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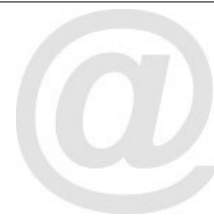
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Want to live longer? Think positively! People who believe they are healthy tend to outlive those who worry about how they feel

- How people perceive their health acts as a guide to how long they will live
- Scientists found those who were more positive tended to live for longer
- How easy activities like housework are can also be a indicator of life length
- Researchers say it could help them screen out those in need of help

By [FIONA MACRAE](#) SCIENCE EDITOR FOR THE DAILY MAIL

PUBLISHED: 17:55 GMT, 29 February 2016 | UPDATED: 19:27 GMT, 29 February 2016



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Bad news for hypochondriacs - people who believe they are healthy, live longer.

In fact, how you perceive your own health is the best guide to how long you will live.

According to researchers, it provides a more reliable estimate of longevity than whether you smoke, have lots of friend or are on multiple medicines.

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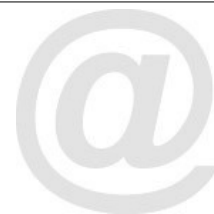
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It is also more telling how easy you find carrying out day-to-day activities such as housework, a study of thousands of British men and women found.



People who have a negative view of their health and feel they are often ill tend to live shorter lives. The findings could provide an effective way of identifying those who are in need of help from the health services (stock picture of a man looking ill is pictured)

The researchers, who included an Oxford University expert, said that faced with an ageing population suffering from numerous symptoms of ill-health, simply asking people how they feel could prove to be an effective and inexpensive way of separating out those in need of help.

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The scientists analysed 29 years of data on the lives and health of more than 6,000 men and women from Newcastle and Manchester.

The volunteers, who were aged between 41 and 96 at the start of the study, were put through regular mental tests, as well as asked a range of questions about their day to day lives.

This provided 65 factors which could potentially influence how long the volunteers lived.

Surprising, perception of health proved to be the most important, ranking above all other factors, including whether a person smoked, when it came to predicting their life expectancy.

In other words, how healthy a person said they felt provided the best indicator of whether they would still be alive almost 30 years later.

University of Geneva researcher Stephen Aichele: 'A person's perception of his or her own health status should be taken seriously.'

HYPOCHONDRIACS MORE LIKELY TO BECOME ILL

If you think you're susceptible to getting the sniffles, chances are you're probably right.

A recent study found that people are better at assessing their own health than doctors might give them credit for.

Researchers asked 360 healthy adults to assess their health as excellent, very good, good, fair or poor.

They were then exposed to the common cold and monitored for five days to see if they got it.

The experiment found about a third of the participants, who had an average age of 33, went on to develop colds.

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The man she nearly married in 2003

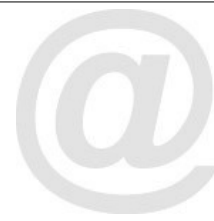


► Welcome to Hollywood! Henry Cavill, 32, and teen girlfriend Tara King, 19, make their red carpet debut as a couple at Vanity Fair Oscar Party



► Forgotten something? Ex On The Beach star Chloe Goodman strips down to her racy lace bra as she leaves a club in the early hours after girls' night out





However, it isn't simply a case that positive thinking extends life.

Instead, a person's view of their overall health is likely to provide more information that simply looking at other factors, such as smoking status, in isolation.

Dr Aichele said: 'Self-perceived health may serve as a sort of summary indicator for multiple underlying health-related processes that, if taken individually, may not fully capture the "big picture" of a person's level of wellness.'

An active mind also ranked highly, with people whose brains remained agile over the years, living longer than those whose processing power markedly slowed down, the journal **Psychological Science** reports.

Those who rated their health as 'excellent' were twice less likely to develop a cold than those who were very good, good, or fair, scientists at investigators at Carnegie Mellon University found.

It suggests people who consider themselves to be very healthy have a stronger immune system than those who have some doubts.



© Alamy Stock Photo

People with positive feelings about their health can be irritating for those who are not so lucky, but they may well also be buoyed by the news that their attitude is a sign they will probably live a longer life (stock picture of a woman dancing on the beach is pictured)

Dr Aichele said that because various illnesses can affect the brain, a loss of mental sharpness could be a good indicator of deteriorating overall health.

