

# MailOnline

Home | News | U.S. | Sport | TV&Showbiz | Australia | Femail Health Science | Money | Video | Travel | DailyMailTV | Discounts

Latest Headlines

Login



## How your short temper and road rage could be making you SERIOUSLY ill: Long-lasting anger can cause infection and heart disease

- Experts say being angry increases the risk of a heart attack nearly fivefold
- Meanwhile 80 per cent of us experience road rage and similar outbursts
- We reveal why controlling your anger may be in your body's best interest

By [RACHEL ELLIS FOR THE DAILY MAIL](#)

**PUBLISHED:** 22:04, 24 October 2016 | **UPDATED:** 23:11, 24 October 2016

162 shares

39

After repeated urinary tract infections, cold sores and battling con Naomi Wilkinson knew she needed to make changes.

She also thought she knew what was causing these problems — they began at the same time as her anger got out of control.

After a lifetime of bottling up her feelings and taking anti-depressants with little effect, over a period of two years emotions started spilling out, leading to explosions of anger up to twice a day, directed mainly at her boyfriend.

She says the problems stemmed from the way she was treated by her father.

Site Web Enter your search



Reddit Digg it LinkedIn Print

Like Daily Mail

Follow Daily Mail

Follow Daily Mail

Follow Daily Mail

### DON'T MISS

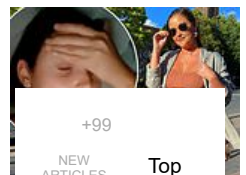
► 'I'm NOT the monster she is making me out to be': Johnny Depp denies EVER hitting Amber Heard as star insists SHE hit HIM on first day of libel trial



EXCLUSIVE Ryan Giggs' ex-wife Stacey, 41, and The Wanted's Max George, 31, look loved-up at the beach in Marbella with her two children



► 'I had a mental breakdown': Size 12 Jacqueline Jossa blasts Zara for 'offensive' sizing after she couldn't fit into a 'large' pair of shorts



+99 NEW ARTICLES Top

Kate Garraway steps out after revealing husband Derek remains in a 'serious and critical condition' and his

Share



© Shutterstock / Gajus

+5

**But when anger is out of control it can have a detrimental effect on mind and body, experts say**

'I perceived the smallest comment by my boyfriend as a criticism and it would send me into a rage, my heart would start racing and I needed a release,' says Naomi, 34, who works in private banking.

'I would shout and scream at him. My reaction was totally over the top and I was out of control.

'Half the time I didn't even know why I was angry. It was also making me ill.

'As my anger became more and more of a problem, I was getting so many urinary infections I was on continuous antibiotics.

'I got one cold sore after another and was constantly exhausted.'

Naomi is among the 12 per cent of people who have trouble controlling their anger, according to one poll.

**SHARE THIS ARTICLE**

**162** shares

**RELATED ARTICLES**



**Woman discovers she has breast cancer after her boyfriend...**



**Breakthrough on 'incurable' breast cancer: Scientists find**



**Baby battles back after being born with a rare condition and...**



**Young pregnant women have HIGHER risk of stroke than older...**

▶ **COVID-19 recovery could take years**



▶ **Love Island's Lucie Donlan and Luke Mabbott appear to CONFIRM their new romance as they share matching videos from idyllic staycation**

▶ **Getting back to your beauty regime after months of going make-up free? Stock your cosmetics bag with THESE must-haves - without leaving the house!**

**AD FEATURE**

▶ **Ronan Keating's daughter Missy, 19, turns heads as she showcases her incredible figure in a tropical thong bikini on the beach in Dublin**

▶ **Madonna, 61, goes TOPLESS while leaning on a crutch as she bares all in VERY racy mirror selfie nearly four months after knee injury**  
Baring all

▶ **Rod Stewart, 75, looks dapper in a white cap and linen shirt as leggy wife Penny Lancaster, 49, stops to takes pictures of him on Croatian getaway**

▶ **Prince Harry seemed 'trapped' when he called on the Commonwealth to right past wrongs in a video call with Meghan Markle, body language expert reveals**

▶ **In search of a healthy dewy glow? How these CULT products harness the power of Hyaluronic Acid to hydrate, brighten and rejuvenate your skin!**

**AD FEATURE**

A further 28 per cent worry about how angry they sometimes feel, and almost a third have a close friend or relative who has trouble managing their anger.

Anger is natural and vital for survival — it motivates us to resolve problems.

But when anger is out of control — when it occurs frequently and intensely, and interferes with thinking, feeling, behaviour and relationships — it can have a detrimental effect on mind and body, say experts.

Earlier this month, a Canadian study in the journal *Circulation* reported that getting very angry or upset more than doubles the risk of having a heart attack within an hour.

This could be because extreme emotions often have a similar physical effect to heavy exercise, raising blood pressure and heart rate, changing the flow of blood

+99

NEW ARTICLES

Top

Share

through blood vessels and reducing blood supply to the heart.

'This is particularly important in blood vessels already narrowed by plaque [fatty deposits], which could block the flow of blood leading to a heart attack,' said lead author Dr Andrew Smyth, of McMaster University.



+5

**A further 28 per cent worry about how angry they sometimes feel, and almost a third have a close friend or relative who has trouble managing their anger**

Meanwhile, a 2014 study published in the European Heart Journal found that a single angry outburst increases the risk of a heart attack nearly fivefold and triples the risk of a stroke.

What's more, the risks remain up to two hours after you have calmed down. People who often lose their temper or have existing heart disease are at greatest risk, the study found.

Uncontrolled anger has also been linked to digestive problems, skin complaints, headaches, infections, colds, flu, exhaustion, high blood pressure and early death.

'The mind and body are not separate entities,' explains Dr Fairuz Awenat, a consultant clinical psychologist at The Priory Hospital Cheadle Royal, Cheshire.

'The two interact — although the precise causal mechanism that leads emotional problems to cause physical ones is unknown.

*“Half the time I didn't even know why I was angry. It was also making me ill.”*

**Naomi Wilkinson**

'When we are angry, the mind perceives a threat and, in response, releases stress hormones such as adrenaline, noradrenaline and cortisol which cause the heart rate and blood pressure to rise, body temperature to rise and breathing rates to increase to get the body ready for action.

'We start to think automatically and quickly work out complex information.'

▶ **Kourtney Kardashian debuts choppy bob in Vogue Arabia cover shoot... and discusses 'being set free' by her decision to step away from 'toxic' KUWTK**

▶ **'They can't sack us!' Holly Willoughby and Phillip Schofield reveal they are taking a two-month break from This Morning as they 'cheat' during Spin To Win**

▶ **PIERS MORGAN: You're right, Meghan, confronting inequality is uncomfortable - but not as uncomfortable as watching unemployed Harry lecturing the world about**

▶ **'First trip to stay with granny and grandpa': Millie Mackintosh arrives back in London with husband Hugo Taylor and baby Sienna after visiting parents**

▶ **Kasabian's Tom Meighan cries as he admits attacking fiancée and dragging her by the ankles in wine-fuelled lockdown assault**  
Sentenced to 200 hours unpaid work

▶ **'My inner control freak is struggling with the unknown!' Lauren Pope shows off her bump in spotted mini dress as she reveals her baby girl is 'due any day now'**

+99

NEW ARTICLES

Top

Share

These responses are part of the body's 'fight or flight' mechanism, which is designed to help deal with acute stresses and is protective in the short term, he says.

'However, it is not designed for chronic and repeated stress. If people live in a state of constant anxiety, stress and anger (which are all linked), the body wears out, the immune system doesn't work well and that can lead to physical problems.'



**Earlier this month, a Canadian study in the journal Circulation reported that getting very angry or upset more than doubles the risk of having a heart attack within an hour**

Heart problems, for example, can occur because adrenaline increases your heart rate and blood pressure.

If you increase blood pressure even for a few minutes, it can cause plaque in the arteries to rupture, which causes a heart attack or stroke, explains Dr James Rudd, a consultant cardiologist and senior lecturer at Cambridge University.

'Constant stress and anger can mean blood pressure stays raised and this can stimulate inflammation in the arteries and effectively bring out underlying heart disease.

'However, compared to something like smoking, the risk of anger or stress causing a heart attack is small, but still real.

'Some of the medications to treat heart disease, such as beta blockers, help people to relax. So they can be useful for blunting the body's reaction to stressful situations.'

It is not just angry outbursts that can cause health problems.

'The evidence suggests bottling up anger — feeling anger but not letting anyone see it — and angry outbursts can have similar detrimental effects on the body because they affect the body in similar ways,' says Dr Awenat.

