

Movie Review: Judy



By Mara Miller

If you've seen *Wizard of Oz*, you know the song *Over the Rainbow*. Judy Garland not only took over the role as Dorothy Gale in the original *Oz* but had a successful movie career until MGM released her in 1950. *Judy* follows Judy Garland's trip to England in the winter of 1968 to perform in a series of sold-out concerts. She faces not only leaving behind her children in America, but also finds love as she struggles during her time spent in London.

In *Judy*, Garland's struggles

between her music career and her family are a struggle and center point for this [movie review](#).

Should you see it: Yes! Renee Zellweger is an amazing actress, and from what little we've heard of her cover of *Over the Rainbow*, she brought Judy Garland back to life beautifully.

Who to see it with: Grab your partner for a date night to see this movie!

Cupid's Advice:

Garland had trouble balancing her career and family, and you might be, too, but don't beat yourself up over it. It can be a delicate scale when it comes to figuring out how to juggle work, kids, and a partner, especially when the work you do is demanding. Here's Cupid's Advice on how to stay organized so you can balance your work and personal life:

1. Self-care: Self-care is an important part of balancing your work and personal life. If you aren't taking care of yourself, your family and work performance will suffer. Take the time you need to sleep in for 15 more minutes, go on a date, or take your kids to a playground and put the technology down for a while.

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2. Let go of the guilt: It's easy to feel incredibly guilty when we can't be there for our families as working women. Maybe you work more hours than your partner who has a physically taxing job, so the dishes and the rest of the house have started to fall apart. Don't beat yourself up feeling horrible when a plate doesn't get washed or your new puppy tears up a DVD case. This will be good for you mentally and emotionally in the long run.

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3. Find a new appreciation for date night: Pick one night a week that you and your partner can get away from the kids with a baby sitter. Forget about work for a while and just enjoy being with them for a while. Couples who continue to date even after they get married have more of a chance of making things work than those who don't.

Do you have any other ways to keep your work and personal life balanced? Let us know in the comments below!