

PSYCHOLOGIES

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MAGAZINE

LIFE

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WHEN TIMES
ARE TOUGH

SEX

Porn: why
it's out
of control

SELF

THE SECRETS
OF MAKING
AN IMPACT

ELLEN
BARKIN

*'When it comes to
love, I'm fearless'*

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Raising
happy
children

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WE CAN

WORK IT OUT

■ GET YOUR RELATIONSHIP UNSTUCK,
WHATEVER STAGE YOU'RE AT



HOW TO DELEGATE • WRITE A LOVE LETTER



Weekend
break
of the
month

Psychologies
travel editor
Francesca Syz
on the latest
getaways



WHERE: THE OLDE BELL INN, HURLEY, BERKSHIRE
WHY: THIS STYLISH, ATMOSPHERE-SOAKED COACHING INN IS ALL ABOUT SIMPLE PLEASURES AND LOCALLY SOURCED FOOD.

When you really need a breather, there's nothing better than a night in a calm, beautifully designed hotel. After a recent overhaul by Ilse Crawford, the fiendishly cosy, twelfth-century Olde Bell, an easy hour from central London, is the perfect stress-buster. Life centres around the fire-lit bar and restaurant, which serves culinary gems such as seven-hour cooked lamb and Hereford steak and ale pie. Curl up in a corner with a book and a glass of organic ginger

beer or retire to one of the lovely bedrooms with crisp white linen and wonderfully tactile Jacob wool blankets. Next day, you will find the Thames (five minutes away) and, if it's sunny, they will rustle you up a picnic lunch and blanket to enjoy in the glorious meadow garden.

ASK FOR: Room nine, it overlooks the pretty garden and has a lovely claw-foot bath.

TO BOOK: Double rooms from £110 (01628 825881, www.theoldebells.co.uk).



DON'T FORGET YOUR...

Total Wardrobe Care packing aid (www.totalwardrobecare.co.uk). Those yet to nail the art of good packing should invest in a set of three Packing Cubes, £25, to create neat, accessible compartments inside your suitcase or the genius Folding Pack, £30, for keeping shirts beautifully pressed.

Book it now

We love Vietnamese food, in all its fresh, low-fat, herb-loaded glory – but few of us really know how to cook it. Join Peregrine Adventures' incredible 10-day Vietnam Culinary Journey and learn from the masters. From £875 per person, excluding international flights (www.peregrineadventures.com).

Great escapes

1 WORK OF ART

Treat the budding artist in your life to the new two-night Arts Weekend package at Dublin's gorgeously luxurious five-star Merrion Hotel, which includes a life drawing class at the Hugh Lane Gallery – home to Francis Bacon's extraordinary studio – a private gallery tour and afternoon tea. From £465 per person (www.merrionhotel.com).

2 ROOM WITH A VIEW

Within the grounds of Halzephron House in Cornwall, once frequented by AA Milne, JM Barrie and Arthur Conan Doyle, is a new one-bedroom cabin. A contemporary whitewashed clifftop nook for two, the open-plan studio overlooks Halzephron Cove on the Lizard Peninsula, comes with a huge herb garden and is just a five-minute walk from an award-winning gastropub. From £200 for a two-night stay (www.thelittledomain.com).

3 FUN IN THE SUN

A private riad inside Morocco's Essaouira medina has opened as the delightful 12-room Villa de L'O. Moments from the beach, the hotel is the perfect base for kite surfers (the season is almost upon us), while those wanting down time can borrow bikes from the hotel, enjoy aromatic massages, the pool and the hammam. Double rooms from £96 (www.i-escape.com/villadelo.php).