▶ [Kanye West will build a 52K square foot mansion with 10 bedrooms and a lake view in Wyoming for wife Kim Kardashian and their four kids](#)

▶ [Bar Refaeli wears crop top and leggings for yoga session after being given nine months community service for tax evasion case in Israel](#)

▶ [Kate Moss shows off her endless pins in a perilously high thigh-split dress as she puffs on a cigarette during sizzling desert photo shoot in Saudi Arabia](#)

▶ [Is Katie Price, 42, planning another engagement? Thrice-married star packs on the PDA with Carl Woods, 32, as she says 'watch this space'](#)

▶ ['It's one of the hardest things ever': Linda Robson reveals her heartache after her beloved French bulldog Ernie passed away](#)  
Tragedy

▶ [Prince Harry speaks about the 'challenges of digging deep' during the Covid-19 crisis in a new video message for his Sentebale charity from his \\$18m LA mansion](#)

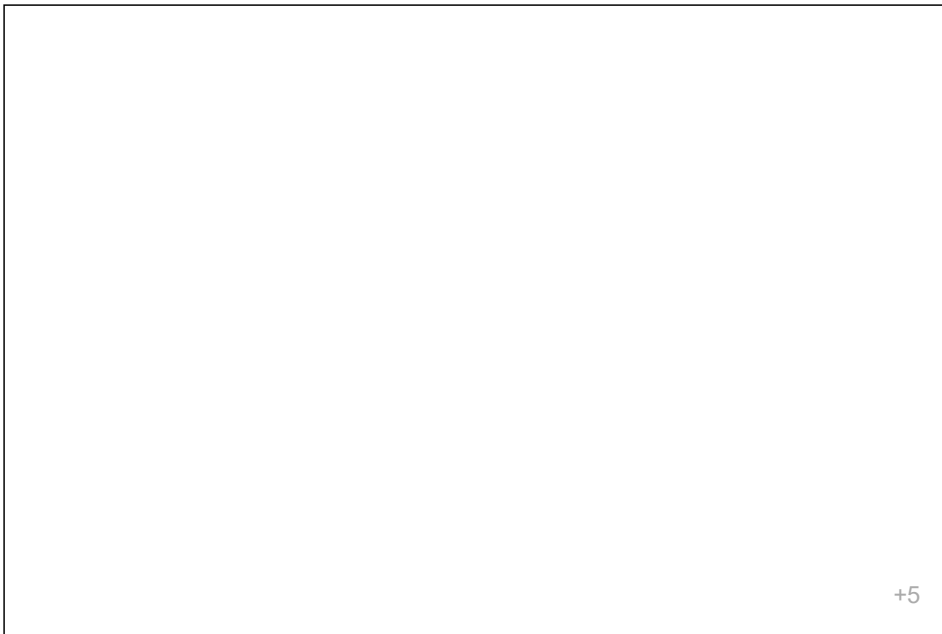
▶ [The logistics behind keeping up with our lockdown love for cooking](#)  
AD FEATURE

▶ [Kate Garraway told to 'get on with her life and return to work' by doctors as they warn husband Derek's recovery from COVID-19 could take years](#)

▶ [From love in Ibiza to cheeky antics in Mumbai, here's how to make this summer one you'll never forget - WITHOUT leaving the house!](#)  
AD FEATURE

+99  
NEW ARTICLES  
Top

Share



+5

**According to the Mental Health Foundation, 45 per cent of us regularly lose our temper at work, with half reacting to computer problems by hitting or screaming at the PCs**

Out-of-control anger seems to be an increasing problem.

According to the Mental Health Foundation's 2008 report Boiling Point, 45 per cent of us regularly lose our temper at work, with half reacting to computer problems by hitting or screaming at the PCs, or screaming at or abusing colleagues.

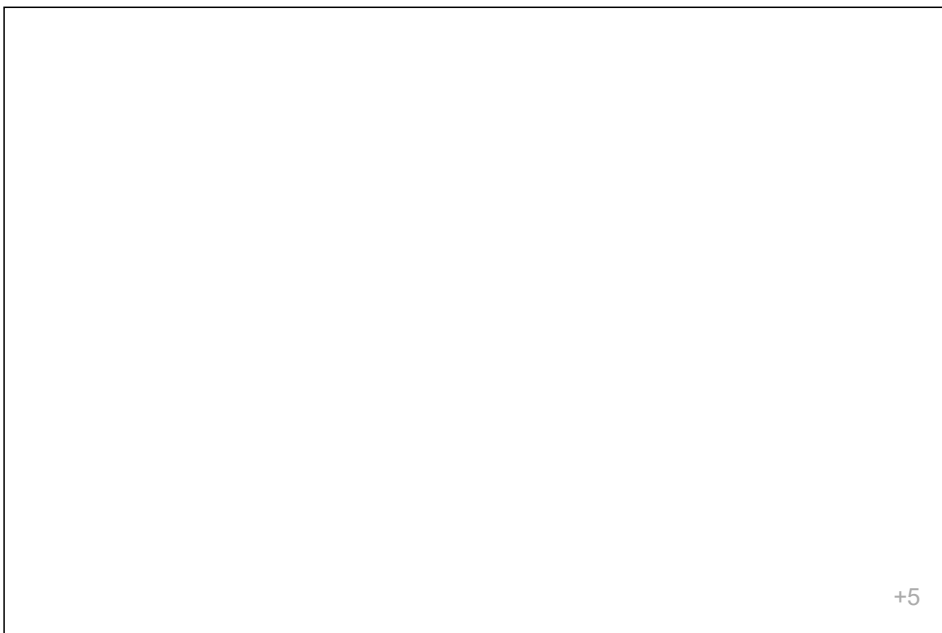
Meanwhile more than 80 per cent of drivers claim to have been involved in road rage incidents.

Research shows cognitive behavioural therapy (talking therapy that can help manage your problems by changing the way you think and behave), anger management courses (this can involve one-to-one counselling, group therapy and CBT) and meditation can be beneficial.

However, fewer than one in seven people (13 per cent) who have anger problems seek help, according to the Mental Health Foundation.

Even when they do, help on the NHS is limited, with only a handful of anger management courses available, and private courses can be expensive.

According to Isabel Clarke, a consultant clinical psychologist at South Health NHS Foundation Trust, simple tactics that can help.



+5

▶ [Nineties vet Rebecca Gayheart, 48, who came to fame with \*Scream 2\* and was last in \*Once Upon A Time In Hollywood\*, shows off her bikini body](#)

▶ [Zara McDermott reveals she's been left 'sad and confused' by skinny-shamers after losing weight... while Sam Thompson attacks her critics in rant](#)

▶ ['Off for a good ploughing!' Lizzie Cundy, 52, flaunts her toned figure in a white crochet swimsuit as she mows her lawn on a TRACTOR](#)

▶ [Kylie Jenner's best friend Anastasia 'Stassie' Karanikolaou flaunts her flat midriff in plaid crop top and jeans in stunning new snaps](#)

▶ [Malin Andersson showcases her sensational figure in mismatched lingerie for radiant selfies after Tenerife trip](#)

▶ [Coleen Rooney proves herself to be a designer darling once again as she dons an £8,550 outfit for family lunch with Wayne, their four kids and her parents](#)

▶ [Lindsay Lohan won't return to \*The Masked Singer Australia\* amid COVID-19 travel restrictions... but who will take her place? No comeback](#)

▶ [As \*Hamilton\* debuts on Disney+, FEMAIL reveals how the Broadway cast was catapulted to careers in films, hit Netflix series and writing soundtracks](#)

▶ [Linda Nolan recalls how she 'slid onto the floor and sobbed' when her sister Bernie told her she 'wasn't going to make it' through breast cancer battle](#)

+99

NEW ARTICLES

Top

Share

**More than 80 per cent of drivers claim to have been involved in road rage incidents. However, fewer than one in seven people (13 per cent) who have anger problems seek help**

'When you are angry, you breathe in more than you breathe out, which messes up the proportion of carbon dioxide and oxygen in the brain.

'It is a very complicated process but the body does this to concentrate the mind on the threat and be ready for action,' she explains.

'You can calm the body down by taking long slow out breaths.'

When Naomi — not her real name — finally acknowledged she needed help for her anger, she paid £645 for a private anger management course run by the British Association of Anger Management, consisting of weekly three-hour sessions for ten weeks.

'My boyfriend and I have been together for two years and I didn't want it to ruin it.

'We want to get married and have children and I didn't want my anger to prevent this and I don't want my children to be terrified of me,' she says.

After seven weeks on the programme, she felt mentally and physically better.

'My infections have cleared up and I'm no longer taking antibiotics, I don't wake up exhausted and stressed and I am also much calmer.

'I know I still have a long way to go but now when I start to feel the anger rising in me, I either walk away or go to the gym rather than launching into an attack.

'I have seen a change within myself for the better. I'm so pleased I did something before it was too late.'

