



people who have **changed** our lives

When *Psychologies* launched in October 2005, we introduced a new idea to British readers: a glossy magazine could be intelligent, inspiring and address issues that mattered to all of us. A women's magazine could give us plenty to think about and make us feel good about ourselves.

Psychologies will be celebrating its sixth birthday this month. So much has changed since we launched – happiness on the political agenda, social networking, apps for everything, the first black president of the

USA. To celebrate, we have put together a list of the people we feel have made a significant change to our lives, made us see the world differently or changed the way we think.

We asked a panel of contributors and experts to nominate their candidates for birthday honours, and we received a wonderful, inspiring response. We'd like to thank all those who contributed, and ask you to email birthdayhonours@psychologies.co.uk with your own suggestions or endorsements, giving reasons for your choices.

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>>> Society and activism

Camila Batmanghelidjh set up Kids Company in 1996. I admire the way she is able to highlight issues and bring them to the media's attention, but she also does amazingly good work with kids. Psychotherapists and counsellors are inspired by her to do the many hours required to give children from difficult backgrounds the positive attention they need.

Nominated by Philippa Perry, Psychologies columnist

Also nominated by Julia Hobsbawm and by Mary Ann Sieghart

Louise Casey, UK commissioner for victims and witnesses. It is rare to find someone at the heart of politics and policy-making who works across different political eras. She stands up for what she believes, often going against convention. She uses her voice

Hillary Clinton for cracking the glass ceiling, but also for exposing – and withstanding – the barrage of sexism used against her.

Nominated by Sarah Churchwell, Psychologies columnist and critic



bravely on behalf of others. **Nominated by Julia Hobsbawm, founder of Editorial Intelligence**

Franny Armstrong, director of political films such as *McLibel*, *The Age Of Stupid* (about climate change) and *Drowned Out*. In the early days of the internet in 1996 she founded the McSpotlight website, described as 'the blueprint for all activist websites'.

Arki Busson, hedge fund manager and philanthropist. He set up ARK, which provides education, healthcare and child protection across the world. **Nominated by Psychologies**

Muhammad Yunus, economist, for transforming the lives of millions of the poor through microfinance.

Nominated by Julian Baggini, philosopher and author

Climate Camp, a grass-roots movement for action on climate change. It makes great tactical use of direct action; we wouldn't have the progressive climate change legislation that we do without its campaigning.

Promoting women

Michelle Obama for encouraging young women to be the absolute best they can be, one example being her links with a group of north London schoolgirls. She's unashamedly intelligent, clearly loves her family and does all this while maintaining an incredible sexiness.

Nominated by Ellie Levenson, author of 50 Campaigns To Shout About

Also nominated by Sarah Churchwell



Bjørn Lomborg, academic and author of *The Skeptical Environmentalist*, for shaking up the climate change debate without ever denying the reality of man-made global warming.

Nominated by Julian Baggini, philosopher and author of The Ego Trick

Daniel Garvin, one of the founders of UK Uncut. This group has dragged the intimidatingly technical subject of corporate tax avoidance into the public arena and given us all some entertainment in the process.

Nominated by Bibi van der Zee, author of Rebel, Rebel: The Protestor's Handbook and Green Business

Caitlin Moran, journalist and author. When she spoke at an ei debate on porn she dazzled us with her unabashed edginess and gentle politeness. I recently read *How To Be A Woman* and felt a wave of gratitude for a book my daughter and stepdaughter can both read, which makes them proud, happy and empowered.

Nominated by Julia Hobsbawm, founder of Editorial Intelligence

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