

title	url	description	date
Self belief and sex eggs: 10 things we learned about Gwyneth Paltrow from an explosive new biography	https://www.theguardian.com/film/2025/jul/30/10-things-we-learned-gwyneth-paltrow-new-biography-amy-odel	When the author Amy Odell approached Gwyneth Paltrowâ€™s publicist about her plans for a biography of the actor, Goop founder and wellness pioneer, she was told that Paltrow would be glad to participate â€” if she was allowed to â€œcontactcheckâ€ the book. Odell didnâ€™t agree. Her lie to Paltrow eventually fell silent, and her book, Gwyneth, has just been published to much buzz, without the starâ€™s participation. Paltrow, a source claimed to Odell, â€œinventedghostingâ€Now, post-publication, you can picture dozens more being cast out of her golden glow. Odell spoke to more than 220 people for her book, on and off the record; more rebuffed her. â€œCan you were terrified to talk about Gwyneth,â€ she writes.	2025-07-30T15:14:18.000Z
â€œEverybody was fondling underwater!â€: the Rocky Horror Picture Show at 50 â€œâ€ an oral history	https://www.theguardian.com/film/2025/jul/31/the-rocky-horror-picture-show-at-50-an-oral-history	The Rocky Horror Picture Show was released in cinemas in late 1975 with little fanfare, but the provocative musical, with its campy parody of sci-fi and horror B-movies, fabulous costumes and rollicking songs, dug its glittering heels in and refused to let go for the next 50 years. The film was an adaptation of the hit musical The Rocky Horror Show, created by Richard Oâ€™Brienwhen he was an unemployed actor. The story of Dr Frank-N-Furter (Tim Curry), an alien, transvestite scientist, decked out like a bewitching glam rock god and hellbent on seducing everyone around him, galvanised audiences into participating in a wayhat had never been before. As its popularity grew, audiences began to take an active role in screenings â€” dressing up, dancing, singing along and adding their own lines of dialogue. Screenings also became safe spaces for LGBTQ+ fans, drawn to the filmâ€™s unabashed celebration of queerness, sexual liberation and gender fluidity.	2025-07-31T04:00:38.000Z
This trade deal is the EUâ€™s Suez moment â€” its subservience to Trump is on show for all to see	https://www.theguardian.com/comments/free/2025/jul/31/this-trade-deal-is-the-eus-suez-moment-its-subservience-to-trump-is-on-show-for-all-to-see	The Suez crisis in 1956 was a humiliating moment of truth for the UK. Faced with implacable opposition from the US, Anthony Edenâ€™s government was forced to abandon military action in Egypt. Capitulation to American pressure was a recognition of Britainâ€™s diminished status on the world stage. The trade deal agreed between Washington and Brussels this week lacks the drama of troops being sent in to recapture one of the worldâ€™s key waterways, but it is the EUâ€™s Suez moment all the same. Whatâ€™s more, European politicians know as much. Donald Trump said the outcome was â€œgreatâ€and for the US that was certainly the case, since the EUâ€™made all the concessionsand got nothing in return. Most European goods exported to the US will face a 15% tariff, while the already small tariffs on US goods entering the EU will be eliminated altogether. European companies have been forced to accept higher costs as the price of access to the worldâ€™s biggest market.	2025-07-31T07:00:41.000Z
Donâ€™t call it morning sickness: â€œAt times in my pregnancy I wondered if this was death coming for me!â€	https://www.theguardian.com/lifeandstyle/2025/jul/31/dont-call-it-morning-sickness-hyperemesis-gravidarum-extreme-pregnancy	The year my body revolted, I read all 1,296 pages of War and Peace. I did very little else. My body had become stuck in a perpetual rinse cycle, wringing itself out day and night. Becalmed on the sofa, too nauseated to mindlessly scroll, I found an unlikely emergency exit in the bloody Battle of Borodino. In between puking jags, I would prop the book open on my chest, squirt at the tiny text, and drift into a Tolstoy-induced torpor. It occurred to me that clouds of saltpetre and the booming of cannon werenâ€™t ideal conditions for a growing baby, but I had to go somewhere. At 6am my husband left for work and I began another grueling day on the front; purging viscous pond slime from my empty stomach and keeping up with the Cossacks on their flanking march. In the throes of extreme pregnancy sickness, I found strange comfort in the privations