[Learn about anger control & how to avoid losing your temper](#)



▶ [Union J star Josh Lloyd-Cuthbert gets advice from This Morning therapists to cope with his anxiety and phobia of going outside](#)

▶ [Geordie Shore's Chloe Ferry leaves little to the imagination in sizzling mini as she leads motley crew of boozy reality stars on wild London night out](#)

▶ [Cardi B overshares as she posts video of herself having her intimate areas BLEACHED and her top lip waxed](#)

▶ ['I should not have considered this role': Halle Berry PULLS OUT of playing a transgender male in upcoming film after coming under fire Backlash](#)

▶ [Pregnant Rochelle Humes dresses bump in dungarees because it 'feel right' and admits she's been living in them because they are 'so comfy'](#)

▶ [Comedian Rickey Smiley reveals his daughter was shot twice and hospitalised in Houston road rage shootout](#)

EXCLUSIVE [Gemma Collins showcases her three stone weight loss as she models bold prints from her new plus-size loungewear collection](#)

▶ [Amanda Holden exudes elegance in a navy spotted dress as she leaves work at Heart FM The Britain's Got Talent star, 49, wowed](#)

▶ [Instagram influencers Jayde Pierce and Vas Morgan turn their backs on Boohoo as Priti Patel orders police to probe Leicester clothes factories claims](#)

▶ [Transgender Vogue columnist Paris Lees reveals she was 'having sex in toilets' at 14 with men who groomed her - and says more needs to be done to stop abuse](#)

▶ [Megan Barton Hanson puts on a racy display in leopard print lingerie and fishnet suspenders as she poses for her OnlyFans account The Love Island star, 24, posed provocatively](#)

▶ ['We clicked slowly': Corrie's Joe Duttine and](#)

⏪ ⏩ 🔊 0:00 / 1:27



**Share or comment on this article: How your short temper and road rage could be making you SERIOUSLY ill**

**162**  
shares

MOST WATCHED NEWS VIDEOS

Embed this </>

+99  
NEW ARTICLES Top

Share

Farmer watches on as massive tornado hits

Prince Harry discusses resilience and those

Revellers party at night time illegal rave in

Ferrari floating on the A406 'river' leaving

▶ [Sally Carman reveal how they fell for each other as the couple shed light on engagement](#)

Motorist rescued by fire service on flooded

Police launch murder probe after man is shot

Cyclist confronts dog walkers who claim he

Moment a demonstrator live-

▶ [Chloe Ferry shows off her toned abs in a busty black sports bra and skintight leggings after her two stone weight loss as she arrives in London](#)

### Comments 39

Share what you think

Add your comment

Newest

Oldest

Best rated

Worst rated

View all

The comments below have not been moderated.



Loading...

View all

The views expressed in the contents above are those of our users and do not necessarily reflect the views of MailOnline.

We are no longer accepting comments on this article.

### MORE TOP STORIES

▶ [Tana Ramsay visits her London beauty salon with son Oscar, 14 months, after leaving her Cornwall home with husband Gordon to get back to work](#)

▶ [Alessandra Ambrosio cuddles up to her lookalike daughter Anja, 11, as they pose up a storm on the beach in Malibu](#)

▶ [Gal Gadot oozes elegance in simple striped maxi dress with chic nude sandals as she steps out in Israel](#)  
Hollywood star looked chic

EXCLUSIVE ['You can't kill him, they've tried': Neighbours' Stefan Dennis discusses playing villain Paul Robinson for 35 years, and EastEnders dream](#)

▶ ['Chop or not to chop': Holly Willoughby debates whether to cut her long blonde hair after admitting it's 'grown like crazy' during lockdown](#)

▶ [Pregnant Sophie Turner showcases her bump in pink babydoll mini as she tucks into a feast during sun-soaked picnic with doting husband Joe Jonas](#)

▶ [The Garmin Vivoactive 3 GPS Smartwatch is now better-than-half-price in the Amazon Summer Sale - that's a huge saving of £160](#)  
**PROMOTED**

▶ [Maya Jama looks effortlessly cool in a white T-shirt, skinny jeans and cat-eye shades as she heads to work](#)

+99

NEW ARTICLES

Top

ADVERTISEMENT

[Meghan Markle 'ditched her best friend Jessica Mulroney to look woke'](#)

Share

▶ and has left star 'terrified she will never work again' after racism controversy

▶ Norwegian royals share a sweet group photograph as they're reunited at the summer palace after celebrating Queen Sonja's 83rd birthday

▶ New BBC drama The Secrets She Keeps about two pregnant women leaves viewers 'chilled to the bone' as episode one ends with a dark twist

▶ Love Island's Gabby Allen shows off her athletic ability in blue Lycra as she performs the SPLITS between two cars  
Flexible

▶ Binky Felstead poses in bed for an adorable snap taken by her daughter India, 3, who cheekily counts her 'lots and lots of spots'

▶ Gavin Rossdale brands divorce from Gwen Stefani his 'most embarrassing' moment as he laments the 'crumbling' of their marriage

▶ Prince William and Prince Harry agree to split money from Diana's memorial fund between charities as they finalise their separate working lives

▶ Ashley Benson and G-Eazy pick up their mail after hanging out with some friends in Los Angeles  
The new couple looked happy

▶ Piers Morgan clashes with Susanna Reid as he brands Amber Heard and Johnny Depp 'spoilt brats' ahead of court battle  
Legal drama

▶ 'Playing didn't make me happy and I drank to feel better': Ex-Man City starlet Michael Johnson - branded 'better than Gerrard and Ballack' at 19 - reveals why he quit the game at just 24

+99

NEW ARTICLES

Top

ADVERTISEMENT

Kasabian star Tom Meighan 'to appear in court on domestic

Share



▶ **assault charge'...**  
hours after confirming  
he has **QUIT** the band  
due to 'personal issues'

▶ **Floyd 'Money'**  
Mayweather's boxing  
promotion and David  
Beckham's MLS club,  
are among sports  
properties to get PPP  
loans amid outbreak

▶ **Jess Glynne is**  
branded 'entitled' for  
claiming she was  
'discriminated against'  
after being refused  
entry to Sexy Fish for  
wearing sportswear

▶ **More Formula 1**  
drivers are likely to join  
original six and NOT  
'take the knee' during  
pre-race 'Black Lives  
Matter' protest on  
Sunday

▶ **Margot Robbie's Birds**  
Of Prey sequel is  
reportedly **CANCELLED**  
after crashing at the box  
office  
Failed to break even at  
the box office

**EXCLUSIVE** **Ex-fiancé**  
of Gillian Tylfirth was  
on bail over £850,000  
cannabis factory when  
he was shot in stand-off  
with 'gangsters  
threatening to torch  
actress' home'

▶ **Kim Kardashian looks**  
almost unrecognizable  
as she shares  
throwback photos from  
fittings: 'So many good  
gems in here!'  
Way back when

▶ **This Morning viewers**  
left crying with laughter  
as Alison Hammond  
surprises a couple tying  
the knot today with  
eight guests after their  
wedding was postponed  
during lockdown

▶ **'I've got stage fright':**  
Olivier Award-winning  
actress Alison  
Steadman, 73, reveals  
crippling nerves have  
closed the curtains on  
her theatrical career

▶ **'This is mum life right**  
here!' Ferne McCann's  
Instagram workout is  
interrupted by daughter  
Sunday, 2, who insists  
on copying her moves  
Candid

+99

NEW  
ARTICLES

Top

ADVERTISEMENT

**Katie Waissel shows off**  
her toned abs in a black  
crop top and cheetah

Share

▶ [print skirt... after saying she 'forgives' her ex husband Brad Alphonso](#)

▶ ['Do they look alike?' Pregnant Cara De La Hoyde shares side-by-side scans of her unborn baby and son Freddie, 2, after going for 34 week ultrasound](#)

**EXCLUSIVE** [Captain America and the English rose Downton star: Chris Evans heads back to his hotel with Lily James after partying in London](#)

▶ [Delilah Hamlin shows off her long legs in tiny lycra cycling shorts as she and boyfriend Eyal Booker enjoy a dog walk in Primrose Hill](#)

▶ [The Royal Family share rare pictures of Queen Victoria's first sketches as well as a portrait of her daughters with a young Prince Edward VII](#)

▶ [Chloe Ferry shows off her curves in racy blue bodysuit as she snaps sizzling selfies before partying in London](#)  
Recently dropped two stone

▶ [Daisy Lowe shows off her tummy in high-waisted black underwear and crop top as she reveals she's moved in with model Charli Howard](#)

▶ [Comedian Rickey Smiley gives thanks for the outpouring of support after his teenage daughter was shot three times in an alleged road rage incident](#)

▶ [David Beckham makes the most of country living as he tends to his bees and admits he's made 'progress' after installing the beehive in his garden](#)

▶ [Nick Cordero's GoFundMe page raises over \\$900k to support wife Amanda Kloots and son Elvis after Broadway star loses 90-day battle with COVID-19](#)

+99

NEW ARTICLES

Top

ADVERTISEMENT

Share

▶ **Love Island's Francesca Allen sports a crop top and tie-dye joggers as she jets off to Ibiza to surprise best pal Elma Pazar on her birthday**

▶ **Countdown's Rachel Riley urges parents to 'smash stereotypes and raise daughters to believe they can have scientific careers like males'**

▶ **Katie Price is left 'devastated' as her £1.3m 'mucky mansion' is 'ransacked and destroyed by intruders'... amid ongoing renovations**

▶ **Ray Meagher's Home and Away co-stars pay tribute to the veteran actor as he celebrates his 76th birthday**  
The star plays the iconic Alf Stewart

▶ **Daisy Lowe showcases her model figure in an emerald crop top and wrap over skirt as she heads out shopping with her new flatmate Charli Howard**

▶ **Love Island's Jess Gale turns heads in a black jumpsuit as she joins twin sister Eve for a post-lockdown night out**  
Glamour parade

