# Jennifer Aniston is a 'workaholic'

Bang Showbiz | Los Angeles

Jennifer Aniston is a "work-aholic".

The 'Morning Show' actress is trying to "force" herself to take more time off and enjoy the chance to look after herself then can I figure out what that because it isn't something she day looks like as it goes." is very "good" at.

"I'm a bit of a workaholic, so there is a lot of value in people I'm forcing myself to try to putting themselves first. take some time to travel and not work.

I'm not good at it.

returns at the end of the day, if you're just working so much our world right now." that you don't have any wonderful life experiences.

"I'm trying to take it easy, wants to ease up on because this was a really intensive few years of work."

The 52-year-old star is taking her first steps to lessen her including a Broadworkload by taking advantage way show. of technology to delay having to address her messages.

She laughed: "I'm trying do a Broaddesperately to learn how way play,

create those auto That's on replies when my bucket emails and texts list but it's come in, where finding the it's like, 'I'm time and away forever. finding But call me in the right December, I'll piece, the be back.' "

If she terial. does have a absolute-

prefers not to make any plans. Asked what her perfect day

off would look like, she said: "It looks like a blank schedule - there's not one thing on it.

"That's a perfect day, and

While she finds it hard to She told People magazine: take time off, Jennifer thinks

She said: "There's a lot that we need to not focus on, be-"It's so critical, I know, but cause it's so awful and ugly. So we need to also remember "Our work is diminishing to focus on the beauty and the positivity that's also existing in

Meanwhile, although the former Friends star work, she's still got some professional ambitions to fulfill, She said: "I defi-

nitely want to right ma-"But I

day off ly have to from doaplay work, on Broad-Jennifer way."

**Jennifer Aniston** 

## Justin Timberlake: I feel beyond blessed to be a dad

**Bang Showbiz** | Los Angeles

Justin Timberlake feels "beyond blessed" to be a dad.

The 44-year-old singer who has sons Silas, ten, and Phineas, four, with actress Jessica Biel - took to social media to reflect on his experience of parenthood.

Alongside some family photographs, Justin - who has been married to Jessica since 2012 - wrote on Instagram: "There's no bigger reward or responsibility that I have ever felt in my life above being a father. To teach and to learn at the same time... I feel beyond blessed.

"I see my two dads, my grandfathers, my clearly every year that Day! (sic)" I get to experience this life with them.

> more clearly in every with my sons,

more and

i n g

watch-

a price trauma". **Justin Timberlake** 

tag on that type of generational

uncles more and more there! Cheers! Happy Father's

Justin previously admitted that fatherhood has transproaches it. The singer explained that

becoming a dad caused him to moment reevaluate a lot of different as-I have pects of his life.

porter: "At first, it broke me the floodgates, and you're like,

w h o felt like those old [Ed Sullivan] t h e y shows where people are balanccontin- ing spinning plates on poles u e to except if you drop one, they die." Justin's experience of father-

Y o u hood actually prompted him to can't put reflect on his own "childhood

The chart-topping star acknowledged that various in-"Here's to all the Dads out cident during his childhood including his parents' divorce - have had a long-lasting impact

Justin shared: "You go And I see myself formed his life and how he ap-through your life with your own traumas, big and small, and think, 'It's not that bad, I have a lot to be thankful for, my parents did the best they could.'

> "Then you have a child of your He told The Hollywood Re- own, and suddenly it opens all 'No, no, no! That childhood "Those first eight months trauma really did f\*\*\* me up!"

> > Justin starred on TV shows as a child, before switching his focus to music. And the award-wining star now admits that his childhood was unusual.

> > He said: "I think we can all agree that I did not have a normal childhood."

## Rebel Wilson 'went into beast mode for Bride Hard'

**Bang Showbiz** | Los Angeles

mode" in preparation for Bride The 45-year-old actress has

revealed that she embarked on an intense fitness plan in really good." preparation for the new action-comedy film.

starred in Bridesmaids and the movie icon Jackie Chan. Pitch Perfect film franchise body on the line for physical

ever, Rebel actually enjoyed the comedy-action scenes. challenge of getting herself in

She said: "I was pretty strong dur-nunchucks, to try to be a bit like Debel Wilson went into "beast ing this movie. I trained for a full Jackie Chan." five weeks and did conditioning for it, and then I had to be really kind of vealed that she was almost "perin beast mode, but I really enjoyed it, manently disfigured" while filming getting paid to almost be fit, which is Bride Hard.

chucks in the new movie, and she in the upcoming movie - was Rebel - who previously admits to taking inspiration from smacked in the face by a gun

She shared: "When I lived in South leaving her surrounded by a told People: "I often put my Africa, basically to pass the time I would watch Jackie Chan videos and The actress pushed herself all the movies. Even if they weren't whacked across my face. to her physical limits in prepa-subtitled and I couldn't even underration for the new movie. How- stand the dialogue, I just loved all his my nose got split open, so I left

tip-top shape for Bride Hard. that's why I originally picked up I be?'

