

Patti teamed up with Dr. Goldenthal to analyze the closeness of the stars. Patti provides some helpful advice to discover the power of your bond with your sister. Are you in Sync? First for Women on the Go, December 23, 2002 issue.

For information, contact Patti at 404-315-7397. www.pattiwood.net

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December 23, 2002

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Are you in sync wi



Kelly & Linda Ripa

ARE THE SISTERS TIGHT? Snug as two bugs!

HOW CAN YOU TELL? "Kelly cups her sister's elbow in a way that shows she's giving support," says Riggio, who points out that Linda returns the gesture by cradling Kelly's neck. "They exude genuine comfort and affection for each other."



Minnie & Kate Driver

ARE THE SISTERS TIGHT? Kate's the one behind the wheel.

HOW CAN YOU TELL? "Minnie's in a dreamy state, shuffling a bit with her shoulders dropped back. She's allowing Kate to walk her through the world," Riggio says. "Kate is clearly a woman who has her own agenda, in spite of her sister's renown, and Minnie is comfortable with that."

Nicole & Antonia Kidman

ARE THE SISTERS TIGHT? Nicole is just acting sisterly.

HOW CAN YOU TELL? "Nicole is playing to the camera," Riggio says. "By putting her body at a different angle, Nicole is saying, 'Look at me, I'm the important one here.'" Though the sisters look like they're close, Antonia's left arm is held out stiffly. "Nicole's doing all the right things to send a confident, nice-girl image, but it looks posed and formal."



with your sis?

STRENGTHEN
YOUR BOND(A photo of you and your sis
can show you how!)

Grab a photo of you and your sister(s) to discover—courtesy of Patti Wood, author of *People Savvy* (Another Day Publishing, 2002)—the power of your bond. Then find out how to deal with these sticky holiday situations.

■ Your hands and arms

Entwined or tightly wound: You've got a strong connection.

Loosely held or pulling away: There's distance in the relationship.

Holiday balm: If one of you is pulling away, have a heart-to-heart, suggests Peter Goldenthal, Ph.D., author of *Why Can't We Get Along?* (John Wiley & Sons, 2002). Plan a sisters-only dinner, then steer the talk toward what is bothering you. Be loving and honest.

■ Your heads

Tilted together equally: There's extreme closeness and an equal bond.

One tilted toward the other: The tilter is the submissive sib.

Holiday balm: If you're the meeker sister, talk up your recent accomplishments—or take charge and plan dinner, says Dr. Goldenthal. If you're the dominant one, encourage your sister to speak up and shower her with compliments.

■ Her smile

Teeth showing, eyes crinkled: You're both genuinely happy.

Close-mouthed, tight smile: You make Sis squirm.

Holiday balm: You probably know her set jaw means trouble, so whenever you feel tension, diffuse it with humor: "Sis, I know that look—what's going on?" A loving confrontation can be productive, if you keep the mood light.

■ Her feet

Pointed toward you: You're her favorite sister.

Pointed away: She's not on your wavelength.

Holiday balm: It could be nothing more than simply needing to improve communication. Schedule a sisters' sit-down summit during the holidays, advises Dr. Goldenthal.



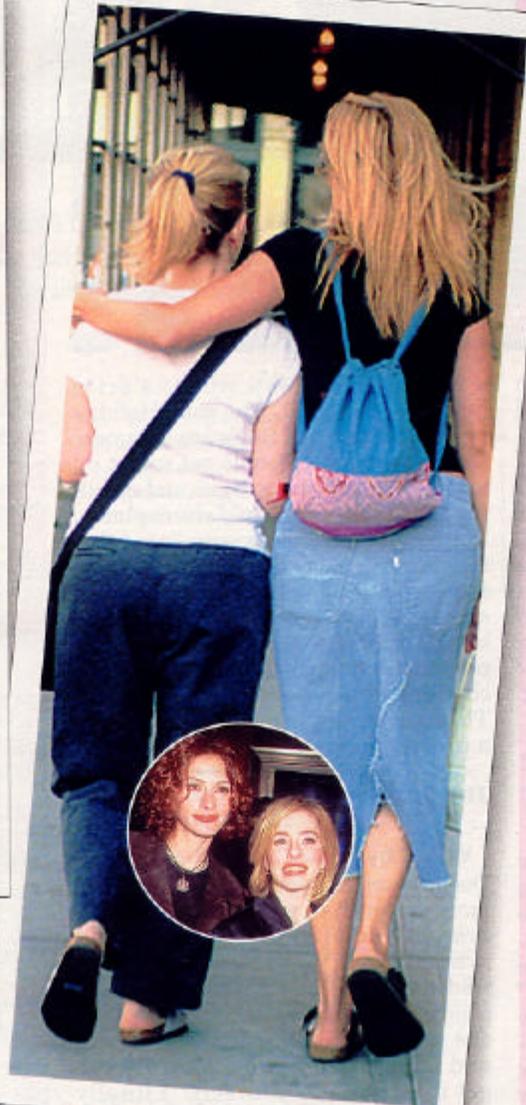
Jennifer & Lynda Lopez

ARE THE SISTERS TIGHT? Yes, but J.Lo runs the show.

HOW CAN YOU TELL?

They're comfortable around each other, but with her hands behind her back and knees together like a school-girl, Lynda happily lets her sister take the spotlight.

"Jennifer is the more confident one," Riggio says. "Lynda is actually more comfortable in this photograph—Jennifer's legs look stiff—but Lynda is submissive to her."



Julia & Lisa Roberts

ARE THE SISTERS TIGHT? Their heels are in perfect harmony.

HOW CAN YOU TELL? "Their feet are raised at the same angle, in rhythm with each other, almost like one person taking a giant step," Riggio says. "At a deeper level, they're not even aware they're walking together. This shows intense trust and commitment."