

Emma Thompson

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Dear Em (16)

I realise that you are young and in love and that nothing much that anyone old says seems relevant, but seeing as it's me - that is, you. That is, us, I think it's worth a go.

Two Top Tips from 50 to 16:

1) Don't EVER EVER EVER bother to go on a diet. I know you're obsessed and have that awful thing of standing in the 6th form canteen trying to choose between a yoghurt & a breathe of fresh air (whilst wanting chips & a cheese salad). Don't sweat it. Eat regularly, try & avoid rubbish and never diet. You'll end up the same size anyway, so drop it girl, + drop it NOW. Believe me - nobody cares. Diets are the best way of confusing your metabolism for the rest of your life. Just be you ~~and~~ + get on with it. I cannot tell you how much time + energy you'll save + how much happier you'll be.

2) When he says he doesn't love you, believe him. He doesn't.

That's it. All the other mistakes you make are worth their weight in gold.

I love you - Em (50)