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right car at the right price. To get an idea on used car or trade values, check out www.nadaguides.com. The National Automobile Dealers Association (NADA) provides information for area banks to determine the value of pre-owned vehicles.

- ❖ **Don't be afraid to negotiate.** People say they hate negotiating, but it actually keeps prices down. There are a few cars that may not be discounted because of limited supply and high demand, but for the most part, there is usually some room to deal. Decide what you think is a fair deal and go for it! If you make a reasonable offer, the dealer will usually take it.
- ❖ **Keep an open mind.** Let your salesperson know your key wants and needs and ask him or her to show you everything that might work. Professional salespeople are trained to know their products, and they may open your eyes to something you hadn't even considered.
- ❖ **Relax and have fun!** A salesperson who likes his customer will often work harder to get you the best deal. ❖

THE MOVIE: "Bridget Jones Diary"

THE QUOTE: "I like you just as you are." – Mark Darcy

THE PLOT: Bridget Jones is a young single woman whose efforts to better herself for others always seem to backfire.

Hollywood is predictable in churning out female leads who are thin, gorgeous, dynamic and virtuous at best and thin, gorgeous, dynamic and slightly quirky at worst. It's no wonder they leave most of us feeling grossly inadequate and dissatisfied with the state of our own lives.

Enter Bridget Jones.

Without a doubt, this overweight, chain-smoking, socially inept woman is the most lovable, endearing, and yes, beautiful character to live on screen. We relate to her not only in her imperfection, but also in her undying obsession to fix herself – only to fail at the task. Sound familiar?

As we watch Bridget struggle, we realize that we love her, not in spite of her flaws, but because of her flaws. It's her humanity and vulnerability that are most appealing. This is the very thing Mark Darcy sees in Bridget. It's what we as the audience saw all along. So his remark "I like you just as you are" is really the voice of truth, the voice of a higher self, giving all of us permission to be the imperfect creatures we are and to love ourselves just as we are. ❖

ARTICLE BY KERRIE FLANAGAN ❖ JOURNEY CONTRIBUTING EDITOR AND PAM FARONE ❖ JOURNEY CONTRIBUTOR

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