He added: 'Our study shows that two psychological variables, lower self-rated health and age-related decrements in processing speed, appear to be specially important indicators of elevated mortality risk in middle-age and older adults.'

► Michelle Heaton shows off her incredible figure in a colourful bikini as she soaks up the sun in the Bahamas... as she posts empowering message to her fans



► 'Never do a man's laundry, and don't scrimp on swimwear': 16 women reveal the best advice their mums ever gave them
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► 'He is very charming': Vicky Pattison reveals she's been on a date with Spencer Matthews... after she admitted she wanted a 'cheeky kiss' with him



► 'I can't believe I have two children': Frankie Bridge admits she is still getting to grips with being a mother... as she eyes up a role on The X Factor



► 'It's very early days': Ferne McCann reveals she's dating a sportsman as she and mother Gill showcase their bikini bodies in swimwear shoot

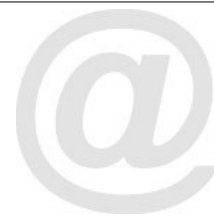


► 'She's no David Attenborough!': Viewers ridicule Davina McCall's new nature show after host races a cheetah - but is surprised when she loses



► Hair today, gone tomorrow: Jennifer Hudson unveils shaved head as she ditches fringed crop for a more androgynous look
Dramatic look





'The result is very surprising because so much evidence supports the hypothesis that the strongest predictors of survival are medical or physiological in nature.

'If you know how healthy a person feels at a given point in time, and then you track changes in his/her mental processing speed with age, you can combine those sources of information to improve prediction about how long the person will likely live.'

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as she attends Gotham
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Goodger shows off her
slim figure and
incredibly ample assets
in a blue bikini as she
tops up her tan on
holiday



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to f*** my husband's
brains out': Susan
Sarandon's daughter
Eva Amurri fires her
nanny after she was
caught 'spying'



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mummy! Fearne
Cotton's toddler mimics
her downward dog as
she practises her tricky
yoga routine at home
Family fitness time



► Michael Bublé and his
wife Luisana Lopilato
look blissfully happy as
they head on holiday
with sons Noah and
baby Elias
Family time



► Jonah Hill looks
slimmer than ever as he
cuts a dapper figure in
smart coat and shades
on film set in New York
Wolf Of Wall Street star
has yo-yo dieted



► Nicole Scherzinger
shows off washboard
abs in VERY busty bikini
snap as former love
Lewis Hamilton reveals
he's writing music about
her



► Kate Winslet 'is NOT
pregnant but was simply
letting Cate Blanchett
and Brie Larson feel the
material of her dress
when they touched her
tummy at the Oscars'

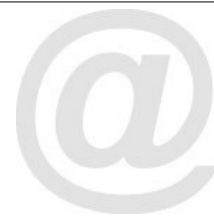


► She won't Let It Go!
Penelope Disick is a
little princess in Elsa
Frozen costume on day
out with Kourtney
Kardashian and brother
Mason



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[JonesOfWhiteOakSwamp](#), White Oak Swamp, United States, about 15 hours ago
Epitaph on a hypochondriacs grave stone: "SEE I told you I was sick!"

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[Norm De Plume](#), Wigan, about 15 hours ago
Spike Milligan said he wanted that on his gravestone...

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[CunningLinguist](#), Quite Far Indeed., United Kingdom, about 16 hours ago
Think positive yeah. Of course that'll work. :L

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► Meet the British 'bag lady' who's been crowned queen of Hollywood fashion: Oscar-winning costume designer says she 'looks hideous in gowns'



► Whey aye, man! Scotty T sends pulses racing as he flaunts his incredibly buff body after joining hunky line-up of Dreamboys Posing in his pants!



► Fresh-faced Imogen Thomas flaunts her ample cleavage in post work-out selfie... after sharing idyllic bikini-clad beach snap Losing her baby weight



► Jennifer Lopez takes a trip down memory lane as she judges doppelganger drag queen contest on live television Who's the real J.Lo?



► Georgie Shore lovebirds Charlotte Crosby and Gaz Beadle can't keep their hands off each other on promo trip in Sydney On or off?