▶ **Britney Spears flaunts toned midriff in sports bra and tiny shorts as she grooves to Beyonce in expressive and kooky new video: 'I danced my tail off!'**

▶ **Brody Jenner enjoys cosy dinner date with Briana Jungwirth after introducing his new girlfriend to his estranged wife Kaitlynn Carter 'for her approval'**

▶ **Chrissy Teigen looks a picture of body confidence as she gets back into a bikini in Mexico for first time in a 'long, long time' after breast implant removal**

▶ **Inside Miley Cyrus and Cody Simpson's LA love nest: Couple give fans a peek at their lavish home complete with luxe swimming pool during lockdown**

ADVERTISEMENT

▶ **Vanessa Hudgens shows off gym-honed figure in skintight black crop top and leggings in LA**  
The brunette, 31, looked incredible

+99  
NEW ARTICLES **Top**  
Share

▶ **Queen Letizia of Spain looks sombre in a face mask as she joins King Felipe, Princess Leonor, 14, and Princess Sofia, 12, at a memorial mass for COVID-19 victims in Madrid**

**EXCLUSIVE Iskra Lawrence shows off her incredible post-baby body as she models swimwear and intimates at home**  
Welcomed her baby boy in April

▶ **Camilla can't wait to hug her grandchildren: Duchess of Cornwall tells how she fought her instinct to embrace relatives after three months apart**

▶ **Widow of late Broadway star Nick Cordero who died aged 41 following 94-day coronavirus battle breaks down in tears as she hosts singalong**

▶ **Former Neighbours star Jodi Gordon takes daughter Aleeia, six, to the zoo... after going public with her rumoured new boyfriend**

▶ **Phillip Schofield wastes no time in making his first trip to the barbers after the lockdown restrictions were eased**  
Presenter had a trim

▶ **Is this her most daring outfit yet? The Voice coach Delta Goodrem shows off her cleavage as she goes braless beneath a plunging gold mini-dress**

▶ **Dakota Johnson flashes her midriff in a dark crop top and high waisted denim bell-bottoms as she heads to see a friend in Studio City**

▶ **Lizzo flaunts her curves in cotton candy colored monokini as she posts ANOTHER twerking video**  
The Truth Hurts hitmaker wowed

ADVERTISEMENT

▶ **TOWIE's Tommy Mallet showcases his incredible weight loss transformation after shedding nearly one stone during the coronavirus lockdown**

**Dakota Fanning oozes summer style as she teams her pink face mask with a flowy lilac dress while heading to the spa**  
Chic

+99

NEW ARTICLES

Top

Share



▶ **Kelly Osbourne wears sweatpants that are the exact same lilac shade as her trademark locks as she makes a hooded and masked run to CVS**

▶ **TV Choice Awards: Daisy Edgar-Jones will battle Michelle Keegan and Jodie Comer for Best Actress... as Normal People gets THREE nominations**

▶ **Jesse Metcalfe flaunts biceps and tattoos as he leaves gym session in LA shirtless in shorts and shoes**  
Former Desperate Housewives hunk

▶ **Plaits incredible! Tammy Hembrow appears to copy Kim Kardashian and Kylie Jenner in latest series of raunchy bikini selfies**

▶ **Paris Hilton flashes skin as she sashays through Malibu shopping center in crop top and skirt holding pink pup**  
Toned

▶ **Brielle Biermann flaunts her curves as she models a white bikini from her mom's Salty K brand at the beach**

▶ **Celebrity Game Face: Sarah Hyland spits marshmallows at fiance Wells Adams and gobbles spaghetti on season premiere**

▶ **50 Cent and girlfriend Cuban Link debunk breakup rumors by snuggling up for games of beer pong during his 45th birthday bash in the Bronx**

ADVERTISEMENT

▶ **Lucy Spraggan details the 'intense pain' she suffers from her dietary intolerances... which have left her 'on the bathroom floor for hours crying'**

▶ **Tom Hanks thanks Australia for taking care of him and wife Rita Wilson while they had coronavirus - and reveals crisis wreaked havoc on his new film**

+99  
NEW ARTICLES **Top**

Share

▶ **Karlie Kloss bares midriff in black crop top while practicing breathing exercise at the beach**  
 The 27-year-old model sizzled

▶ **Joaquin Phoenix runs errands in t-shirt and shorts while wearing disposable face mask in LA**  
 The 45-year-old Oscar winner took precautions

▶ **Jon Voight wears mask to grab groceries in Bel-Air... after blasting 'disgraceful children' who tear down monuments**

▶ **Vanessa Bryant reveals late husband Kobe Bryant once bought her an iconic Carrie dress from Sex and the City**  
 Gift

▶ **Summer Monteys-Fullam flashes her trademark smile as she poses in a midriff-baring boob-tube and a leggy lilac mini-skirt**  
 Seasonal look

▶ **Chace Crawford showcases his ripped biceps as he goes shirtless while working on his golf swing in Cabo**  
 Former Gossip Girl star

▶ **From sacrificing her career, co-parenting, to finally getting back into music and finding love: Inside the private world of Russell Crowe's ex Danielle Spencer**

▶ **Chrissy Teigen and John Legend look loved up on vacation as he plants a kiss on her cheek in a sweet video**  
 Happy couple got some alone time

ADVERTISEMENT

▶ **Pregnant Katy Perry and fiancé Orlando Bloom enjoy romantic beach stroll in Santa Barbara**  
 Enjoyed some quality time together

▶ **'We have missed you so much': Victoria Beckham welcomes Brooklyn home after he spent the coronavirus lockdown in New York with Nicola Peltz**

▶ **Kevin Hart poses with pregnant wife Eniko on a yacht as he celebrates turning 41... the same age as when pal Kobe Bryant died: 'I'm lucky to be alive'**

+99  
 NEW ARTICLES **Top**

Share

**Prince Harry risks angering Queen by**

▶ [saying Commonwealth 'must acknowledge past wrongs' in criticism of British Empire during call with Meghan](#)

▶ [Paris Jackson flashes a peace sign as she stops by a local Walgreens store...amid controversy over her role as 'lesbian Jesus' in the indie film Habit](#)

▶ [Jamie Lee Curtis fondly recalls her late mother Janet Leigh's 'beauty, talent, grace, and grit'](#)  
The legendary scream queen died in 2004

▶ [Ireland Baldwin shows off her trim figure and arm tattoos in crop top and leggings while running errands in LA](#)  
The 24-year-old cut a casual figure

▶ [Marvel's Black Widow will feature Scarlet Johansson's title character 'passing the baton' to Florence Pugh's Yelena Belova](#)

▶ [Bebe Rexha flaunts her curvaceous figure in a plaid mini dress and looks casual as she pairs it with sneakers](#)  
Opted for a natural appearance

▶ [Owen Wilson has LA lunch date with mystery blonde... a month before resuming work on Loki series](#)  
The 51-year-old Oscar nominee looked stylish

ADVERTISEMENT

▶ [Remy Ma, 40, and husband Papoose, 42, are expecting their second child together... after she revealed fertility struggles on Love & Hip Hop](#)

▶ [I May Destroy You star/creator Michaela Coel turned down \\$1 million deal from Netflix over ownership rights](#)  
One of this summer's most critically-acclaimed shows

▶ ['Derek recovering and coming home is very uncertain': Kate Garraway shares a heartfelt message of thanks as her husband remains critically ill](#)

+99

NEW ARTICLES

Top

[Strictly Come Dancing 2020 'will feature TWO same-sex pairings' with Katya Jones and](#)

Share

▶ [Johannes Radebe in the running to be the chosen pros](#)

▶ [Caprice reveals her weight plummeted by more than a stone amid the 'stress' of her tumultuous Dancing On Ice stint](#)  
Quit the show

▶ ['I'm in my best shape ever!' 5ive star Abz Love, 41, poses shirtless to show off his weight loss and reveals he feels 'younger now than 20 years ago'](#)

▶ [Katie Price and Peter Andre's daughter Princess, 13, officially launches her own YouTube channel](#)  
Began her first post by introducing herself

▶ [Justin Bieber's rumoured ex-fling Sahara Ray promises to release a SEX TAPE if she gets enough subscribers on OnlyFans](#)

▶ [Lea Michele cradles her baby bump as she enjoys a morning stroll with hubby Zandy Reich... following Glee scandal](#)  
Venturing out

▶ [Miley Cyrus stuns in a tiny bikini as she shows off her dance moves with beau Cody Simpson: 'If we can't get back to work.... let's get back to WERK'](#)

ADVERTISEMENT

▶ [Kevin Smith addresses claims that Joss Whedon bashed Zack Snyder's Justice League on the reshoot set](#)  
Speaking out

▶ [Nadia Sawalha and her husband document first post-lockdown 'date' as they brag about losing weight \(and he says he's excited to be 'aroused' again\)](#)

▶ [Jennifer Lopez and Alex Rodriguez continue their active and bicoastal summer with a grueling al fresco Sunday workout on Instagram](#)

[David Schwimmer reveals excitement over Friends reunion... as he admits he's most looking forward to 'being in the room with](#)

