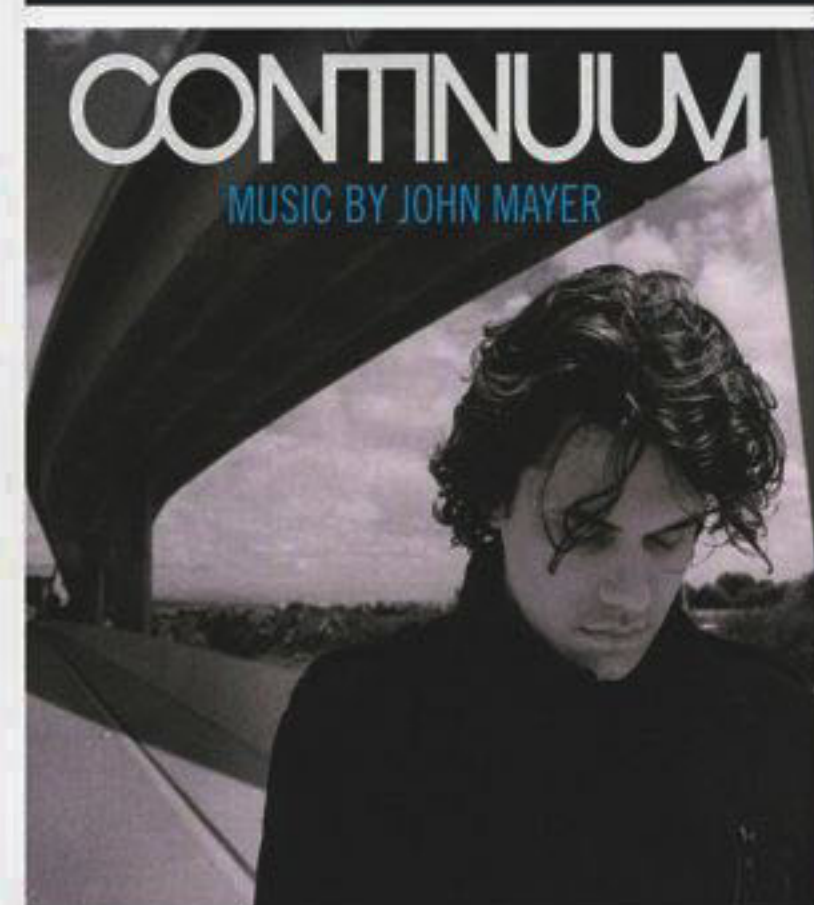
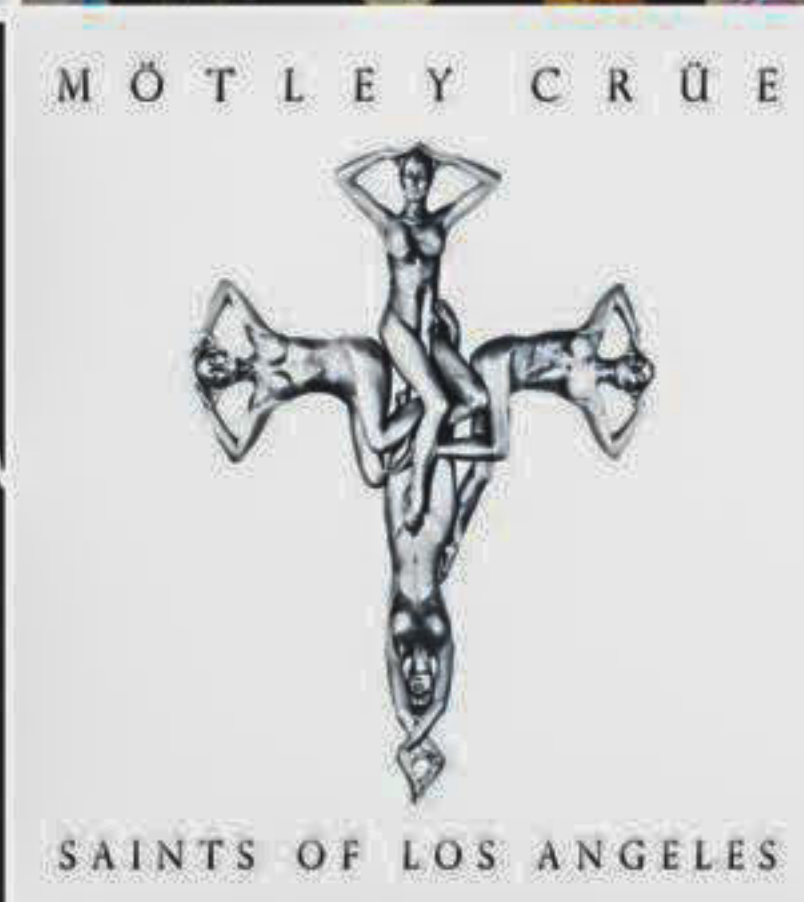