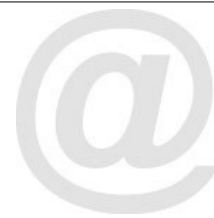


► Causing a hoop-la! Beyonce shows she's a pop star at heart as she wears sunglasses indoors as Jay Z takes her to NBA game Where's the sun?



► Eat your heart out, Khloe Kardashian! Busty Aisleyne Horgan-Wallace reclines in a barely-there swimsuit as she braves the cold for perfect glamour shot





 **P. Wickets**, What Everyones Thinking, United Kingdom, about 16 hours ago
I drink the blood of a vegan each day and that keeps me alive. Im 14.
[New Comment](#) | [Reply](#) Click to rate  20  7

 **charlie**, portsmouth, United Kingdom, about 18 hours ago
I have not been to the doctors for over 10 years and feel great. At 65 I was inundated with letters from NHS and private health offering all types of medical tests, from which they would no doubt offer/sell treatments for things I never knew were wrong. I do not want know if I am ill whilst I feel good. If I stop feeling good I will go to a doctor. I do not need them chasing me looking for something wrong to make me feel ill when I am not..
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 **Robert Perry20**, Fleetwood, United Kingdom, about 19 hours ago
Want to live longer, Don't sit at a desk for 40 years looking at articles saying how to live longer and to eat better stuff.
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 **jbp101**, glasgow, United Kingdom, about 19 hours ago
Perhaps it is because people who believe they are healthy usually are healthy, and people who believe they are unhealthy usually are unhealthy.
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 **expat welshman**, Richmond, Canada, about 20 hours ago
I am positive I am going to live into my 70's, oh look it worked.
[New Comment](#) | [Reply](#) Click to rate  23  1

 **helloname1**, London, about 20 hours ago
Want to live longer? Go VEGAN and stop eating animals.
[New Comment](#) | [Reply](#) Click to rate  13  22

 **Evie**, Vancouver, Canada, about 18 hours ago
I am not a vegan, but I'm sure this is true, just got to stop eating it totally.
Click to rate  8  4

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Had a change of career



► **Adele scores** triumphant reviews from the critics as she soars through her hits on opening night of her sold-out world tour
Wowed the fans



► **'Ripped my heart out of my soul':** Heidi Montag tearfully confronts mom Darlene Egelhoff in preview of new reality show
High drama



► **Look on the bright side!** Sarah Jessica Parker erupts into a fit of giggles as she films new TV series *Divorce*
Will it be a big success like *SATC*?



► **'Time to be brave':** Jaime King confirms she suffered 'years of abuse as a minor in the industry' as she thanks Lady Gaga for moving Oscars performance



► **Mr Grey is back!** Jamie Dornan seen on set of *Fifty Shades Darker* for the first time after winning dubious honour of worst actor at Razzies



► **Playing it very cool:** Coldplay's Chris Martin 'has ignored estranged wife Gwyneth Paltrow's divorce papers for NINE months'
Dragging it out

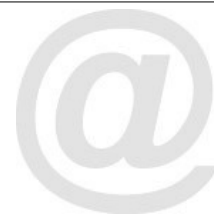


► **Pregnant Chrissy Teigen** covers her blossoming baby bump in a loose-fitting duster coat as she flies out of LA following dazzling Oscars appearance



► **PICTURE EXCLUSIVE:** Liam Payne heads to the shops in his £260,000 sports car as he steps out for the first time since confirming he's dating Cheryl





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Holding out hope



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► **Ashley Benson puts her luxury three bedroom Hollywood Hills mansion on market for a whopping \$2.9M after buying the home for \$2.2M 4 years ago**



► **'It was the worst moment of my life. I hated every minute': Oscar-winner Sam Smith reveals he DIDN'T enjoy singing at the 88th Academy Awards**



► **PIERS MORGAN: I don't watch the Oscars to get harangued about racism, rape, sex abuse, greedy bankers, global warming and gay rights. I want entertainment**



► **Someone like brew! Adele kicks off world tour in typically down-to-earth fashion... before encouraging a female fan to propose on stage in Belfast**



