



David's grown and changed so much in the past few years, it's been hard to keep up with him! It's exciting to hear him talk about the 'new' David, and to realise that someone so nice can actually improve day by day...

"I guess everyone knows that I work pretty hard, but I used to run myself ragged, never stopping to take a breather. Lately I've begun to realise just how essential it is to take it easy every once in a while... relaxation has become increasingly important to me. Last summer I decided that come what may, I was going to spend some time in the sun. I arranged my schedule so that I'd have a couple of days off a week—and it was really worth it. I sat on the beach, went swimming, and got myself a great suntan. From now on I'm going to make sure that there's always time in my schedule for relaxing... it's essential for body and mind.

"I used to treat my body pretty poorly, to tell the truth. I kept mad, late hours and ate all the wrong foods. So naturally, every time I got a slight sniffle, it turned into a full-fledged cold.

Nowadays I look after myself better. I guess I'm lucky because I can eat fattening foods without putting on weight... but I try to make sure that I'm getting enough vitamins and minerals and all that. I also take vitamin pills galore! I gave up smoking about four years ago, and that's one habit I've definitely kicked.

"My new physical fitness programme also includes getting sensible hours and getting plenty of sleep. I used to go to bed very late, and consequently I'd end up sleeping till noon. Now, even when I'm not working, I often get up at dawn... It's a beautiful time of day.

"My tastes in just about everything have gone through drastic changes in the past few years. For instance, I used to really groove on antique Spanish furniture, then suddenly I began to

dig modern chairs and tables with space-age lines. Now... well, I'd better not say—I just can't keep up with myself!

"Even my idea of fun has been changing... I used to think playing cards was a boring waste of time—I'd rather be out *doing* something. But my friend Sam has taught me how to play gin rummy and we sometimes have a game running for months!

"I've always loved animals, but lately I've developed a great interest in conservation. I don't really like zoos—I hate to think of wild animals penned up in cages. But actually, if it weren't for the zoos, many wild species would be extinct. So I try to visit as many zoos as possible... I'd really like to get a chance to visit zoos all over the world.

"Before I became famous, all I really wanted to be was rich. I wanted the security that I thought money could buy me. But now I realise that true security lies within myself. Now I have enough confidence in myself to do the things I want to do, without judging their worth in monetary terms. So you see, I really have grown up...

## How I've changed...