of 19th-century military life: in soaked bandages and musket fire and impromptu field hospital amputations. And even, or especially, in the seeming endlessness of the book itself. For the months that I starved, I lugged my starving Russian comrades with me, from the upholstery-chemical stink of the sofa to the sweet bleach-stink of the bathroom to the scary oily-skin stink of the bed. Perhaps it was a derangement of dehydration and hormones, but I felt real solidarity with my gangrenous friends on the front â€” far more than with anyone in a â€œcuteâ€anderson on the What to Expect When Youâ€™re Expecting app. When the hyperemesis gravidarum began, throwing up 10 to 20 times a day had some degree of novelty. I was thrilled to be pregnant â€” only five weeks along and high on the discovery â€” and resolved to pay the price for the construction work my body was doing. â€œIâ€™m creating a whole central nervous system,â€ I thought, slumped and sweaty on the bathroom floor. But by the time we were on to fingernails and toenails, the adrenaline of the sprint had ebbed away. In the wake of what I imagined to be my martyred maternal heroics was panic. I suspected there were months of relentless nausea and puking still to come.	2025-07-31T04:00:39.000Z
We are witnessing the silencing of American media	https://www.theguardian.com/comments/free/2025/jul/30/trump-silencing-of-american-media	The latest casualty of Donald Trumpâ€™s efforts to silence media criticism is Eduardo Porter, one of the most thoughtful and intelligent critics of his heinous regime. On Tuesday, Porter wrote his last column for the Washington Post. In a widely circulated email, he explained why he was leaving the Post: Jeff Bezos and his new head of Opinion are taking the paper down a path I cannot follow, directed toward the relentless promotion of free markets and personal liberties. â€” I have no idea to what extent this is driven by Mr Bezosâ€™ fear of what Donald Trump could do to his various business interests, most of which are more valuable to him than The Post.â€	2025-07-30T12:00:02.000Z
Colorado dentist convicted of murder after poisoning wifeâ€™s protein shakes	https://www.theguardian.com/us-news/2025/jul/30/colorado-dentist-murder-protein-shakes	A jury convicted a Colorado dentist of first-degree murder on Wednesday after he repeatedly poisoned his wife, including by lacing her protein shakes. Prosecutors had accused James Craig of repeatedly poisoning his wife, Angela Craig, over 10 days in March 2022. When those attempts failed, prosecutors said the dentist gave his wife a final dose of cyanide as she was hospitalized in suburban Denver with symptoms that puzzled doctors. She was declared brain dead soon after. Craig stood in a hushed courtroom on Wednesday afternoon as the jury delivered a litany of guilty verdicts on murder and other charges. Afterward, he sat down and his attorneys rested their hands on his shoulder. They whispered to each other while awaiting sentencing.	2025-07-30T11:49:53.000Z
Sweat, stingers and scratching: 14 expert, easy ways to treat and prevent insect bites	https://www.theguardian.com/lifeandstyle/2025/jul/31/sweat-stingers-and-scratching-14-expert-easy-ways-to-treat-and-prevent-insect-bites	Downside to hot weather is all the bugs that can feast on or sting us. Is there anything you can do to avoid this? And what should you do if you are attacked? Hereâ€™s what pharmacists have to say about the best ways to prevent and treat stings and bites. The British Pest Control Association has warned of arise in wasp activity due to recent heatwaves. â€œIâ€™m definitely seeing more wasps around at the moment,â€ says Claire Nevison, the superintendent pharmacist for Boots UK. â€œWe have seen an increase in people presenting with infected insect bites since April.â€It is a bit of a shock when you are stung by a wasp. â€œIt says Ian Budd, an independent prescribing pharmacist for Chemist4U. â€œIt is painful and, if youâ€™re unlucky, it can trigger an allergic reaction. Hornets and bees are less aggressive. Honey bees bite can cause inflammation and sometimes infection, because it is difficult to stop scratching them. Then there are midges, and we do have mosquitoes in the UK, not the kind that carry malaria but they can still cause issues. And we have ticks, in grassy and wooded areas, some of which carry Lyme disease.â€	2025-07-31T09:00:44.000Z