► **Cool Hand Luke Oscar winner and Naked Gun character actor George Kennedy dies at the age of 91**
Actor had been in a hospice for a month

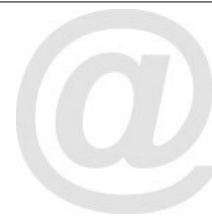


► **'We can't live without each other': Steph Davis details THAT split from CBB lover Jeremy McConnell... as she reveals they're getting matching tattoos**



► **His favourite role! Matt Damon bounces back from Oscars disappointment on day out with daughter Isabella**
His little treasure





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► Irina Shayk relaxes NUDE on her bed in just a pair of Versace boots after strutting her stuff on the fashion house's runway at Milan Fashion Week



► 'Even when I'm away for a day I feel bad': Andy Murray says he won't let his tennis career stop him seeing his baby daughter Sophia



► 'We're still not 100% there': Supermodel Jourdan Dunn says she wants to see more 'girls of colour' in fashion as she puts on a leggy display for ELLE cover



► Hello... will you marry me? Adele brings female fan onto Belfast stage to encourage her to propose to her boyfriend
It was a leap year!



► Olivia Culpo shows off her slim legs in a thigh-skimming leather mini skirt following glamorous night at Elton John's Oscars party
Nick Jonas's ex



► The apple of her eye! Emily Symons showers seven-month-old son Henry with kisses as they enjoy a leisurely stroll and breakfast in Sydney



► How DID Jennifer Lawrence get her body Oscar-ready? Personal trainer reveals the star's secrets and how she'd eat a burger and fries after a workout

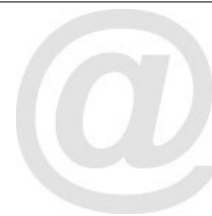


► 'She'll never give me an outright compliment': Grantchester star James Norton reveals his mother won't let his good looks go to his head



► Former TOWIE beauty Jess Wright shows off her legs in killer boots as she joins her demurely dressed ex co-star Amy Childs at restaurant bash





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► **Ex On The Beach's**
Chloe Goodman puts on
a seriously busty display
as she enjoys girls' night
out with CBB's Megan
McKenna
She's not shy



► **Just WHAT did Kate**
Winslet say? Oscars
snaps show her 'sharing
big news' with Cate
Blanchett and Brie
Larson - before they
touch her stomach



► **Jennifer Garner and**
Ben Affleck BOTH attend
Vanity Fair Oscar party
after THAT interview...
but when he leaves he's
spotted near Charlize
Theron



► **Ab-solutely**
stunning! Karrueche
Tran bares her taut
midriff in a crop top as
she grabs coffee in
Hollywood
Chris Brown's ex



► **Bumping along nicely!**
Eddie Murphy and
pregnant girlfriend Paige
Butcher wear matching
looks on coffee run
The 54-year-old actor cut
a low-key figure



► **Life at the extreme? To**
Davina, that means a
broken fingernail:
CHRISTOPHER STEVENS
reviews last night's TV
Exploring the world



► **'What next? How to**
make toast?' Viewers
are left unimpressed
after Mary Berry makes
'basic' pasta with shop-
bought pesto on her
cooking show



► **'Can women not be**
friends with men?': Kate
Hudson discusses THAT
rumoured romance with
Nick Jonas as she
poses in her bra for flirty
shoot



► **Swearing, giggling...**
Adele is back, in all her
glory says **ADRIAN**
THRILLS at the first night
of star's world tour
Kicked off in Belfast



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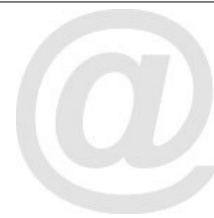
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►What a difference a day makes! Jennifer Garner dons sweatpants and puffy jacket for mom duty after wowing at Oscars
She bounced back



►Laura Carmichael lets her hair down in a black dress and leather jacket as she heads to The Maids gala night after-party with co-stars Zawe Ashton and Uzo Aduba



►Casper the friendless ghost! Fans ignore Jennifer Lopez's toyboy Smart as they beg stunning singer for autographs in New York
She's the star after all



►He's in a good mood! Will Smith shrugs off Oscars drama while filming in NYC after Chris Rock skewered him and wife Jada
In high spirits



