



And, work those abs, looking good, Amy...

DVDS

AMY CHILDS FIT IN 30 DAYS (E)

Stars: Amy Childs, Drew Rush

What's the story? Getting in shape can sometimes feel like climbing an endless mountain. But former *TOWIE* star Amy Childs aims to make keeping fit less of a chore and more about enjoyment in her new DVD. Led by her personal trainer, Drew Rush, Amy goes through the motions during five separate workouts, giving you the option to choose one or - if you're

feeling ambitious - all five in one go.

What's it like? The latest in a long line of celebrities to launch a fitness DVD, Amy is keen to stress: "If I can do it, anyone can do it." Managing to retain her pout throughout, Amy frequently gives words of encouragement, and Drew doesn't allow her to slack! With a lot of repetition, it's not the most exciting of workouts, but has great exercises for toning in particular.

Verdict: Marbs here we come!

Extras? None. ★★★



MOTHER AND CHILD (15)

Stars: Naomi Watts, Kerry Washington

What's the story? The lives of three women are explored in this moving and brilliantly acted film about the strength of the bond between mother and child.

Extras? Trailer and more. ★★★★★



TEXAS KILLING FIELDS (15)

Stars: Sam Worthington, Jeffrey Dean Morgan, Jessica Chastain

What's the story? Detectives Brian (Morgan) and Mike (Worthington) attempt to solve a series of sadistic murders.

Extras? None. ★★★



THE SECRET LIFE OF BIRDS (E)

Stars: Iolo Williams

What's the story? First aired on BBC2, this is a stunning series following the lives of birds in our towns and countryside.

Extras? TBC ★★★★★



WATERLOO ROAD REUNITED (12)

Stars: Zaraah Abrahams, Chelsee Healey, Tachia Newall, Lucy Dixon

What's the story? Michaela (Abrahams) announces some shocking news.

Extras? Photo gallery. ★★



CUCKOO IN THE NEST

Nat Luurtsema (£12.99, Hodder & Stoughton)

You're in your late twenties, enjoying living with your partner and the freedom that comes with. Then, for various reasons, you're forced to move back home. Comedian Nat's hilarious account of life with the folks will strike a chord with parents and their offspring everywhere!

★★★★★



ELEANOR & PARK

Rainbow Rowell (£9.99, Orion)

Park keeps himself to himself and when new girl Eleanor gets on the school bus, he's the only one who lets her sit down. It takes a long time before they even speak. In the meantime, quirky Eleanor puts up with bullying and a chaotic home life. This is a tale of first love that blossoms despite everything. ★★★★★



ALICE BROWN'S LESSONS IN THE CURIOUS ART OF DATING

Eleanor Prescott (£6.99, Quercus)

Alice Brown works at a dating agency, matching people with their perfect partners, something that's easier said than done for herself. Her boss, Audrey, has been hiding a secret and things get tricky when Alice becomes involved in it. Colourful characters and intriguing storylines abound. ★★★★★



THE JANE AUSTEN MARRIAGE MANUAL

Kim Izzo (£6.99, Hodder & Stoughton)

Journalist Kate Shaw is given a project that will change her life. Following the work of Jane Austen, she sets out to see if a wealthy man is a must-have in tough economic times. Soon she is absorbed in a new world, where she has a title and mixes with billionaires. But when she gets engaged to Scott, how long can she keep the truth from him? Glamorous stuff! ★★★★★



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