

COSMOPOLITAN

The
Compliment
He Craves
During Sex
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Julia Roberts

Jennifer Connelly

Selma Blair

CELEBRITY TREND

THE INCREDIBLE SHRINKING STARS

In Hollywood, thin has always been in. But these days, female celebs seem to



Christina Ricci



Brittany Murphy



Mena Suvari

igh less than their Oscars and may be taking dieting to dangerous extremes. Listen in



PRE-SHRUNK STARS

Based on before shots, dietitian Julie Walsh estimates that these six stars have each lost at least 10 to 15 pounds.

If you've been hoping Hollywood would wave buh-bye to the emaciated waif look and welcome back womanly curves, don't hold your breath. Stars seem to be getting smaller these days, whittling down to prepubescent proportions. Recently, actresses like Selma Blair and Jennifer Connelly have arrived on the red carpet looking like they left half of themselves in their limos.

According to celeb trainer Michael George, who has worked with countless A-listers, including Meg Ryan and Julianne Moore, Tinseltown's obsession with thinness has escalated. The average actress is "about 5 to 10 pounds thinner now than she was a couple of years ago—and the average size has dropped from a size 4 to a size 2," George claims. Read on to find out what's behind this incredible shrinking star trend.

what's eating hollywood

Industry insiders say the reasons actresses feel the need to be rail thin are varied. First, the camera is reputed to add 10 pounds, so screen stars have always tried to compensate by staying slimmer than the general population. Second, we as a society have come to expect it of them. "For the past five years, we've become increasingly obsessed with thinness," says celeb nutritionist Joy Bauer. Take the cast of *Friends*. "When the show debuted, they looked great to us," says star stylist Danna Weiss. "But now, when we see a rerun of an early episode, they look slightly plump because our views of normal have changed."

The fashion world is also contributing to the change. Designers have always dressed like... When the show debuted, they looked great to us," says star stylist Danna Weiss. "But now, when we see a rerun of an early episode, they look slightly plump because our views of normal have changed," and photo shoots in order to dress them in the hippest threads.

Since sample sizes are so small right now, it's putting pressure on actresses to drop a size or two. "In Hollywood, being overweight is anything over a size 6," says Weiss.

Another cause of the trend, says Christian Kaplan, vice president of feature film casting at 20th Century Fox, is that leading ladies are significantly younger these days. "In Hollywood, being overweight is anything over a size 5," says Weiss. "Actresses in their late 20s and 30s feel like they need fit 20-year-old-looking bodies to compete," he says.

pressure from the press

The media has also been criticized for doing their share to perpetuate the shrinking-actress problem. When Selma Blair's show *Zoe...* was canceled back in 2000, Selma recalls reading a review in which someone had written: "I don't know why any network would choose this pudgy girl as the lead of their show." The writer then went on to call Selma "a fat Liv Tyler or a pudgy Neve Campbell." Selma has said that she called her mom and cried. "I felt ugly," she has recalled. Selma admitted that the story prompted her to change her eating habits and start exercising with a trainer. Today, she is clearly much thinner.

But according to Adrienne Ressler, a body-image expert at the Renfrew Center, an eating-disorder treatment facility in Fort Lauderdale, Florida, the media can't do right. When they laud a celebrity for looking healthy, it's almost a guarantee that the celeb will take it as an insult. No one wants to be the "normal, healthy example," says Ressler. "If you say 'You look great,' these girls hear 'You look fat.' 'You look too thin' is the compliment."

Christina Ricci, the formerly voluptuous—yet never heavy—star, admits to struggling with her weight. "I had an eating