►Legs...11 out of ten! Hailey Baldwin shows off her toned stems in a turtleneck mini-dress while grabbing coffee in West Hollywood
It's all about the legs



►Stacey Dash releases video of herself reading aloud mean tweets in response to her mortifying Oscars appearance
Sense of humour



►EXCLUSIVE: He's far from broke! Bankrupt 50 Cent has more than \$64 MILLION in assets, \$10 million in checking and stocks and is still earning \$184K a month



►'Getting that vitamin D': Jessie J shows off her curves in tiny black dress as takes a break from filming The Voice Australia to soak up the sunshine in Sydney



►Benedict Cumberbatch looks good enough to eat as he's immortalised in chocolate as the 'Easter Cumberbunny' - but the sweet treat will set fans back £50



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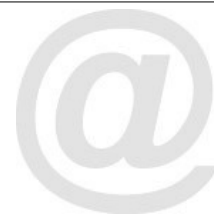
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► Dining out on his BRITS appearance? Drake enjoys a low-key meal in London's Nobu after THAT sexy performance with Rihanna



► Kloss-ed wires! Karlie shows off her love of electronics as she learns how to build a computer 'in under 10 minutes'
Not your average model



► TOWIE's Abi Clarke and Love Island's Jess Hayes opt for flesh-flashing gowns rather than Mumbai chic at Bollywood-themed eatery launch



► They scrub up well: Downton Abbey kitchen servants Cara Theobald and Sophie McShera support former co-star Laura Carmichael at The Maids gala night



► Make-up free Charlize Theron enjoys a relaxing lunch with her daughter after wowing at the Oscars
Quite a contrast to the glamorous awards



► 'My children kept me alive': Yolanda Foster reveals Gigi Hadid drove her to hospital at 3am as she discusses Lyme disease battle on The Dr. Oz Show



► Introducing the new Summer Quinn! Alexandra Daddario is a surf babe on set of Baywatch movie in Miami
Looking hot

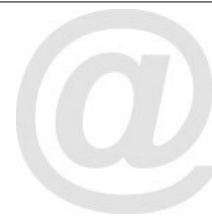


► Hitched! Dexter star Michael C. Hall weds Morgan Macgregor at City Hall in NYC after three years of dating
Tied the knot in low-key ceremony



► 'I've missed you': Stassi Schroeder breaks down as she finally gets to apologise to Katie Maloney on Vanderpump Rules
Long time coming





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► **'When people hate on you, it's because you've got something they want': Cheryl Fernandez-Versini hits back at critics of her and Liam Payne**



► **Selma Blair goes shopping at the Grove mall with son Arthur... after revealing Kris Jenner bought them a pizza maker**
Family fun day



► **And the biggest Oscars loser is... Bruno the bear: CRAIG BROWN's 7 things you didn't know about the Academy Awards**
Grizzly...



► **She's got this! Alessandra Ambrosio's seven-year-old daughter Anja shows off her strength as she helps carry younger brother Noah on family outing**



► **Watch Taylor Swift deliver touching maid-of-honour speech at BFF Britany Maack's wedding reception**
Such a sweet gesture



► **She's hanging in there! Jane Krakowski narrowly misses wardrobe malfunction as she performs acrobatic stunts at fundraiser**



► **Ronan Keating and wife Storm Uechritz can't contain their mirth as they burst into fits of hysterical laughter after witnessing woman take a tumble**

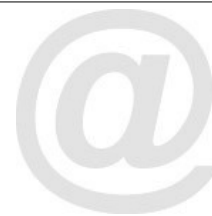


► **Still in love! Miley Cyrus is beaming at NY airport as she flashes ring from Liam Hemsworth in first sighting of the singer in over a month**



► **Kourtney Kardashian shows off flat tummy in a crop top and ripped jeans as she takes Penelope shopping with Kris Jenner**
Back in mom mode





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► **Sofia Vergara shows a hint of midriff as she puts her fabulous figure on display while running errands in Beverly Hills**
Back to normality after the Oscars



► **'1st date!': Kim Kardashian reveals she hopped on giant piano featured in movie Big during start of relationship with Kanye West**



