I don’t like waking up feeling gross. I don’t like to lose my day. I work my ass off!”



Fierce at 40: Cam stars in *Gambit*, out on 21 November

Accepting your age = happiness

“When we begin to understand *and* accept who we are and what we have become, we will experience a sense of relief. When we embrace our age and all the advantages that ageing brings, our focus is on the positives rather than the negatives, and how you feel about your situation is dependent upon how you perceive it. By focusing on the positives, Cameron is able to feel excited about her future, happy in the present moment and confident, which results in high self-esteem and overall wellbeing. When we feel at peace within our mind, body and soul, we have the perfect foundation for living a satisfied life and achieving all our goals.”

Sam Owen, psychologist, relationship coach and author of *Relationship Remedies: Relating Better To Yourself And Others* (£9.99, Saima Owen), Relationshipscoach.co.uk. ♦