

Julia Roberts In 'Eat, Pray, Love'



Julia Roberts stars in this week's *Eat, Pray, Love* as a modern wife who realizes she's missing something in her life. Deciding that her soul is unfulfilled, she divorces her husband and takes a yearlong, life-altering journey. She first stops in Italy, where she finds ethereal joy in the art of eating. She then goes to India, where she studies with yogis at an ashram, finding strength through prayer, as well as gaining inner tranquility. Finally, she heads to Bali, where she meets her true love.

What can you do to lead a fulfilling life?

Cupid's Advice:

Eat, Pray, Love was adapted from Elizabeth Gilbert's memoir, where she chronicled her own personal choices to change her way of life. Below are some of Cupid's suggestions to help you figure out how to get your life where you want it to:

1. Assess your situation: Categorize every aspect of your life, and summarize each section. When complete, read through

it to see if there's room for improvement. With family or friends, figure out ways to work on what's missing.

2. Think of yourself: Most people put others before themselves, leading to unresolved resentments that get tucked away in the subconscious. If you take a few moments each week to reflect on your personal choices, and how they have, or will affect you, you might find positive ways to resolve any conflicts that arise ahead of time.

3. Be true to your opinion: This may sound corny, but if you don't believe in yourself, or if you let others provide your opinion for you, you'll end up miserable. Offer your insight to the conversation and make your voice heard.

Life can be a challenge. What you make from the cards you've been dealt is up to you and the choices you make.

Release Date: Aug. 13