+99

NEW ARTICLES

Top

Share



▶ those other five actors'

▶ They call it puppy love! Bindi Irwin gushes over her 'little family' in new photo with husband Chandler Powell

▶ 'You would have been three months old today': Kara Keough Bosworth pays tribute to her late son McCoy... who tragically died six days after birth

▶ RICHARD KAY: Prince Andrew's silence is ruinously damaging his mother... he MUST end this excruciating stand-off  
Exasperating behaviour

▶ Danai Gurira reveals she is 'daring to hope for racial justice' as she graces the cover of Women's Health  
In a candid chat with the August issue

▶ Lin-Manuel Miranda responds to criticism that his musical about Alexander Hamilton glorifies slave owners  
Gave his opinion

▶ Kim Kardashian says she's missing her dark hair just days after debuting new red hot tresses  
Took to social media on Monday

▶ Lucy Mecklenburgh nails summer chic in a yellow maxi dress as she heads out on a shopping spree in London  
Looking good

▶ Love Island's Molly-Mae Hague showcases her new luscious locks after enjoying her first hair salon appointment since lockdown restrictions were eased

▶ Take THAT, Kourtney! Sofia Richie wears Scott's Talentless hoodie after they spent July 4th together... three weeks after Kardashian wore his flannel

▶ Emilia Clarke gets steamy before being kicked to the curb as a mistress with a vendetta in trailer for new movie Above Suspicion  
Exciting

Food writer slams David Walliams' 'horrific

+99  
NEW ARTICLES Top

Share

▶ **racism' for portraying character with 'big frizzy hair' in book - only for publisher to reveal the character is WHITE**

▶ **'I was misunderstood!' Paloma Faith denies claims she's raising her toddler daughter, 3, gender neutral... days after finally revealing her child is a girl**

▶ **Lily-Rose Depp cuts a casual figure in blue jeans and a crop top as she steps out alone in Paris**  
The 21-year-old actress went solo

▶ **Brian Austin Green puts his buff arms on display during errand run...after setting the record straight on his love life post-split from wife Megan Fox**

▶ **Kylie Jenner puts on a busty display in a cut-out dress as she makes a breathtaking resort in the desert her backdrop: 'I love it here'**  
Hard to miss

▶ **Charlotte McKinney puts her bikini-clad frame on display as she shares photos from the long weekend**  
The beauty stripped down to her beach wear

▶ **'It's the best money I've ever spent:' Dame Jenni Murray insists being fat should not be celebrated after spending £10,000 on weight loss surgery**

▶ **SEBASTIAN SHAKESPEARE: Roxy Music star Andy Mackay wants the Soho party over before it becomes submerged beneath 'a nightmare' of squalor**

▶ **Days of Our Lives star Kristian Alfonso is leaving the show after 37 years on the soap opera**  
Is saying goodbye to her long-running soap opera

▶ **Christina Applegate says ending Netflix's Dead to Me after third season is 'the best way to tie up the story'**  
48-year-old star and executive producer

**Brad Pitt set to board action-thriller film Bullet Train... in his first role since Oscar-winning performance in Once Upon A Time In**

+99

NEW ARTICLES

Top

Share

▶ **Hollywood**

▶ **Reese Witherspoon and Ryan Phillippe's son Deacon, 16, announces the release of his first single**  
Shared the cover art for his debut track

▶ **Meghan Markle was 'very sensitive' about being 'number two' to Kate Middleton and clashed with staff over not getting the 'attention she deserved'**

▶ **Kanye West trademarks 'West Day Ever' for use on clothing and footwear after signing 10-year-deal with Gap**  
New venture

▶ **Dua Lipa turns up the heat in a tiny red bikini as she shares more snaps from her idyllic St Lucia holiday with boyfriend Anwar Hadid**  
Busty display

▶ **Christine Lampard looks radiant in a khaki green jacket and a black dress as she enjoys a family stroll with husband Frank and their daughter Patricia**

▶ **Love Island's Amber Gill showcases her jaw-dropping curves in a crocodile print bikini as she enjoys her first post-lockdown holiday with pals**

▶ **'It was astonishing how quickly you become invisible': Dominic West reveals he was left HOMELESS and without money for a night in London**

▶ **'We have all been tested': Jersey Shore's JWoww claps back at critics after sharing group photo of cast not wearing face masks**  
Speaking out

▶ **Disney actor Sebastian Athie who starred on the Argentinian TV series O11CE dies at aged 24 after taking a month long social media break**

▶ **Kanye West shares photo of his homeless shelters being rebuilt as part of '2020 vision' after announcing presidential bid - a year after tearing them down**

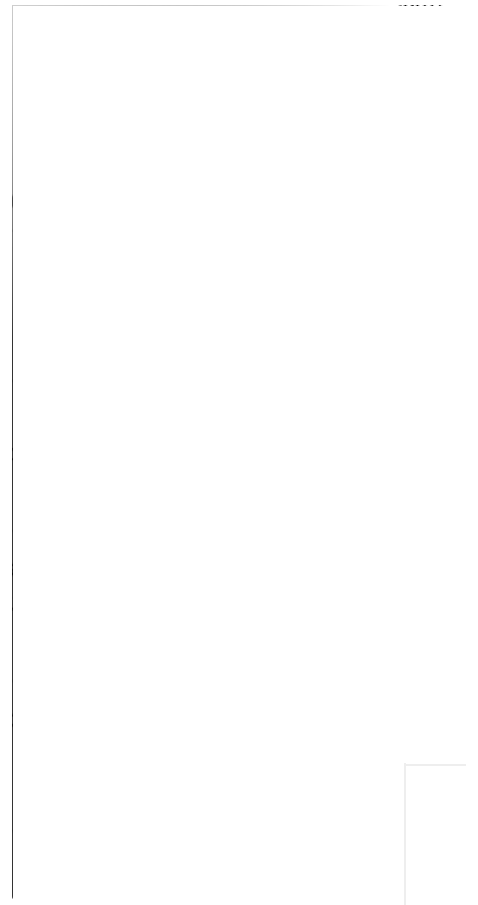
+99

NEW ARTICLES

Top

Share

Anytime Anywhere, MailOnline on your iPad



Today's headlines

Most Read



**Boris Johnson refuses to apologise for his 'cowardly' claim care homes failed to protect their residents...**



Britain records 16 more Covid-19 deaths with NONE in Scotland, Wales or Northern Ireland as daily toll drops...



**Three pubs are forced to close because customers test positive for coronavirus just TWO days after they...**



Britain will inevitably suffer 'big' Covid-19 outbreaks if people continue to flout social distancing rules,...



**Contact tracing app 'is urgent and important', say NHS Test and Trace chiefs as they admit service needs to...**



Most children in Covid-19 shielding scheme will NOT need to stay home from the end of July because the virus...



**Thousands of women who were left in agony by vaginal mesh but were told by surgeons they were being...**



How long before babies are grown in ziplock bags? The brave new world of science where doctors are pushing...



**Fair, female and 40 - that's why Julie had gallstones, but her doctor insisted it was just anxiety ... and...**



Hi-tech T-shirt packed with tiny sensors that can help diagnose the menopause by taking readings every 30...



**Why squatting str... ..**



Can shining a light on you feeling tired?... (including an ear... **NEW ARTICLES** **Top**



**Superbugs pose a cancer patients a than Covid-19, ex** **Share**



Is Merthyr Tydfil the UK's new Covid-19 hotspot? Official data shows the Welsh borough now has an infection...



'This is panic buying not following the science': Department of Health spent £13.4million on Roche's...

▶ MORE HEADLINES

MORE DON'T MISS

▶ **Pixie Lott ditches her blonde curls for honey brown sleek locks in dramatic transformation following her first post-lockdown trip to the hairdressers**

▶ **Sarah Michelle Gellar wears a face mask while out with her daughter in LA... after paying a heartfelt tribute to Broadway actor Nick Cordero**

▶ **Zach Braff and Florence Pugh take their dog for a walk as they continue to honor the late Nick Cordero in social media tributes**  
Stepping out

▶ **'This pregnancy has been a special one': Brie and Nikki Bella go nude in maternity shoot and reveal their symptoms and cravings have been 'identical'**

▶ **Olivia Culpo flaunts her stunning curves by a turquoise sea in a sparkling belly-baring crop top while living her best life on vacation**  
Looking good

▶ **Emily Andre hits out at TOWIE star Courtney Green for flouting social distancing at her 25th birthday party and then posting it all over Instagram**

▶ **Charlize Theron, 44, calls being replaced as Mad Max's Furiosa by a younger actress for a spinoff 'a little heartbreaking'**  
Disappointed

▶ **TOWIE's Jess Wright flaunts her sizzling physique in a skimpy crop top and mini skirt as she soaks up the sun in Majorca**  
Looking good

▶ **Brigitte Nielsen, 56, shares a passionate kiss with her husband Mattia Dessi, 41, while taking their daughter for a bicycle ride**  
Happy family

▶ **Love Is Blind's Mark Cuevas reveals his new girlfriend... after co-star Lauren 'LC' Chamblin dumped him for allegedly cheating on her**