► **Practicing that run! Zac Efron works up a sweat as he films Baywatch remake... before checking out bikini babes on his motorbike**



► **'Boundaries a mother should never cross': Courtney Stodden says her mom 'fell inappropriately' for her husband Doug Hutchison**



► **Putting in the leg work! Kate Hudson wears skinny jeans and knee high boots as she catches a flight out of LA after the Oscars**
That's a hat



► **Glamorous Chloe Moretz is mobbed by adoring fans as she steps out wearing leopard-print coat in Paris**
Selfie tastic



► **No hangover here! Margot Robbie looks impossibly fresh in white as she touches down in New York after turning heads at the Oscars**

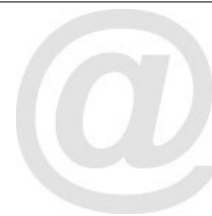


► **Vicky Pattison celebrates moving into her new house by posting a sizzling snap of her toned and tanned bikini body on Instagram**



► **Vanity Fair maidens! Selena Gomez holds hands with model Josephine Skriver at Oscars party then chats with Caitlyn Jenner**
Couldn't let her go





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► **Pregnant Ginnifer Goodwin** hides baby bump under loose fitting summer dress as she arrives to Jimmy Kimmel Live
Expecting her second



► **'I feel like you hate me':** Kim Richards returns to RHOBH in tense confrontation with sister Kyle as they work out differences



► **Bonnie Sveen** as you've never seen her before! Home And Away star goes topless for X-rated sex scene in Spartacus: War of the Damned video



► **Not exactly travelling in style!** Gemma Collins shows her CBB pal Jonathan Cheban to sights of London as they climb aboard a rickshaw on night out



► **Hair-raising!** Lauren Goodger displays Kim Kardashian-inspired braids in her latest holiday snap from the Dominican Republic
Lost weight recently too



► **Teresa Giudice** dons plum pencil dress at KTCNN Restaurant... as her prison memoir scores No. 2 spot on NY Times Bestsellers
Convict chic?



► **Colombian fun** for Jemma Kidd and her duke: Model defies Zika fears to holiday in South America with aristocratic husband



► **Secrets of an A-list body:** How to get Kate Hudson's highly toned shoulders
We reveal how to get the physiques of the stars



► **Great minds!** Transgender model Andreja Pejic channels Taylor Swift in daring gown as they attend separate Oscar after-parties
Near-identical



Date: 29.02.2016

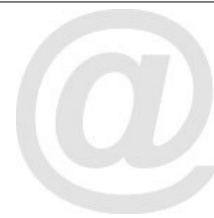
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► Lenny Henry cosies up to Dawn French lookalike girlfriend Lisa Makin at star-studded Young Vic Forever event



► What Oscars? Shirtless Neil Patrick Harris soaks up sun in Florida with husband David instead of attending awards show after hosting last year



► And the award for best Bird goes to: Margot Robbie playfully flips her middle finger as she parties at the Oscars with Suicide Squad co-star Karen Fukuhara



► Busy Philipps shows off her legs in denim shirt dress while shopping in Beverly Hills Missed the Oscar hoo-haa for a relaxing day



► Bellamy Young and Mindy Project's Ed Weeks are 'dating' as he was seen 'whispering in her ear and kissing her neck' at Elton John party



► Nicole Kidman lands Olivier Award nomination for her scientist role in West End play Photograph 51 after dedicating it to her late father



► Burger queen! Brie Larson chows down after Oscars win... then reveals she 'risked her life' flying from Vietnam to attend Yum



► 'Product cocktail' and \$250 worth of eye products ALONE: Make up mastermind behind Adele's signature cat eye reveals how he creates red carpet look



► Viewers left confused after Sarah Silverman rambles about James Bond and Patricia Arquette appears distracted while presenting at Oscars



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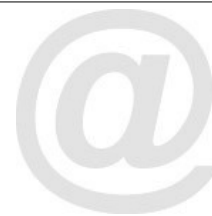
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► 'If I wanted it, you'd be dead already': New clip from Batman v Superman shows usually unarmed Cape Crusader firing gun at Man Of Steel



► 'You go through it twice': Khloe Kardashian talks breaking up in the public eye... after revealing ex James Harden cheated on her



