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Showing her metal, right: Camilla Belle in Vera Wang at New York Fashion Week



Back to the future, below: Tilda Swinton in Haider Ackermann in Cannes



Metal detector, right: Lucy Liu at the Lincoln Center, New York

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Blinded by the shine, left: Jamelia

X-rated, right: Halle Berry



Richie rewarded, above: Nicole Richie in YSL at an awards ceremony

BRONZE MEDALLISTS

It's time for some heavy metal on the red carpet – welcome to the bronze age, girls. Tilda Swinton stuns Cannes with her futuristic suit by Haider Ackermann – we don't know why it works but it does. Lucy Liu is all-action in lace, and Nicole Richie is surprisingly elegant in Yves Saint Laurent. Camilla Belle lives up to her name in voluminous Vera Wang. However, be careful of that bronzer, ladies. Jamelia looks less like a superstar and more like a cyborg, and it's another day at the monster's ball for Halle Berry. And as for Tyra Banks – we all know about duvet days, but really.



Speaking volumes: Tyra Banks

five ways to... be exceptional

- Consider other people's points of view. If you can see both sides of an argument, life will be less fraught.
- Alter your vocabulary. Avoid negative words such as can't, don't or never.
- Consider a problem to be an opportunity. It is a situation that can be improved by your actions.
- Watch out for recurring patterns in your life. Our interpretation of reality is governed by filters we established when we were young.
- Remember, change is difficult. The brain automatically looks for what it already knows, not what it doesn't.

From *The Handbook for Exceptional People* by Jez Cartwright (£9.99, at [www.amazon.co.uk](http://www.amazon.co.uk))

FRIENDS IN HIGH PLACES

50 Cent and Sarah Ferguson

What is it about rappers and royalty? The Duchess of York already counts P Diddy among her closest confidantes – and she can now add 50 Cent to her rap entourage. A couple of weeks ago the flame-haired ex-Royal was spotted holding hands with the former crack dealer at a charity dinner she was hosting for her foundation. Fiddy, Diddy and Fergie... it's a rap.