+99

NEW ARTICLES

Top

Share

▶ **Kanye West's late registration (again): Yeezy's 2020 bid is facing failure because he has missed key deadlines to get on the ballot**

▶ **Former Disney child star and Bitcoin entrepreneur Brock Pierce is latest celebrity to jump into the 2020 race as he announces run for president**

▶ **Country rocker and fiddler Charlie Daniels dies at age 83 after suffering a stroke**  
Confirmed in a statement from his publicist

▶ **Chloe Ferry flaunts her incredible figure in a skintight mini-dress as she arrives in London for filming**  
The *Geordie Shore* star, 24, wowed

▶ **Mariah Carey models an all-back ensemble and sky-high stilettos with matching mask as she steps out in New York City**  
Staying safe

▶ **Morgan Stewart and Jordan McGraw get engaged! E! host flashes diamond ring after proposal from rocker**

▶ **Garth Brooks and Trisha Yearwood postpone streaming concert and go into quarantine after 'possible' exposure to COVID-19**

▶ **Kasabian confirm lead singer Tom Meighan has STEPPED DOWN from the band and claim 'personal issues have affected his behaviour for some time'**

▶ **Prince Charles plans to 'dampen a sense of entitlement' to housing and other perks among minor members of The Firm as he prepares to become king**

▶ **Eva Longoria spends an outdoorsy holiday weekend boating and hiking with son Santiago, two, at her Mexican estate**  
Quality time

▶ **Mandy Moore says ex-Ryan Adams should have apologized 'privately' as she reacts to his open letter expressing regrets over past behavior**

+99

NEW ARTICLES

Top

Share

▶ **Lauren Goodger puts on a VERY busy display in a tiny bralet and sporty shorts for sultry selfies**  
The former TOWIE star, 33, sizzled

▶ **'My boobs are bigger than my belly': Rochelle Humes displays her baby bump in a knitted co-ord as she celebrates week 25 of her pregnancy**

▶ **'It's not as positive as you might think': Piers Morgan insists Kate Garraway's husband Derek Draper remains in a 'serious and critical condition'**

▶ **Phillip Schofield hits back at claims he will 'move to the BBC in a deal worth millions when his ITV contract ends next year'**  
Not happening

▶ **Told Meghan you've popped back? 'Prince Harry' spotted in Oxford United home end as fans pay for cardboard cut-out to appear during play-off semi-final**

▶ **New dad Dermot O'Leary fuels up on coffee after joking about sleepless nights following the arrival of his son Kasper**  
Happy days

▶ **Tom Cruise practices his Mission: Impossible 7 motocross and helicopter stunts in Oxfordshire as film gets the green light to resume production**

▶ **Bikini-clad Nicole Scherzinger leaps into boyfriend Thom Evans's arms as they enjoy their romantic beach holiday in Portugal**  
Smitten

▶ **'You don't even look like you're pregnant!' Rio Ferdinand shows off wife Kate's 'little bump' as he praises her for working out in the gym**

▶ **Rita Ora makes style statement as she wears oversized floppy Gucci hat and bold poppy co-ord to pose for pouty snaps in the great outdoors**

▶ **Katherine Schwarzenegger displays her baby bump while on a stroll with her dog in LA as husband Chris Pratt films Jurassic World 3**

+99

NEW  
ARTICLES

Top

Share

Sofia Richie showcases her stellar curves in a

▶ **cow print bikini after 'friendly' Independence Day reunion with ex Scott Disick**

▶ **Rebecca Black, 23, who hit fame at 13 with the song Friday says she felt pressure to 'label' her sexuality after coming out but now has a 'sense of self'**

▶ **Dorit Kemsley, 43, of RHOBH shows off her stunningly flat tummy with abs after welcoming two children as she models a bikini at her mansion**

▶ **Hamilton weekend release boosts Disney+ downloads by 74% despite calls to cancel it because it glosses over Founding Father's links to slavery**

▶ **'We were young and a little lost': Katie Waissel says she 'forgives' ex Brad Alphonso eight years after they ended their marriage**  
Two month marriage

▶ **Yoko Ono, 87, is 'slowing down' and needs 24-hour care - but is 'still sharp' and has her son Sean round for dinner three times a week**

▶ **Gwyneth Paltrow's make-up artist says the star looks just as young now at 47 as she did in her 20s thanks to a face roller: 'She gets a maximum glow'**

▶ **Kate Garraway will appear on GMB this week as doctor warns her husband 'may have to learn to walk and talk' after he wakes from Covid-19 coma**

▶ **'I'm determined to fit in them by the end of July': Nadia Essex attempts to 'squeeze' into size 12 denim shorts as she gives a postpartum update**

▶ **'I couldn't eat anything': Denise Welch reveals she lost 2st in four weeks after suffering postnatal depression following birth of son Matt Healy**

+99

NEW ARTICLES

Top

**Tom Cruise's next Mission: Impossible movie will resume filming under quarantine exemption**

Share



▶ [after delays amid COVID-19 pandemic](#)

▶ [Susanna Reid shows off her very glamorous post lockdown hair transformation after visiting the salon to get it cut for the first time in four months](#)

▶ [Paulina Porizkova, 55, shares makeup-free selfie as she says she is 'super insecure' about her appearance and trying to 'come to terms' with aging](#)

▶ [Brooke Burke, 48, flashes her toned tummy and legs as she meets with a pal in Malibu... after revealing her latest live stream workout](#)

▶ ['The celibacy lives on': Alexandra Cane swaps her 'granny underwear' for racy lingerie but admits it's just a 'reminder of how flipping single I am'](#)

▶ [Devon Windsor models stylish bikinis from her swimwear range alongside pal Olivia Culpo in The Bahamas](#)

**EXCLUSIVE** ▶ ['Not eating the best or working out that much, but I present to you ME!' Malin Andersson strips to lace lingerie for un-airbrushed shoot](#)

▶ [Kissing Booth 2 trailer: Joey King pines for her boyfriend Jacob Elordi as she hopes to join him at Harvard... but a new boy distracts her](#)  
Coming soon

▶ [Love Is Blind star Jessica Batten introduces her handsome doctor boyfriend after finally finding her perfect match](#)

▶ [Love Island's Biggs Chris sweeps Rebecca Gormley off her feet on romantic date night... just weeks after he 'messed another woman behind her back'](#)

▶ [Colin Kaepernick and Disney reach deal on an ESPN Films documentary about the NFL free agent's life](#)  
Part of a first-look deal with The Walt Disney Co

+99

NEW ARTICLES

Top

Share



▶ **'It's like a drug the nation is hooked on': Larry Lamb admits he'd love to return to Gavin and Stacey following success of Christmas special**

▶ **Zadie Smith painting dubbed 'a love letter to Black Britain' by its Nigerian artist becomes newest addition to National Portrait Gallery**  
Timely

▶ **Broadway star Nick Cordero dies at 41 following 94 days in hospital battling COVID-19 and his heartbroken wife pays tribute: 'God has another angel now'**

▶ **Ferne McCann shows off her taut abs in silver bralette and tiny shorts after celebrating her pal's 30th birthday**  
The former TOWIE star, 29, looked stunning

▶ **Hollywood composer Ennio Morricone who wrote the music for The Good, The Bad And The Ugly dies aged 91**  
Created over 400 scores for cinema and TV

▶ **Zoe Ball enjoys a family day out to London Zoo with boyfriend Michael Reed, Nelly, 10, and his daughter**

▶ **Duchess of Cornwall dons stylish checked dress as she visits Swindon Fire Station and Borough Council to thank staff for their work amid the Covid-19 crisis**

▶ **Kim Kardashian showcases her taut midriff in a fire red outfit topped off with leather pants and matching hair**  
Kim matched her latest outfit to her new hair

▶ **Holly Willoughby and Phillip Schofield reveal they were scolded by This Morning boss for sitting 'too close' on new sofa**  
Distancing enforced

▶ **Danielle Armstrong cradles baby daughter Orla as she and fiancé Tom Edney share details of her 72-hour labour in a sweet video diary**

+99

NEW ARTICLES

Top

Share

**Kim Zolciak's daughter Ariana Biermann, 18,**

▶ **models bikinis from her mother's swimsuit line as she soaks up the sun in Georgia**

▶ **Jenni Falconer showcases her toned long legs in vibrant patterned leggings and a white long sleeved top as she heads to the ITV studios**

▶ **Counting On star Jana Duggar, 30, says she's 'making the most' of her single years because dwelling on her unwed status makes it 'way worse'**

▶ **Kate dresses in NHS blue as she and William pay visit to Norfolk hospital to mark the health service's 72nd birthday**  
Special appearance

▶ **Marnie Simpson showcases her toned torso in a cropped sweatshirt as she returns home from a shopping trip with Casey Johnson**

▶ **'She's the perfect ugly duckling that has turned into a swan': Katie Price calls Princess, 13, her 'complete mini-me' as she hints the teen has a boyfriend**

▶ **Prince Harry is feeling 'tormented by his fractured family ties' while Meghan Markle is 'struggling to cope' and 'feeling extremely low' amid new life in LA**