► 'I love the glamour': Kim Kardashian names Jennifer Lawrence, Rooney Mara and Margot Robbie as her best dressed at this year's Oscars



► Suddenly shy? Kate Upton takes cover under a biker jacket for flight out of town after exposing her cleavage at the Vanity Fair Oscar party



► What a bunch of PC bores! BRIAN VINER'S verdict on a night of grandstanding at the Oscars
Self-importance scaled new heights



► 'My body has never looked like that!' Lena Dunham blasts Spanish magazine for heavily-retouching her on cover
She wasn't flattered



► Sam Smith says sorry for wrongly claiming he was the first openly gay man to win an Oscar and promises to see Dustin Lance Black's films

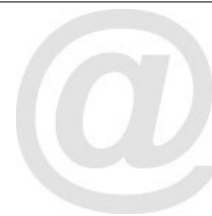


► All work and no play! Keira Knightley and Dame Helen Mirren sport eclectic costumes on set of Collateral Beauty in New York after skipping the Oscars



► Holding hands! Hilary Swank looks smitten with beau Ruben Torres at Oscar party as she dazzles in see-through silver top





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► Tom Fletcher gets major side-eye from wife Giovanna as McFly frontman sings a Christmas song while she 'prepares to give birth' in new video



► Holly and Phil are left cringing after a woman proposes to her husband on live TV - and she gets a VERY awkward response Did he say yes?



► 'You don't run the show Blake': Christina Aguilera returns to The Voice USA and quickly asserts herself with country star Shelton Gwen Stefani's beau



► Self-described 'fat activist' who admits that having a baby made her uncomfortable with her body poses in her underwear with her belly on display



► Hilary Duff goes retro in Stella McCartney bell bottoms in Beverly Hills... after declaring 'being a mother is number one'



► Rihanna goes undercover in extra long hoodie while Chris Rock cracks joke about getting 'into her pants' during Oscar monologue



► Late night, early morning? Michelle Rodriguez goes make-up free in dark glasses at LAX after Vanity Fair Oscars bash She kept it casual

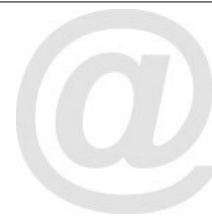


► Tulisa lives in a 'private bubble' after nearly having a nervous breakdown when trolls sent her 500 abusive tweets a DAY while she was on X Factor



► Murder (the song) on the dancefloor! Worse-for-wear Katie Price clears out a packed club as she belts out ballads to unimpressed revellers





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► **No time for rest!** Fresh faced Naomi Watts enjoys a lunch date following her head turning red carpet appearance at the Academy Awards



► **Bella Heathcote shows off her new brunette locks** as she transforms for role of Christian Grey's jilted ex-lover in Fifty Shades Darker



► **Amy Schumer dons a Ronald Reagan mask** as she wields gun and robs sperm bank... but it's all for her television show
Comedienne was spotted wielding a gun



► **'Back to glam!': Mindy Kaling gets back to work** wearing fetching Garfield t-shirt and shorts after week of glitzy events
Dress down day



► **Alexa Chung puts on a chic display** in beige trench coat and space-inspired scarf as she enjoys a walk in New York City
Flying solo



► **Going undercover!** Vanessa Hudgens wraps up as she jets into Vancouver following glamorous night at Oscar after party
Casually dressed



► **New couple alert!** Robin Wright's former fiancé Ben Foster walks arm-in-arm with Jack White's ex-wife Karen Elson
Switching places!



► **Dr. Luke's lawyer insists Kesha is 'not a victim'...** after pop star thanks Lady Gaga for 'bringing attention to sexual assault at the Oscars'



► **Twilight star Nikki Reed and her Vampire Diaries hunk husband Ian Somerhalder jet out of LA** after Oscars weekend partying
Glamour on hold



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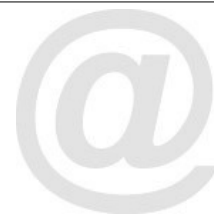
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► **Social media-shy**
Sophie Ellis Bextor reveals what happened when she COPIED Kim Kardashian on Instagram for a week: 'uncomfortable selfies'



