

You Mom Loves You More than You Know...just ask Patti Wood. From the "Feel Good File" of *First for Women on the Go*, April 7 issue, notice the photos of the star mom and daughters. Then, learn some interesting things about your own relationship. www.pattiwood.net



feel-good file

Mom loves you more than you know

Sure, we have mixed feelings about Mom sometimes. But whether she's our staunchest supporter or harshest critic, we love her just the same. And the feeling is mutual, says body-language expert Patti Wood, who analyzed these recent star snaps. The sweet surprise: Even when it isn't obvious, these celeb moms' body language reveals that their love runs true. Check out the photos to see the little telltale love signs your mom may be giving you.



Blythe Danner & Gwyneth Paltrow

What Gwyneth says: "My mom used to take us to the opera and was always dragging me to see underground dance troupes. She wanted to show us the world and all its possibilities. She wanted us to be enriched—and I love her for it."



What the photos say: "This is a classic mother-child pose. Gwyneth is leaning on her mom's shoulder—indicating she wants to feel loved—while Blythe is almost cradling her daughter in her arms," says Wood.



"Blythe seems a little annoyed that Gwyneth is taking a call at the moment, but Gwyneth's wide smile suggests that it might be all in good fun."

"Gwyneth's head is thrown back in laughter, showing that she is perfectly comfortable with her mother. In turn, Blythe's attention is focused 100 percent on her daughter. Their legs are crossed toward each other in a display of easy, enjoyable companionship."



Susan Sarandon & Eva Amurri

What Susan says: "I think Eva is incredibly beautiful and has this incredible way of holding herself—but she's still my little girl in so many ways. We have a very strong and loving bond."

What the photo says: "Susan's hand on her stomach is a sign of maternal protection. She's looking at the camera, but her mind is on her daughter," says Wood. "And while the two aren't directly interacting, you can tell by Eva's smile that she's comfortable with her mom."

"Yikes! I'm turnin

Tag-sale twin lives

One Saturday, I was up at dawn cutting out the garage-sale listings and taping them onto a bit of paper. Clutching my list, I hurried out so I wouldn't miss a minute of tag-sale heaven when I realized, *Oh my God, 300 miles away my mom is doing the exact same thing!*

—Patricia, 4



Goldie Hawn & Kate Hudson

What Goldie says: "There's no competition between us at all. Kate and I both want the best for each other. That's the way a mother-daughter relationship should be. Plus, this is her time to shine."

What the photo says: "Goldie and Kate are about to go into a full-frontal embrace—they obviously have no problem opening their hearts to each other," observes Wood. "But Goldie's hand on her daughter's shoulder proves she's still the one in charge, and Kate seems to have no problem with that."



Sharon & Kelly Osbourne

What Sharon says: "I couldn't live without Kelly, literally. When I'm sick, she's always there, rubbing my back. She'd shave her head in solidarity if my hair were to start thinning. We'd be known as the *Osbalds*."

What the photo says: "They're in a heart-to-heart embrace, but Sharon's got her front arm on the outside of the hug—a sign that she's deeply protective of her daughter," says Wood. "And while Kelly's closed-mouth smile and hair in her face are an indication that she's uncomfortable in front of the camera, the fact that she's resting her cheek on her mom's shows she's receptive to Sharon's affection and feels safe with her."

Take the stress out of your mom-bond

We know, we know...even though you're a mature adult, Mom still has the power to make you feel like a kid. Here, Mary Marcante, author of *My Mother, My Friend* (Simon & Schuster, 2001), tells us how to buck up to maternal pressure.

Talk about kids to flip off her critical switch

Remember The Look—the one Mom sent your way when you got that *Dynasty* 'do back in the '80s? Of course you do, because Mom's still got it. But when she tries to use it on you now, just divert her with talk of grandchildren even if she doesn't have any yet. The look will dissolve faster than you can say "Bon Jovi rules!"

Master the nod to live life on your terms

You've told her many times—just because she's your mom doesn't mean she can interfere with how you decorate your home, spend money or raise your kids. But you'll never talk her out of butting in. So when she offers her opinion, don't shut her out. Just nod and say, "Interesting!" or "That could work," then do your thing. And hey, you never know, you might agree with her sometime.

Think this to gain confidence

Next time you feel intimidated, call Mom by her first name—well, maybe just in your head. Even doing it secretly can help you remember that she's just a woman with the same human qualities and frailties as you.

into my mom!" Here, real women share their moments of transforming-into-her truth

Channeling Nurse Mom

When everyone in my office had a cold, I found myself telling my younger coworkers, "Put something on your head! And when you get home, have some hot tea with lemon before bed." It's like my mother was actually talking *through* me.

—Carmella, 38

Maid to order

I'd just finished washing dishes when my husband came in and put his dirty dish in the sink, assuming I'd wash it. I got so angry, I said sarcastically, "Don't worry; the maid will do it." That was my mom's favorite line. Now I understand where she was coming from!

—Lynn, 32

Mug-lug moment

My mom always brings her own coffee mug with her when she visits. I never understood it until we visited my in-laws—and I packed my own mug without a second thought. When my mother-in-law caught me drinking from it, I thought, *I am my mom!*

—Julia, 38