

ABSOLUTELY

JANUARY 2013
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EDITOR'S LETTER

JANUARY 2013

I feel rather sorry for January. Amidst an explosion of fireworks, balloons and confetti, 1st January is born. But once Big Ben has struck 00:01, and the fireworks have sizzled to smoke, where else is there for January to go? With its notoriously dismal weather, the thunderous 'back to work' cloud it hovers over our heads, and that odious pressure to detox, there's really nothing to look forward to is there? No.

Wrong! At *Absolutely* we have discovered January is one of the most uplifting and exciting months of the year. Yes, I'm exaggerating slightly, but morale is crucial to making the most out of what could become a highly productive month for all of us.

Take the inspiring Detox Guide we feature, for instance. I have never detoxed in my life, but this year I am adamant I shall. For the advice provided by our top local health specialists makes me want to own the abs and the skin and sense of serenity they tell me is so easily obtainable. Similarly, our What's On in 2013 is certain to blow away January blues in one big gust, for there's so much to look forward to this year.

If you're looking to redecorate, have a read of what happened when I met star of *Location, Location, Location*, Kirstie Allsopp. You won't be afraid to mix old with new after that, nor fear that horrible monstrosity left to you once, which is currently residing in the attic.

We also profile the iconic life of Blondie's Debbie Harry, so that come mid-January (when we're struggling through our month of abstinence) we can comfort ourselves we were never *that* wild.

And with our interview with the delicious Marcus Wareing, plus a fascinating history lesson by BBC's Dr Nick Bassett, there's so much to read in this issue I doubt there's time enough in January to do it. With any luck you'll be so distracted, your detox will carry on into February and you won't even notice. Well, that's the plan anyway.

I very much hope it works.

edwina

Edwina Langley
Editor

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