Meanwhile, Rebel recently re-

The Hollywood star - who por-Rebel uses curling irons like nun- trays a secret agent named Sam during her final night of filming, "pool of blood".

Rebel told Access Hollywood: "In his comic timing, and I just loved a fight scene, a gun accidentally got

"It was just a freak accident, and set. It was my last night of shoot-"They were so good. So I guess ing. I was like, 'How unlucky can

**Rebel Wilson** 

# Khloe Kardashian felt 'more confident' before weight loss

**Bang Showbiz** | Los

Thloe Kardashian felt The bigger I was, I was way **\Lambda** "way more confident" before she lost weight.

The 40-year-old reality star has opened up about her fitness journey and the public's reaction to her weight loss as she hit out at the "gross" response from certain people.

Speaking on her own Khloe in Wonder Land podcast, she told fitness influencer Whitney Simmons: "The bigger I was, I was way more confident.

Khloe Kardashian

more confident. I think because, like, what are going to say about me? I know all the things you're going to say. I would have my days that I would feel low and all of that

KHLOE KARDASHIAN

going to say about me? I know all the things you're going to say. I would "I think because, like, what are have my days that I would feel low

ney and, like, becoming in shape, I regardless of her weight. felt such a need that I had to keep this up, like even if it wasn't for me. matter what, I'm never going to make form". I felt like, 'Well, I can't get fat again, people happy because I was once because everyone is expecting that to happen.' "

Instead, she found herself getting "a different type of attention".

She added: "It was also a different

I was like, 'Wait, this is gross.' I hated at my core. that that's why I was getting more attention because I looked a certain

"When I started my fitness jour- amount of people" sending her abuse lots of ups and downs in her own

bigger, I was thinner, and I had the seven, and son Tatum, two, with her same amount of people, but from different ends.

tor to the bigger community'; I'm these platforms, for a reason. type of attention I was now receiving. 'not myself'; I'm 'not funny anymore.' "And then once I got a little older, I'm 'not all the things' that I still am

> "I just aesthetically look a little different, or a lot different, whatever you want to say."

Khloe insisted she had the "same Although she has been through life, Khloe is determined to achieve She explained: "I've learned, no something positive using her "plat-

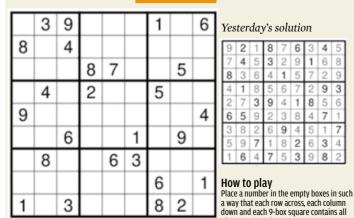
The star - who has daughter True, ex-partner Tristan Thompson - recently told PEOPLE magazine: "I feel "When I lost weight, I was 'a trai- like I was given this opportunity,

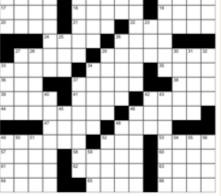
"And it's really easy to sort of believe the hype and forget really where you came from and just believe the BS because so much of it is filler.

"We have to have some sort of core and heart and moral compass."

Yesterday's solution

## SUDOKU





## CROSSWORD

- Problem with L.A.; 5- Golda of Israel; 9- That's \_!; 13- Subordinate staffer; 14- Golfe Palmer, to his army: 16- Dampens: 17- Casino machine: 18- Door handles: 19- Nautical speed nit; 20- Countess's husband; 21- Ich bin \_\_ Berliner; 22- In the direction of; 24- Mayberry kid: 26- Actress Ward: 27- Bowling lane button: 29- Wool-clippers: 33- Magna : 34-Chamber; 35- Designer Christian; 36- Hockey great Bobby; 37- Strikes out; 38-39- Boxer Spinks; 41- Oklahoma city; 42- Women's wear; 44- Apprehended; 46- Tip off; 47- Understanding words; 48- Dismounted; 49- Schedules; 52- General on Chinese menu 53- Hand-me-down; 57- Per; 58- Instruct; 60- City in Western Nevada; 61- Bog down; 62- Navigators Islands, today; 63- Light gas; 64- Bakery worker; 65- Small children; 66- Flat sound;

**Across** 

1- Freelancer's encl.; 2- Uris's "\_\_ 18"; 3- Skunk's defense; 4- Scram!; 5- Succeed; 6- Bert's roomie; 7- Party to; 8- Curved bone; 9- Clumsy; 10- Tuneful Horne; 11- Like \_\_ not; 12- Corner stone abbr.; 15- Values highly; 23- Suffix with pay; 25- Shade of green; 26- Did a blacksmith's job; 27- Less common; 28- Diamond flaw?; 29- Not hollow; 30- Down source; 31- Perch; 32- Ladies of Sp.; 33- Soft drink choice; 34- Actress Zellweger; 37- Abhors; 40- Nor's partner 42- Half of MCII; 43- Comes back; 45- Opposite of NNW; 46- Island greetings; 48- Cravat; 49-Big rig; 50-Secular; 51-160 square rods; 52-\_-shanter (Scottish cap); 54-Meets with; 55- Slaughter of baseball; 56- Puts on; 59- Use, consume;