Critics say Starmer is no Attlee â€” and theyâ€™re right. Labour must look to the future, not the past	https://www.theguardian.com/comments/free/2025/jul/31/starmer-no-attlee-labour-future-not-past-labour-leaders-in-shadow	We raised a glass last Saturday evening, the four of us, to toast the 80th anniversary of the 1945 Labour government. None was old enough to remember the event itself, but three of us were born while Clem Attlee was prime minister. In a funny way, I still take a kind of childish pride from that inheritance, as if a piece of that distant era somehow transferred itself by osmosis into my DNA. A photograph of Attlee in old age, taken and given to me by the late Sally Soames, is a treasured possession too. Our little group was certainly not alone this summer in marking Attleeâ€™s anniversary. There have been TV documentaries and, most substantially, David Runcimanâ€™s fascinating Postwar series on BBC Radio 4. All of these start â€œâ€ and Runcimanâ€™s series also ends â€œâ€ with the same enduringly astounding fact about Britain in 1945. Weeks after Winston Churchill had led the country to victory in the war in Europe, the voters rejected him by a landslide in favour of Attleeâ€™s Labour. Yet Labourâ€™s triumph was led by the least triumphant or bombastic of men. Eighty years ago, on 26 July 1945, the Daily Mail, bullying and wrong as always, warned Labour to accept its expected defeat â€œlike men, and not like spoilt children.â€That evening, driven there by his wife in the family car, Attlee went to Buckingham Palace to become prime minister. Peter Hennessy records that Attleeâ€™s audience with the equally self-effacing George VI began with a long silence. Eventually, Attlee broke it by announcing: â€œIâ€™ve won the election.â€Which the king replied: â€œIâ€™m know. I heard it on the six oâ€™clock news.â€	2025-07-31T05:00:39.000Z
â€œThere are times I feel I hate them!â€: how siblings can clash over end-of-life care for elderly parents	https://www.theguardian.com/lifeandstyle/2025/jul/30/there-are-times-i-feel-i-hate-them-how-siblings-can-clash-over-end-of-life-care-for-elderly-parents	When Annaâ€™s parents came to visit last year, she was determined to give them a relaxing holiday in her Queensland beach town. Sheâ€™d been worried about them â€” her mum had been diagnosed with Alzheimerâ€™s disease and her dad had been having frequent falls. For years sheâ€™d been trying to get them to talk about whether they needed to move to aged care, to assess their financial situation and face what was coming next, but theyâ€™d dismissed her, saying they were fine. On the first day of their visit, Annaâ€™s dad fell and broke his leg, badly. â€œI went into hospital and Mum came and stayed with me. I realised what theyâ€™d been covering up. Mum was so confused she was walking around the house without any pants on, which was confronting for my teenage boys. She didnâ€™t know what day it was and she couldnâ€™t read a clock. Then the hospital told me Dad was withdrawing from alcohol and had some dementia.â€Anna moved her parents to a nearby aged care centre while her sister packed up the family home. The sisters had always had some issues in their relationship but the stress of seeing their parents so vulnerable, of selling the house and working through the financial situation, led to harsh words and hurtful accusations. Annaâ€™s sister told their parents they were arguing. â€œThey were distraught. It was awful. I had to set some boundaries, and I just stopped all communication.â€	2025-07-30T15:00:33.000Z
President Lula hits back as Trump tariffs threaten US-Brazil trade showdown	https://www.theguardian.com/us-news/2025/jul/30/us-brazil-lula-trump-tariffs	Brazilâ€™s president, Luiz InÃ¡cio Lula da Silva, has said he does not fear getting on the wrong side of Donald Trump, as South Americaâ€™s largest economy braces for the introduction of 50% tariffs. Trump announced plans to slap Brazil with tariffs on 1 August earlier this month, partly in retaliation for a supposed political â€œswitch-huntâ€ against his far-right ally Jair Bolsonaro. The former Brazilian president faces decades in jail for allegedly plotting a military coup to stop Lula from taking office after the former lost the 2022 presidential election. On Wednesday, Trump signed an executive order confirming that the US would impose 50% tariffs on Brazil. The order did not mention the previously-cited 1 August deadline, but indicated that the new duty would be enforced from next week.	2025-07-30T15:27:47.000Z