

SPEAKING: LOVES & HATES

Megan Mullally, actress and singer



MY KINDLE. It's a little tablet, about 6 in by 8in, onto which you can download books, magazines and newspapers. It's genius —so light and great for travelling. I thought I'd miss the feel and the smell of books, but I don't.

RESCUE DOGS. From what I know rescue dogs tend to be a little sweeter. People say they're grateful and I think that's true. They bring so much joy to my husband, Nick, and I.

SUPERFOOD PLUS. It's a gross, dark green substance made primarily from algae, which you mix into your fruit juice. I've tried a lot of health foods in the past, but this is the first time I really felt the benefits —it gives you more energy and moves your bowels like a 10 year-old.

CALIFORNIA. When Nick and I get time to take a little break, we almost never leave the state of California, simply because it has everything. We'll either drive down south to La Hoya, or up north past San Francisco to the wine country.

A GOOD NIGHT'S SLEEP. Unfortunately, these days I seem to have to be completely exhausted in order to achieve it. But I love those rare occasions when I sleep like a log for nine hours and have amazing dreams. If I miss out on sleep my body goes into crisis mode and tells me to eat more.



STANDING OVATIONS. Today, when you see a musical in New York, there's an obligatory standing ovation. It really bothers me. I don't think every performance of every show deserves a standing ovation —it should be reserved for when you've seen something truly awesome.

CELEBRITY CULTURE. There's an unhealthy emphasis on how you look in the States. It used to be taboo to get plastic surgery, now it's taboo not to. That sort of culture breeds insanity.

A LAZY WORK ETHIC. If you're lucky enough to have a job in show business then you should value it. I don't get why people sign up to a career if they don't want to put in the effort.

GETTING DOLLED UP. I don't have a princess complex —I'd rather do something else than spend three hours in hair and make-up. Normally I'm really basic.

VIOLENCE ON SCREEN. I try to avoid anything that's particularly violent, unless it shows the repercussions. I also don't like the double standards, I mean, you can have heads rolling down the streets, but you can't say the word vagina. It's ridiculous.

Find a synonym of

1 disgusting

2 disturbs