JOHNNY DEPP

on his reunion with rum, madness and Hunter S Thompson
INSTRUCTIONS FOR MEN...

How to catch and land a shark

Fig. 1

Fig. 2

Fig. 3

Fig. 4

How to bust a ghost

In real life, paranormal hunting doesn’t involve marshmallow men. We asked parapsychologist Dr Clícharan O’Keefe (courtesy of The Ward, out now on Blu-ray and DVD) how to bust a ghost.

1. BE PREPARED “You need warm clothes and a supply of food and drink. Being comfortable puts you in a better state of mind should you be faced with a ghost.”

2. TAKE A TAPE RECORDER “It serves two purposes: for making notes and recording Electronic Voice Phenomena.”

3. GET HOLD OF AN ELECTROMAGNETIC FIELD METER “EMFs can affect your brain and make you think you’re seeing things. If the meter records a change from a ghost, you can rule out hallucinations.”

4. NOTE THE TEMPERATURE “There is always an association with experiencing something ghostly when the temperature drops, so take a thermometer.”

5. KNOW THE SIGNS “Be aware of any tapping, knocking or smelling perfume or cigarette smoke. Also watch out for the hair on your neck standing up – a reaction known as a sense of presence. But rule out any natural explanation for the sign first.”

Make a perfect mixtape

DJ, and cover star of Oasis’s (What’s The Story) Morning Glory? Sean Rowley shares his tips on how to compile the perfect mixtape.

- “Don’t make it obvious. The best mixes transport you into a world that you didn’t know existed.”
- “Create a mood. I have no problem with mixing up different genres and decades as long as there is a unifying mood throughout. You want the mix to make sense.”
- “It needs a peg. If you’re doing a mixtape of cover versions, you could have a bluegrass cover of Snoop Dogg and a heavy-metal version of The Beatles, because it’s got that peg to hang it all on.”
- “Know your audience. I once included Simply Red on a tape I was making for a girl I was trying to impress. She hated Simply Red.”

HOW NOT TO GET JEALOUS IN A RELATIONSHIP

A rabid attack of the green-eyed monster can easily undermine a loving relationship. But how can we prevent jealousy rearing its ugly head? Psychotherapist Dr Sheri Jacobson (Harleytherapy.co.uk) tells us how to control those mistrustful emotions.

“Firstly, people should understand that jealousy is a normal human emotion. The key is how we manage it. If you’re at a party and your partner is flirting with someone, it’s reasonable to feel a little uncomfortable.

It’s when people take these thoughts to the extreme and become obsessed with them that problems arise.

“You must challenge the emotion. Don’t try to block it; that is a fruitless exercise. Keep calm and take a moment to extract yourself from the situation to think more clearly.

“Most jealousy is comparison-based, such as ‘That man is better looking/richer/funnier than I am.’ The most important thing for your sanity, and a healthy relationship, is for you to realise that you are good enough.”

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