



Hollywood legends Richard Burton and Elizabeth Taylor married twice. Their first marriage lasted for ten years (1964-74), and their second marriage happened very suddenly, 16 months after their divorce. They divorced again the next year.

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giving a trust breach isn't easy. Stern says, "When trust is betrayed, it takes time, serious commitment, forgiveness (the hardest of all) and the help of a skilled therapist. That's a tall order, but you'd be amazed how many couples transcend their anger and give it another go."

If getting back together is on the mind of both partners, relationship counselling is a must, agree the experts. Diana Parkinson, a London-based counsellor, says counselling sessions give the couple the opportunity to explore openly, honestly and safely, the issues that caused the break-up. "It's vital for them to have this understanding. If the couple undergoes counselling individually, while apart, they may find they are in a better position to understand and forgive their ex for what went wrong. Understanding and forgiveness do not necessarily mean they get back together. Forgiveness also plays a crucial part in being able to remarry."

CHANGES FOR THE BETTER

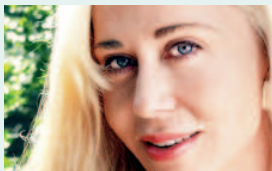
In an interview dated July 2012, Rajev admitted he wasn't demonstrative about how he felt about her. They didn't hold hands in public, and he didn't surprise her with gifts. "Men should be demonstrative in their love for a woman. And that goes for every married man," he said.

Winter says this is a good sign. "In order for a couple to reunite after divorce, they must have gone through their own internal changes. They need to have directly addressed issues that tore them apart in the first place.



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ELLEN SUE STERN



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SUSAN WINTER



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DIANA PARKINSON

Individual growth needs to occur in order to become a new version of one's self. In doing this, the energy of 'what was' shifts to 'what is now possible'.

Both partners need to see the other with 'new eyes' in order to create a new relationship. "Whatever resentments lay at the core of the separation, must be re-examined," she adds, stressing that it's important for couples to take time off before re-entering any partnership, to process all that has occurred. "A divorce leads to internal emotional scars. They must process the heartache and assess what's been lost before attempting to create anything new."

Counselling also tutors couples in communication. "Letting the other know if they are upset rather than letting resentment build up. Little things like saying 'thank you', and not going to bed without resolving an argument, show the other that you care. "Even if this relationship (Delnaaz and Rajev's) has no future, I hope that both of them never give up on love. Love is everything," says Winter.

A word of caution from Stern — Unless your spouse is verbally or physically abusive or a danger to your safety and well being, you owe it to yourself to quieten any doubts before considering remarrying. There are no guarantees. But there never were. "If, after serious consideration, you decide to go for it, do so with eyes open wide. Else, move on with grace. Trust yourself to do the right thing, be it wishing, hoping, fantasising, trying, starting over or walking away with greater conviction. There is no right or wrong. And trust that you will love again."

THOSE WHO GAVE LOVE A RE-TRY

JUSTIN TIMBERLAKE AND JESSICA BIEL:

Are finally married, but they had split in 2011 after being together for four years. Last September, the couple got back and Justin popped the question.

ACTOR ANNU KAPOOR:

Remarried first wife Anupama in 2008. The couple live with their son, and two sons from Anupama's previous marriage.

FILMMAKER SANJAY GUPTA:

Got back with wife Anuradha whom he had divorced in 2004, citing their son Shivaansh as the one to have brought them together.



PRINCE WILLIAM AND KATE MIDDLETON:

Sparks flew when the two were undergrads and they were together till 2007. They temporarily parted ways in an amicable split, only to get together and marry.

THE 2-MINUTE TREND

KITTEN HEELS

While fashionistas might scoff at this comeback, mere mortals are rejoicing the return of the kitten heel. A certain lady called Michelle Obama, and brands Moschino, Ferragamo (crocodile skin kitten heels) and Valentino (studded kitten heels) are credited with bringing the kitten heel back to the ramp.

Shoe designer Nayantara Sood of Taramay tells you how to wear it right:

It's impossible for women to wear four-inch heels to work, especially in Mumbai where we use public transport. The 1½ to 2-inch kitten heel is the saviour. What's interesting is that this time, it's not showing off its previous dainty, feminine avatar. It's now called the demi or stocky heel and has taken on an edgier form. The heels are in a block, stiletto design, in a round shape like the Dries Van Noten spring 2013 pair (in picture), and even come in booties (Givenchy). No longer restricted to floral prints, they now come in patent and studded, like with the Valentino design (in picture).

Which only means that you should pair it with a less girly look. Take the plunge and wear knee-high socks with kitten heels. Wear tailored separates or a shirt with an over-sized blaz-



er. Wide-legged pants too are a great option with the tip of a leopard print kitten heel (Zara) peeking out.

If you must wear a feminine look, try a sexy summer dress, pencil skirt or an above-the-knee flare skirt. Nothing too cutesy. You don't want to look like you are making up for the prom you missed, in your 20s.



Keep the embellishments to a minimum. A tiny bow (Christian Louboutin) or small studs (Jason Wu) work better.

— Ayesha Nair

THE 2-MINUTE READ



LONGER SLEEP LOWERS SENSITIVITY TO PAIN

For those who are mildly sleep deprived, longer hours of snoozing helps promote daytime alertness and reduces pain sensitivity, says an American study.

"We were surprised by the magnitude of the reduction in pain sensitivity, when compared to the reduction produced by taking codeine (cough suppressant and pain-killer)," said Timothy Roehrs, director of research at the Sleep Disorders and Research Centre of Henry Ford Health System, who also led the study.

The study involved a group of healthy, pain-free volunteers. They were randomly assigned to four nights of either maintaining their habitual sleep time or extending their sleep time by spending 10 hours in bed per night, the journal SLEEP reports. Objective daytime sleepiness was measured using

the multiple sleep latency test (MSLT) and pain sensitivity was assessed using a radiant heat stimulus, according to a Henry Ford statement.

Results show that the extended sleep group slept 1.8 hours more per night than the habitual sleep group. This nightly increase in sleep time during the four experimental nights was correlated with increased daytime alertness, which was tied to less pain sensitivity.

In the extended sleep group, the length of time before participants removed their finger from a radiant heat source increased by 25 percent, reflecting a reduction in pain sensitivity.

This is the first study to show that extended sleep in mildly, chronically sleep deprived volunteers reduces their pain sensitivity. The results, combined with data from previous research, suggest that increased pain sensitivity in sleepy individuals is the result of their underlying sleepiness.