► **From scandal to the silver screen!** Disgraced Miss Universe hopeful Ariadna Gutierrez 'has been cast to co-star with Vin Diesel in xXx sequel'



► **'Don't blink for the entire evening!'** Twitter users share their WORST dating advice, from using the other person's toothbrush to stealing restaurant food



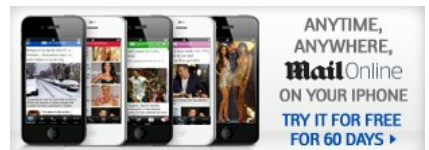
► **They're letting him entertain us!** Robbie Williams and wife Ayda Field pack on the PDA as they hint at plans for another baby on Loose Women



► **Suddenly shy?** Rita Ora covers up in hoodie and fur stole as she lands in London... after VERY risque appearance at Vogue Italy cocktail party



► **'The real winner':** Eagle-eyed fans applaud Tom Hardy's iPhone case on the Oscars' red carpet... adorned with a photo of HIMSELF



GADGET REVIEWS

Review: Under Armour's fitness gadgets need to shape up



Under Armour is jumping into the crowded market for wearable gadgets that aim to help both athletes and couch potatoes track their fitness.

Speaker that looks as good as its sounds: B&W Zeppelin Wireless review



It's not cheap, but the \$699 (£500) Zeppelin Wireless is perfect for the design conscious music fan.

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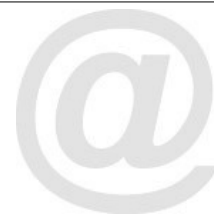
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comments


Samsung's \$99 Gear VR gives a glimpse into the virtual world



Samsung's Gear VR headset is pretty impressive as first-generation devices go.

14 comments 2 videos


The iPad grows up: Apple's iPad Pro



The iPad Pro is, for many, a real laptop replacement - and a way to combine work and play in a gadget that will last all day and won't break your back to carry.

193 comments 2 videos


B&W's P5 Wireless review - The ultimate commuter headphones



They cost \$400, but B&W's P5 wireless headphones will change the way you listen to music on the move - and could spell the end for annoying wires.

comments 1 video


'A glimpse into the future of the living room': The new Apple TV



Apple says apps are the future of TV, and while its new \$149 box does have some issues, its combination of streaming services, games and other apps make it the best way to make your TV smart.

77 comments 4 videos


'Intuitive controls and gorgeous visuals': Heads on with PlayStation VR



Sony's Playstation VR will go head to head with Facebook's Oculus Rift and HTC's Vive next year - Experts predict it will be a bloody battle - and Dailymail.com was able to try out the technology.

15 comments 5 videos


\$799 Blackphone 2 is secure handset anyone can use



The Blackphone 2 is fully encrypted by default and comes with a suite of secure features that let you make calls and send texts that are impossible to eavesdrop on or track.

62 comments

The end of wonky wifi: Google's OnHub



It's incredibly simple to set up, and we found it tripled the speed of our home wifi connection - but at \$199 is expensive..

comments 1 video

No more tangled wires: Powerbeats2

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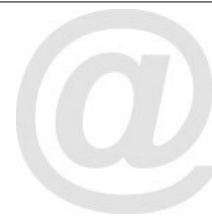
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Wireless review



Beats by Dre's Powerbeats2 headphones have a new look - so now you can pound the treadmill, listen to your favourite tunes and make sure you're fully colour-co-ordinated.

1 video

The best all in one wireless speaker you'll ever hear: Naim Mu-so review



It might not be a name familiar to the US market, but Naim is a legendary British brand hoping to make a splash with the American launch of its \$1499 Mu:So speaker.

3 comments 1 video

The only remote you'll ever need: Logitech's Harmony Elite works with 270,000 gadgets from TVs to speakers and lights



Harmony Elite (pictured) was unveiled at this month's IFA conference in Berlin. It works with the Bluetooth and Wi-Fi enabled Logitech Hub which connects all the devices together.

55 comments

The Mail's verdict on the Apple Watch



While it's not the first smartwatch on the market, the \$349 (£299) Apple Watch is the first you'll actually want to use - and will change the way you communicate.

501 comments 5 videos



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