

# WORTH SHARING

*write, email, Facebook or Tweet*

THIS MONTH WE ASKED HOW YOU ADD A TOUCH OF SPARKLE TO YOUR LIFE

**Q.**

What makes you feel glamorous?

**A.**

**Confidence! No matter what I do, if I carry myself well I'll feel glam.**

**KATE ON TWITTER**

**Lingerie, heels and a smile!**

**SAM ON TWITTER**

Walking out of the salon with my hair newly cut, bouncy and tamed with just the right products.

**KAREN WALKER**

**A slick of lipstick and a splash of perfume.**

**HELEN SMITH ON TWITTER**

Opening a bottle of bubbly for no special occasion - there's something about holding a tall-stemmed Champagne glass that always makes me feel glamorous.

**VERNA GERRY**

I love having lots of indulgent skincare goodies to pamper myself with.

**MISS DOYLE ON TWITTER**

As a theatre nurse, I live in scrubs, hat and mask, so I love getting my nails done when I'm on holiday - such a treat!

**JEN O'ROURKE ON TWITTER**

**Having a bubble bath before getting ready to go out.**

**SAMMIE ON TWITTER**



Gorgeous you!  
How do you get ready to shine?



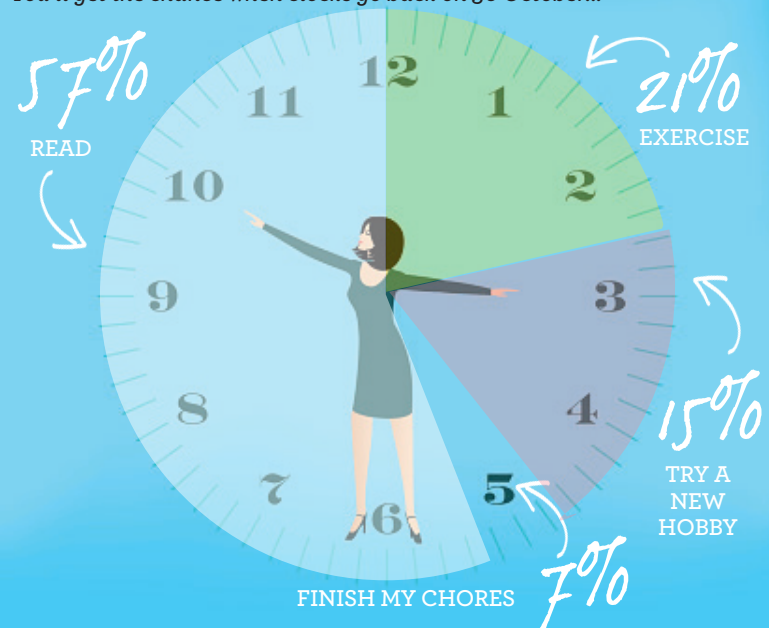
## STAR LETTER

*Thank you for your September article, 'What do you do when your son wants to be a girl?' Last summer my son, now in his twenties, announced that he wanted to transition from female to male. It has been hard to deal with some of the nastiness that this has engendered, and the hopelessness at trying to get help. I was pleased to see a magazine I've always loved addressing this subject. Keep up the good work, it makes a difference.*

*Cath, via email*

## HOW WOULD YOU SPEND AN EXTRA HOUR IN YOUR DAY?

You'll get the chance when clocks go back on 30 October...



Want to win a Good Housekeeping goodie bag and have your views published in GH? Answer next month's questions at [goodhousekeeping.co.uk/news/worth-sharing](http://goodhousekeeping.co.uk/news/worth-sharing)

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