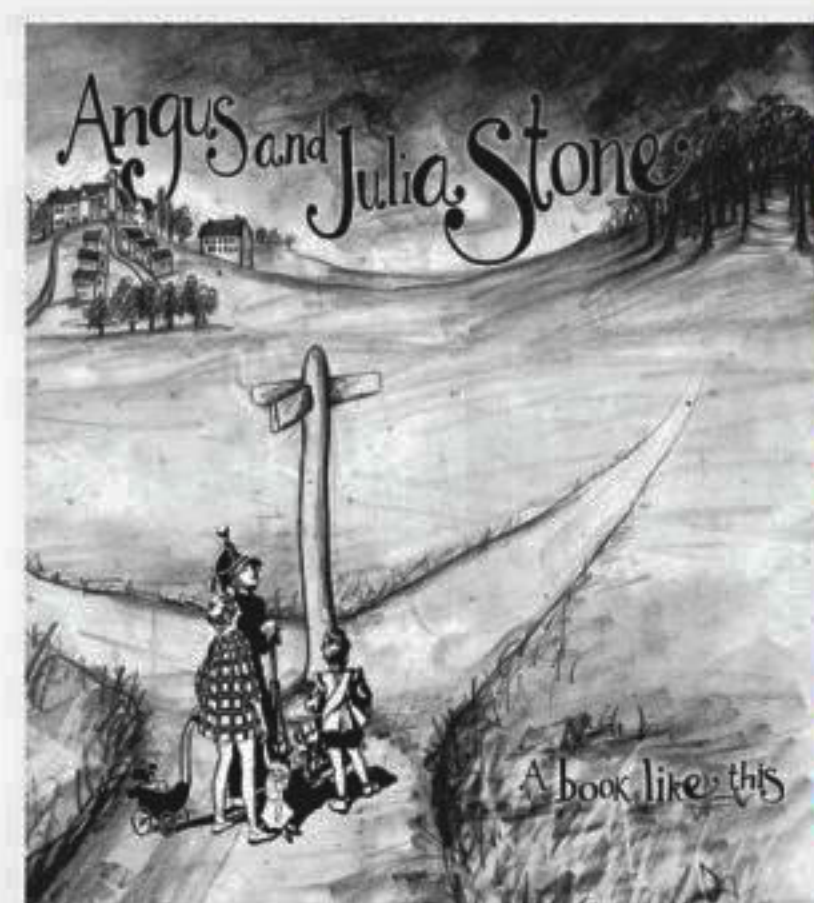