▶ **Sam Faiers, sister Billie and Ferne McCann throw pal woodland themed 30th birthday bash complete with saxophonist, decadent spread and bubbly**

▶ **Kate Garraway's husband has WOKEN from COVID-19 coma and is in a 'minimum state of consciousness' (but condition 'could persist for YEARS')**

▶ **'I suffered crippling anxiety': Kelly Brook admits she stayed up downing apple cider vinegar as she was convinced it would stop her getting coronavirus**

+99

NEW ARTICLES

Top

**Deborah James who has incurable stage 4 cancer reveals her friend, 31, died of the disease 'too soon' when**

Share

▶ **COVID-19 stopped treatment**

▶ **Princess Diana's former chef reveals the recipe for crispy chicken with pasta that was a favourite of Princes William and Harry as children**

▶ **Myleene Klass stuns in a plunging leopard print maxi dress as she flaunts her gorgeous new hair ahead of her shift at Smooth FM**  
Newly blonde

▶ **Ashley Roberts teams nautical-inspired pleated dress with statement red heels as she leaves Heart FM**  
Style parade

▶ **Amanda Holden looks summery in £200 pink and white belted gingham dress as she leaves work at Heart FM**  
Another chic display

▶ **Love Island's Maura Higgins, 29, reveals she's going grey as she shows fans her lockdown locks during makeup tutorial**

▶ **'I had crippling body aches': Tom Hanks describes his experience with coronavirus but admits he's always been 'calm' about the end of life**

▶ **Alan Halsall and Tisha Merry reveal the challenges of co-parenting with his ex Lucy-Jo Hudson and their hopes to have children together**

▶ **Lily Allen leaves little to the imagination in topless bath selfie as she covers her modesty with her phone and a candle**

▶ **Lizzo twerks in VERY racy Instagram video as she slams landlord for 'kicking me out of my seven-day rental three days early'**

▶ **Alison Hammond sports a giant social-distancing hat and downs a pint as she makes a return to This Morning studios for the first time in 15 weeks**

+99  
NEW ARTICLES **Top**

Share

▶ **Dominic Cooper cuts a casual figure in a hoodie and protective gloves as he bikes to his local wine shop**  
 The actor, 42, looked suave

▶ **Jacqueline Jossa poses up a storm in a nude crop top and denim shorts as she overcomes 'marital strife' with her husband Dan Osborne**

▶ **Zayn Malik 'splashes out £254,000 on a luxury detached home for his 17-year-old sister, her husband, 18, and their newborn daughter'**  
 Generous

▶ **Selling Sunset's Christine Quinn, 31, reveals she had CORONAVIRUS when she married millionaire businessman Christian Richard, 41**

▶ **'Same hair as mum': Romeo Beckham is a dead ringer for Victoria as he models brunette wig while brother Brooklyn reunites with pet dog Fig**

▶ **Daisy Lowe flaunts her sensational figure as she poses in a just a pair of bikini bottoms for a stunning beach throwback**

▶ **Kendall Jenner looks like an all American girl in royal blue bikini snaps from her Fourth Of July getaway**  
 Reportedly spent some time with her new flame Devin Booker

**EXCLUSIVE 'Damn girl!' Gemma Collins ditches the lashings of make-up and stuns in a natural, fresh-faced selfie... sending boyfriend James Argent wild**

▶ **The Voice's Kelly Rowland leaves her contestants HUMILIATED as she refuses to take either of them through - leaving her a member short**

▶ **GMB's Laura Tobin returns to the studio for the first time in 98 days as she reveals she's put on 'the COVID-stone' since working from home**

▶ **The wonderful but very wacky world of Elle Macpherson: ALISON BOSHOFF reveals how, at 56, The Body really doesn't just rely on her genes**

+99  
 NEW ARTICLES **Top**

Share

▶ **Kate Middleton channels Princess Diana by donning a blue £525 Beulah London gown for a hospital visit days after the late royal would have turned 59**

▶ **Nick Cordero tributes pour in from Broadway and Hollywood: Lin-Manuel Miranda mourns 'devastating' loss after star dies from COVID-19 complications at 41**

▶ **Sophie Turner covers her growing baby bump in a tight dress and T-shirt for breakfast date with husband Joe Jonas and family**  
She's expecting

▶ **Courtney Cox wears green jersey with last name of boyfriend Johnny McDaid on front in Malibu**  
The star paid homage to her beau

▶ **Ivanka and Jared's big weekend: The hills came alive for the family as they enjoyed July 4th weekend**  
Family trip with the couple's three children

▶ **Pregnant Emma Roberts covers up her baby bump in a oversized black Harley Davidson T-shirt as she fuels up on coffee**  
First child

▶ **The Luminaries fans are left baffled by star Eva Green's 'changing' accent - and are STILL struggling to make out the action because the show is so dimly lit**

▶ **Gigi Hadid claps back at British Vogue's claim she is 'disguising' her baby bump says she wasn't 'trying to hide anything'**

▶ **Winnie Harlow flaunts her incredible physique in tiny pink sweats as she poses for VERY racy pics with basketball player beau Kyle Kuzma**

▶ **The Voice's Delta Goodrem lashes out at Guy Sebastian after the judge gives a BRUTAL review of her new duo singers**

▶ **Daniel Ricciardo reveals why six F1 drivers DIDN'T 'take the knee' to show solidarity with Black Lives Matter at Austrian GP**

+99

NEW  
ARTICLES

Top

Showing Harry what he's missing? Too Hot to Handle star

Share

▶ **Francesca Farago flaunts her curves in a skimpy bikini following Jowsey split**

▶ **Grey's Anatomy star Kate Walsh enjoys dinner and drinks with her pals as she's seen for the first time since getting 'trapped' in Perth due to COVID-19**

▶ **Paula Wilcox is set to return to Coronation Street after 51 years as Geoff Metcalfe's former lover... but can she save Yasmeen from prison? Dramatic comeback**

▶ **Emily Atack insists there is 'more to her than a pouty face and a pair of boobs' and admits she got fed up with being described as 'a pin-up girl'**

▶ **Gerard Butler sports a protective face mask as he stocks up on groceries with his girlfriend Morgan Brown**  
The Scottish actor, 50, looked smitten

▶ **Emily Ratajkowski smolders in barely-there string bikini during July 4th holiday getaway to the countryside with husband Sebastian Bear-McClard**

▶ **The Hills' Heidi Montag Pratt reunites with her mother Darlene on Colorado nature hike with son Gunner**  
Family day out

▶ **Jess Wright teases details about upcoming Majorcan wedding to William Lee-Kemp... which will feature 15 bridesmaids (including Michelle Keegan)**

▶ **Chris Martin cuts a casual figure in a navy floral T-shirt and goes barefoot as he heads out on a walk with pal**  
The Coldplay frontman, 43, looked stylish

▶ **Chrissy Teigen hilariously calls out Fox News host Jeanine Pirro after she gets caught looking at a picture of the former model's bare chest**

▶ **'She's incredible!' Peter Andre praises wife Emily for having 'uncomfortable' conversations with teenage daughter**

+99

NEW  
ARTICLES

Top

Share

▶ Princess and son Junior

▶ Alessandra Ambrosio showcases her sophisticated style in a silk midi dress and knit cardigan while at dinner with her kids and ex husband Jamie Mazur

▶ Machine Gun Kelly mourns death of his father on one year anniversary of Hotel Diablo release: 'I've never felt a pain this deep'

▶ Margot Robbie steps out in a stunning black mini-dress while visiting a friend in Los Angeles  
Actress Margot rocked a sleek dress while visiting a friend

▶ Jessica Simpson celebrates six years of marriage with Eric Johnson: 'I married my perfect soulmate'  
Happy couple

▶ Zach Braff pays tribute to close friend Nick Cordero following his passing from COVID-19 after letting his wife and son stay in his guest house

▶ Transgender model Munroe Bergdorf slams JK Rowling as 'dangerous' and a 'threat to LGBT people' in row over the author's latest tweets

▶ The Kate effect: Thrilled Australian designers reveal their \$199 midi dress sold out almost instantly after being worn by the Duchess of Cambridge

▶ David and Victoria Beckham lead the stars in the latest Clap For Carers to mark the 72nd birthday of the NHS  
The couple were joined by all four of their children

▶ Chrissy Teigen does a quick swimwear change going from a black one piece to a cheetah print bikini while on family vacation  
With her loved ones

▶ G-Eazy in 'much better headspace' with latest album after 'toxic' relationship with ex Halsey: 'It's been a real creative breakthrough'

+99

NEW ARTICLES

Top

Share



▶ **Sara Bareilles shares heartbreak on Instagram over death of Nick Cordero who starred in Waitress**  
 The 40-year-old shared her heartbreak

▶ **Lin-Manuel Miranda doesn't have any plans on making a movie adaptation of his hit Broadway musical Hamilton**

▶ **Shia LaBeouf 'got his whole chest tattooed' to authentically portray 'Cholo' gangster in The Tax Collector**  
 Dedication to gritty new role

▶ **Leonardo DiCaprio stays safe by wearing a face mask while taking an afternoon stroll in Malibu**  
 Staying safe amid the COVID-19 pandemic

