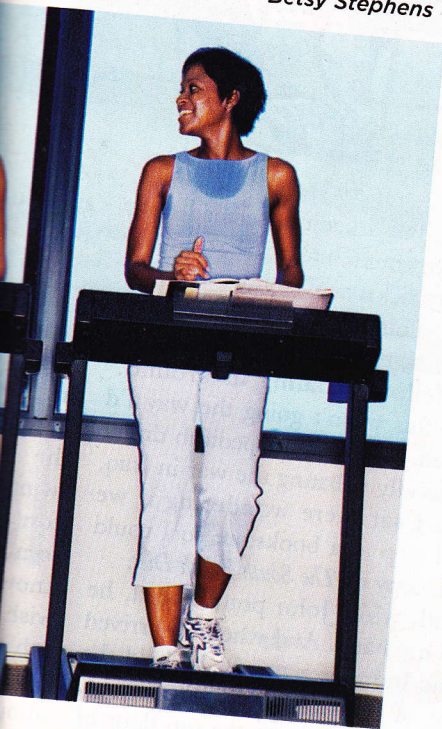


## et to Success

Life you want to change? Your jeans size, card debt or your relationship with your mom and support you, but a "goal sister"—a friend holding you accountable for following your resolutions—can help you enact real, lasting change. Being held accountable increases our odds of success. Beaulieu Pillen, Ph.D., a psychologist and author of *Live the Life You Want With a Little Accountability*, which describes how to cultivate this relationship. "We all get distracted in our lives, so we focus on our goals—to cheat on a new diet," says Pillen. "But a goal sister is there to remind you someone is going to ask you about your progress, so you're less likely to slack off." —Betsy Stephens



## IS WORK STRESS HURTING YOUR MARRIAGE?

**W**ives and husbands may feel the same frustrations at work, but when they get home after a rough day, they behave very differently. Men tend to withdraw and women to vent, according to researchers at Bryn Mawr College in Bryn Mawr, Pennsylvania. "Men and women have very different communication styles to begin with," says Marc Schulz, an associate professor of psychology at the college. "When stress enters the picture, these differences become even more pronounced."

Surprisingly, the negativity that women bring home doesn't appear to hurt their marriages. In fact, women who expressed anger over work problems to their spouses reported higher marital satisfaction than those who did not. Researchers think this may be because negative feelings, such as the aggravation stirred up by a high-stress workday, prompt women to talk more to their husbands, and that gives any marriage a boost. —Catherine Valenti

## WHEN MEN DON'T MEASURE UP

Women have been bombarded with images of lithe, leggy, airbrushed models whose bodies are more perfect than we could ever dream of having—not a plight most men can relate to. But that may be changing, according to a recent study in the *Journal of Social Psychology*, which found that 158 male college students experienced high levels of dissatisfaction and depression after they were confronted with television ads of women with lean, muscular bodies. The researchers hope that someday men may truly empathize with our situation. In the meantime, think twice about hanging that calendar of hunky firefighters on the wall if you don't want to send your husband into a funk.

—B.S.

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