SHOUT Selects: Love Albums We Like



Valentine's Day is almost here. That can mean quite a lot of things to you, from sadness, jubilation to indifference. If you've been thinking about affairs of the heart we've prepared a list of some albums on that topic from the past decade that should suit any variety of moods.

Angus and Julia Stone - A Book like This MAHEJABEEN HOSSAIN NIDHI

Everyone has their own perception of love, their own phrases and their unique stories. Angus and Julia Stone's *A Book like This* is an album which represents their singular stories of love. In their songs, they manage to capture certain emotions, or rather fragments of emotions, beautifully. The songs in the album range from sweet (*Just a Boy* and *Bella*) to more wildly whimsical and erratic (*The Beast*). These chaotic transitions illustrate the cruder and more fickle side of love.

John Mayer - Continuum RAYAAN IBTESHAM CHOWDHURY

There comes a time in relationships when the spark seems to fizzle out. Nobody's really cheating or there aren't any clear-cut signs but it becomes clear that things aren't quite the same anymore. John Mayer touches all these concepts and more. What's it like to leave things unsaid? What's it like to feel the weight of your solitude push you down or for the heart to stumble as it tries to get back to its old self? With a pop album made with blues sensibilities, Mayer knows.

Mötley Crüe - Saints of Los Angeles RUMMAN R KALAM

Saints of Los Angeles is an excellent album to listen to

while cuddling on the couch and thinking about a married future with 2 kids.

Four Tet - There is Love in You ZOHEB MASHIUR

Angel Echoes alone should be enough to give this album a place on this list: few songs have so perfectly captured what it feels like to fall in love. The album plays like a kaleidoscope of moments and emotions frozen in time, from the upbeat sound of *Sing* to the sensual rhythm of *Love Cry*. *She Just Likes to Fight* closes it all off and it is perfect. Couldn't tell you why. It's just perfect.

Arctic Monkeys - AM ARMAN R. KHAN

When things have gone south in the relationship, but you just can't get over it; this album is for those times. It's about the type of love that stays back, makes you wonder about all the things that could've been and even tempts you to pick up the phone in your weak moments and patch things up. Alex Turner and co. successfully explore all the emotions in the post-break up phase, and brings it all together to form the best album of Arctic Monkey's career.

Coldplay - X&Y MASTURA TASNIM

Love is a struggle. From the first look till after the last goodbye, it's never easy and always worth it. That is what *X&Y* reminds us throughout. From sending *A Message* at the *Speed of Sound* to finding someone to *Fix You* after *The Hardest Part* was over, Coldplay smoothes the road ahead. This album takes love and rephrases everything you've ever wanted to say about it.

Why I Stopped Reading Romance Novels

ISHRAT JAHAN

Romance is a giant among literary genres that churns out a huge readership base and profit world-wide. An article summed up the popularity of the genre as such- *these 'romance' stories are to literature what hot dogs are to cuisine - quickly made, tasty, filling, temporarily satisfying, but with no nutritional value whatsoever*. The problem with trying to sell romance like hot dogs is that romance is not fast food- quickly served and easily available.

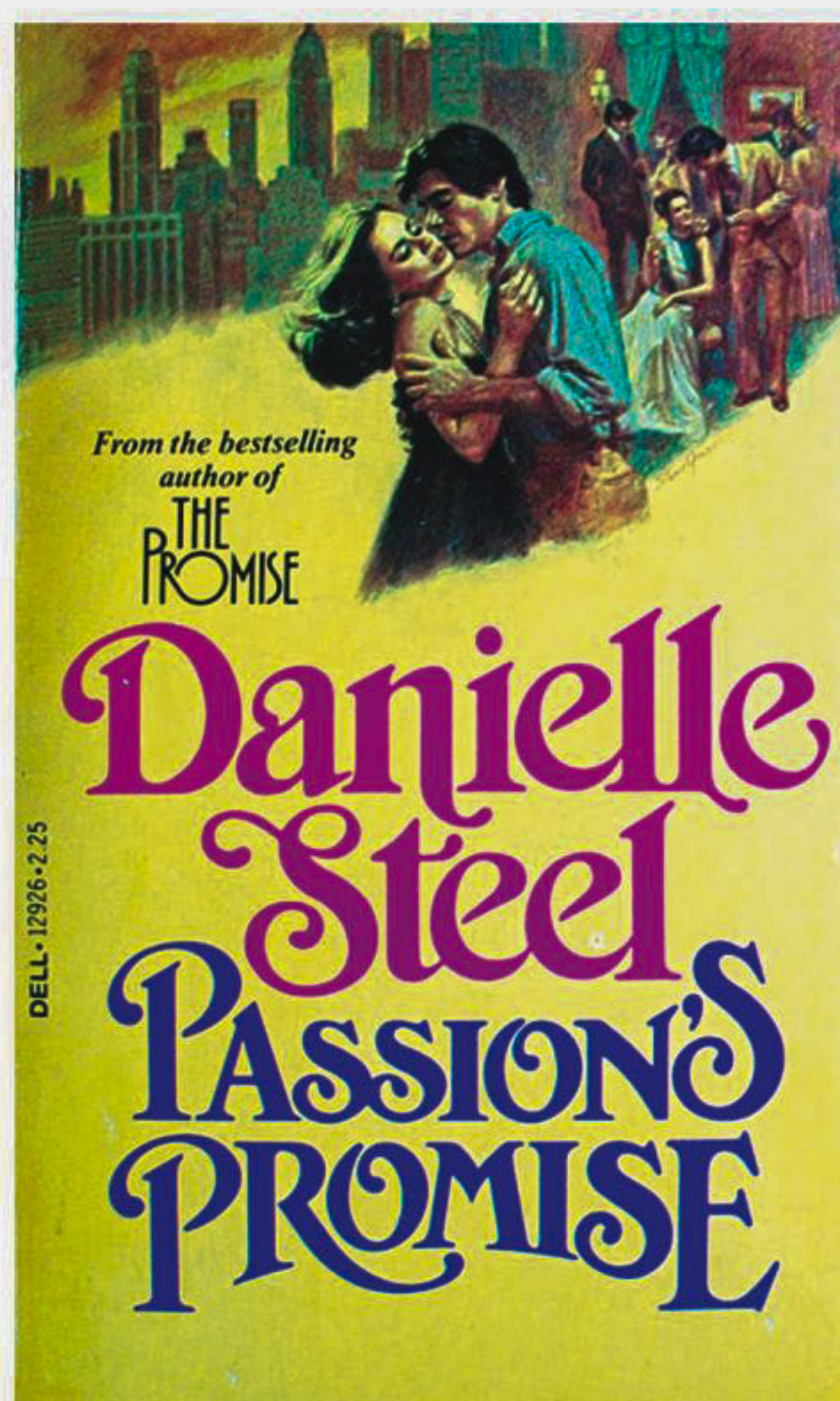
Here is what I found after 55 novels and a few life lessons:

Romantic love is so much more flawed and ordinary than the glistening expectations most novels tend to create for it. It's easy to get caught up in the fantasy of finding The One, and it's even easier to get caught up in the world-wide obsession for 'coupling up'. We are all, in one way or the other, tired with life and its inexhaustible store of mistakes, heartbreaks and incompleteness. And these books make us believe, for a few hours, that romance is easy and right around the corner and that it lasts a lifetime. We refuse to believe that sometimes things fall apart and love, no matter how true and real, doesn't last a lifetime.

As for the story - plots are mass-manufactured, unrealistic tales of handsome, manly heroes falling in love with virginal women, breezing through a series of

adventures, inevitably ending in a happily-ever-after.

The author fleshes out the characters only enough for a reader to fit into them and play the roles in their head. None of them make a lasting impression. They didn't have any substance, any thought other than just their daily lives and a sense of how they looked like. I need characters, struggles and thoughts that are human. Not just vague impressions of humans and a storyline that depends on the universal tropes of damsel-in-distress and hero's glory.



Let us take the feminist perspective: how many romance novels portray a not-so-perfect/non-virginal heroine? How many of them don't glorify the hero? The novels add to an underlying view in society that women should only discover the 'right' kind of love and their own sexuality only with one man for the rest of their lives. They reinforce social constructs. The romantic hero is usually a business tycoon or a muscled blue-collar worker, who emphasize the point that masculine power comes from economic and physical strength. The heroines are portrayed as passive virgins who discovered their sexual desire only after being seduced by a man.

That being said, today's novels do a much better job of depicting reality, where characters are not pigeon-holed into antiquated gender roles. But even now, a deep strand of idealization runs through the genre - this is how novels define

romance. Idealism needs to go hand-in-hand with sensibility. Love demands hard work.



IS YOUR BODY READY?

Protein

Proteins are needed for muscle building and is commonly found in meat. Instead of red meat, it is preferable that you have lean meat or white meat (same thing). That's meat with less fat and rich in protein, like fish or chicken. Egg whites also have high protein content. Cottage cheese is a slow digesting protein. If you have it before you go to sleep, it will give your body a steady supply of protein while you're in fasting mode.

It is recommended you have one gram per pound of body weight, so if you weigh 120 pounds (55 kg), you should have 120 grams of protein per day.