▶ **Inside Australia's most exclusive COVID-19 hideaway: Why Zac Efron and the Hemsworths chose Byron Bay to ride out the pandemic**

▶ **Peter Andre's wife Emily suffers severe reaction to the family's new pet rabbits and has to force a bizarre allergy-blasting device up her nose to cure it**

▶ **Elsa Hosk flaunts her toned curves in an animal print swimsuit as she and beau Tom Daly share a romantic kiss under a scenic waterfall**

▶ **'Best on earth!' Katie Price, 42, heaps praise on boyfriend Carl Woods, 31, as the new couple go Instagram official... hours after their first PDA**

▶ **Brody Jenner jet boards with thong-clad mystery brunette in Malibu... as his mother Linda Thompson, 70, flaunts bikini body**

▶ **Seeing double? Too Hot to Handle star Francesca Farago's new bikini designs look almost identical to Emily Ratajkowski's swimwear range**

▶ **Trisha Goddard says she is 'sick of being black' after revealing how she has been accused of using Bo' Selecta! apology 'to revive her career'**

▶ **Jennifer Lopez and Alex Rodriguez add to their lavish cross-country**



+99  
 NEW ARTICLES **Top**

Share

▶ **real estate collection with a modest \$1.4m cottage in the Encino suburbs of LA**

▶ **Gabrielle Union shares inner peace with photo in black bandeau bikini and cover-up on Instagram**

The 47-year-old actress showed her toned body

▶ **Taraji P. Henson on stigma over terms like 'strong black woman' or 'black girl magic': 'We're not fairies!'**

▶ **'I almost lost everything': The Voice judge Kelly Rowland reveals her financial struggle after 'trying to keep up' with the best cars and wardrobe**

▶ **Vanderpump Rules star James Kennedy says he doesn't 'miss the booze' as he celebrates one year of sobriety with girlfriend Raquel Leviss**

▶ **Kourtney Kardashian puts on a leggy display in chic pleather mini dress in throwback snap from sister Khloe's 36th birthday party**  
Sultry

▶ **Rihanna has 'axed plans for ninth album to concentrate on skincare range' so she can 'become a beauty billionaire' after COVID-19 ravages music scene**

▶ **Wild thing! Elyse Knowles shows off her figure in a leopard print swimsuit as she soaks up the sun in Byron Bay**  
She is one of Australia's most sought-after models

▶ **Outlander star Sam Heughan is voted the people's choice to take over the role of James Bond... as Daniel Craig prepares to step down after 15 years**

▶ **'I'm shy!' Dua Lipa leaves little to the imagination as she poses in a skimpy black thong bikini after jetting to St Lucia with boyfriend Anwar Hadid**

▶ **Zachary Quinto embraces summer in his finest jorts as he makes coffee run.. after refusing to promote his show NOS4A2 on social media**

+99

NEW ARTICLES

Top

Share

▶ **Madison Beer looks fierce in Fendi as she gets all dolled up during quarantine in her latest Instagram snapshots**  
 Commanded attention on Sunday evening

▶ **Rhian Sugden slips into busty aquamarine lingerie to show off her svelte physique in playful Insta snap**  
 Shared a sultry Instagram selfie

▶ **Jamie Oliver pleads with Boris Johnson to bring in plans to cut VAT and business rates for healthy food brands and a watershed for junk food advertisements**

▶ **Meghan King Edmonds spends her 4th of July holiday in Wisconsin with new boyfriend Christian Schauf**

▶ **Gerrit Cole and wife Amy welcome first child with delivery of 'absolutely adorable' son Caden**  
 First time parents

▶ **In your pocket, man: Sir Elton John is commemorated with his own £5 coin... but in a nod to his lavish lifestyle they cost up to £65,000**

▶ **Farrah Abraham defends her decision to show a vibrator in TikTok video with her 11-year-old daughter Sophia**  
 Speaking out

▶ **Tony Hadley slams former Spandau Ballet bandmates Martin and Gary Kemp over new mockumentary and 'bad taste' washing powder ad**

▶ **Paris Hilton talks about the 'silver lining' of the pandemic during chat with Barkha Beauty founder: 'We're all together'**  
 Opened up

▶ **Bindi Irwin and Chandler Powell are planning a second wedding in the U.S. at the same location where her parents Steve and Terri married**

▶ **Stacey Solomon shares sweet snap of son Rex sleeping in a DOG BED... just one day after announcing she was taking a break from social media**

+99  
 NEW ARTICLES **Top**

Share

**Dr Alex George reveals he almost DIED from**

▶ **septic shock as he details 'frightening' ordeal and says he 'owes his life' to St Thomas' Hospital staff**

▶ **Kylie Jenner brings back her ultra-long braid as she models slinky gold dress for desert photoshoot**  
Went braless for her latest set of images

▶ **Malika Haqq is the picture of an adoring first-time mother as she lovingly cradles baby Ace in matching outfits in new photos**  
Proud mother

▶ **Beyonce is 'FAKING' being African American, claims congressional candidate KW Miller, in bizarre Twitter rant where he says singer is ITALIAN**

▶ **Sofia Richie grabs smoothies with a gal pal the day after reuniting with Scott Disick for the first time since their May break-up**  
Out and about

▶ **Katherine Schwarzenegger shows off her baby bump while taking a hike with sister Christina over the holiday weekend**  
Ventured out

▶ **Melanie Sykes showcases her age-defying figure in skintight latex bodysuit and fishnet tights ahead of her 50th birthday**  
Toned and trim

▶ **Jenna Dewan brags about her fabulous fiance Steve Kazee as she shares a video of him dancing, sweeping and carrying their son Callum**

▶ **Chic star Nile Rodgers and James Bond composer David Arnold will mentor young musicians nominated for the Rising Star Ivor Novello Award**

▶ **Vanessa Hudgens shows off her taut summer bod in white string bikini as she catches some sun with her dog Darla**  
Taking it easy

**Khloe Kardashian heads to Tristan Thompson's house for 4th of July party with Kourtney and Kris Jenner... after quashing engagement rumors**

+99

NEW ARTICLES

Top

Share



▶ **Pregnant Kate Ferdinand snaps a selfie showing off her baby bump and admits 'I'm unsure why I keep touching it'**

▶ **Inside the Aladdin-themed birthday Love Island's Luke Trotman threw for Disney-obsessed Siannise Fudge... complete with personalised treats**

▶ **Adrienne Bailon flaunts her taut midriff in barely-there bikini as she continues to share results of her 20lb weight loss**  
Looking good

▶ **Prince Andrew's lawyers 'consulted Washington lobbyist with ties to the Trump administration about helping him handle Jeffrey Epstein fallout'**

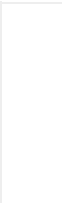
▶ **Cindy Bruna dazzles in a glitzy black maxi dress as she poses up a storm during the Balmain Sur Seine fashion show**  
Stunning

▶ **Selma Blair looks summer fresh in white shirt-dress and pink face mask during stroll with beau Ron Carlson at Farmers Market in LA**  
Staying safe

▶ **Schaena Shay stuns as she enjoys some socially distanced pool time at the Hard Rock Hotel San Diego**  
The Vanderpump Rules star was glowing

▶ **Mama June dons a racy leopard print bikini as boyfriend Gino Doak feeds her a corn dog on 4th of July beach outing in Florida**  
Hard to miss

▶ **'Jade would be very proud!' Jeff Brazier posts black-and-white modelesque snaps of lookalike son Freddie as fans gush over their resemblance**



**TOP DISCOUNTS OF THE WEEK**

**Lookfantastic - Lookfantastic discount code**  
Treat yourself to offers on make-up and accessories

+99  
NEW ARTICLES **Top**

Share

[Gymshark - Stay fit](#)  
Get the right equipment  
and sportswear for less



[adidas - adidas offers](#)  
Save money on outlet and  
full-price orders



[Holland and Barrett - Holland and Barrett promotions](#)  
Click through to find the  
latest voucher codes



[Cult Beauty - Cult Beauty deals](#)  
Feel good with amazing  
savings with Cult Beauty



[Allbeauty - Shop for branded make-up](#)  
Save money on your  
favourite brands this  
month



### ADVERTORIAL FEATURES

► **Find the cheapest and best value life insurance**  
This is Money has teamed up with leading advisers Cavendish Online to help you find the cheapest life insurance



► **Key Retirement**  
Boost your retirement finances



Find out how >

► **Fidelity**  
How much do you need to save for retirement?  
Calculate now >



► **International Money Transfer**  
Compare the best exchange rates in three easy steps >



► **The eVeryday Edit**  
From the hottest trends to how to wear them, THIS is your new destination for all things fashion.



+99

NEW ARTICLES **Top**

[Back to top](#)

[Home](#) | [News](#) | [U.S.](#) | [Sport](#) | [TV&Showbiz](#) | [Australia](#) | [Femail](#) | [Health](#) | [Science](#) | [Money](#) | [Video](#) | [Travel](#) | [DailyMail](#)

Share



+99

NEW  
ARTICLES

Top

Share