



AT YOUR LEISURE

JOSIE D'ARBY, TALK SHOW HOST

It must be pretty cool having a show named after you?
It's the best thing ever. It really is as good as it gets as far as I'm concerned. But at the same time it's really scary and you have to put your neck on the line and put up with a lot of criticism. Luckily I got over that bit pretty quickly and now I'm just enjoying it, because it's a good show and I'm proud of it.

What's the feel of it?
It's kind of like Mrs Merton meets Parkinson. It's reasonably intelligent chat but there's a lot of humour in it as well. I do take the mickey a little bit. It's also a bit like Oprah when she goes one on one with a celebrity, but not like when she's remembering your past-life spirit and things like that. It's very relaxed and casual, so hopefully the guests will be lulled into a sense of security.

Do you go for the jugular?
Oh no, it's really not about being evil to guests, we want them to come away recommending it to their friends.

What happens if you have a guest on and they're really boring?
Thankfully, having had six years' experience interviewing rock bands and doing a stint on children's television, I'm prepared for anything and nothing scares me. I'm always ready for the worst, and if they don't say much it doesn't worry me 'cause I could talk for half an hour on my own. If they interject at all it's a bonus...

So, how...
...and the thing is I'll always have the next question and the one after that and the one after that ready to ask as a back-up to what I'm asking now.

What do you do in your spare time?
Well I love to paint, to drive and to read books about spirituality, but most of all I love to dance.

Like, at clubs and that?
No, in my house. I really get off on it, it's fantastic.

Have you ever had a guest on your show that you've hated?
Well that would never happen, 'cause I've got quite a lot of control over who comes in. Plus I don't really hate anybody anyway. Yeah.

Weekend Passions SHOPPIN



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