What's Playing in Robin Thicke's Ear?

Music

Robin Thicke's sexy hit "Lost Without U" topped the R&B charts for weeks (a spot almost exclusively held by African-American artists). But the tracks on *The Evolution of Robin Thicke* (Star Trak/Interscope), his sophomore album, were written when the son of *Growing Pains* dad Alan Thicke had scant hopes of a flourishing singing career. "As soon as I came to terms with not having success, I found it," Thicke says. He took a moment from the bustle of touring (he's performing this month at the Essence Music Festival in New Orleans) to share the music that inspires him.

—SCOTT FRAMPTON

RAY CHARLES, *ULTIMATE HITS COLLECTION* (Rhino): "It seems as if he's toying with you, that he can really do whatever he wants vocally. There's a manliness that resonates with me, a 'man's gotta survive' feeling."

BOB MARLEY & THE WAILERS, *LEGEND* (Island): "His lyrics, like *Every little thing's gonna be all right,* are so simple, but the emotions are so pure. They resonate with you no matter what your race, gender, or age."

MARVIN GAYE, *WHAT'S GOING ON* (Motown): "I'm a 'Mercy Mercy Me' kind of guy—the tracks he wrote himself are always the most honest. Plus, we played Marvin's music throughout my wedding ceremony."

Celebs Gone Green

Books

It's a major conundrum: You want to help the environment, but you'd rather not live in a tree, grow all your own produce, or even give up your favorite leather jacket. In *The Green Book* (Three Rivers), authors Elizabeth Rogers and Thomas M. Kostigen have created an eco-newbie's bible—a collection of effective but easy steps that won't shatter your routine, many from celebs who make green living work for them. Some words to live by:

OWEN WILSON: "I started using recycled paper towels and [natural] cleaning supplies that maybe don't clean as well as the old stuff, but they also don't leave your house with that weird, toxic smell."

JENNIFER ANISTON: "I take a three-minute shower. Here's why: I found out that every two minutes in the shower uses as much water as a person in Africa uses for everything in their life for a whole day!"

TIKI BARBER: "[Eating right] can be good for the planet: The healthier you eat, the less you consume foods that have pesticides and chemicals and things that create a lot of toxic waste when they're produced."

WILL FERRELL: "[I love] emptying my garage of used paints, old batteries, any old appliance...and making a trip to the hazardous waste facility.... It's great feeling that we, as a family, are not putting any of those items in a landfill."

State of Affairs

TiVo This

You've seen it before: Wife catches husband cheating, feels her life falling apart, picks up the pieces, and is empowered in the process. That's the gist of Lifetime's *State of Mind,* but in the hands of writer and creator (and author, psychotherapist, and *O* contributor) Amy Bloom, the old story seems new again. Lili Taylor (*Six Feet Under*) stars as a couples therapist who finds her husband in a compromising position with—ouch!—their own couples counselor. While Taylor is stellar as the woman scorned, it's Bloom's writing, with its sardonic humor and astute observations on the confusion of heartbreak, that steals the show. —RACHEL BERTSCHE

NUGGET

Get Over It

"The mind's job is to be busy with thought—24/7. The problem is that we often confuse the activities of the mind with the whole truth.... A single wave of emotion can feel like the vast ocean at any given time, yet it is still only a wave, to be followed by another.... Emotions are fed by thoughts that believe they are the only reality.... We can be informed, even entertained, by [them] without the urgency to believe them or act on them." —RUTH KING IN *HEALING RAGE: WOMEN MAKING INNER PEACE POSSIBLE* (GOTHAM)

IF YOU HAVE ONLY...

1 hour, 36 minutes: Watch indie darling Parker Posey's spot-on portrayal of a neurotic, single Manhattanite in *Broken English,* the feature directorial debut of Zoe Cassavetes (daughter of John), in theaters nationwide this month.

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