

Aisha Tyler

The former *Talk Soup* host tells us why she's been in good spirits lately by Lisa Arcella

It would be so easy to dislike Aisha Tyler. She's smart, ambitious, funny—not to mention six feet tall with model good looks. But the 35-year-old *Ghost Whisperer* star is so disarmingly honest and grounded, you just gotta love her!

Why do you think *Ghost Whisperer* is so popular?

It's all about learning how to express love and resolve issues. You watch it and you have this emotional release.

Do you have any ghosts you'd want to hear from?

No, not really. If I'm being haunted by any of my dead relatives, I don't want to know. It would be kind of strange to have them hanging around when I'm in the shower!

Has the show inspired you to give up any grudges?

I never hold on to anger. A favorite adage is that hating someone is like swallowing poison and hoping it kills the other person. I tell my husband I love him so many times that he's like, "Stop already!"

What's something you don't understand about the opposite sex?

Why they completely manufacture ideas about what women are thinking. A guy and a girl are having dinner, and he's thinking, "She wants to marry me and tie me down!" And she just wants to eat her chicken!

Who makes you laugh?

Chris Rock and Dave Chappelle are hilarious. And I am obsessed with *The Daily Show*. Jon Stewart is a genius.

What's your definition of happiness?

When I'm really, really busy. I think being motivated and ambitious and willing to jump in with both feet has something to do with the success I've had. It's a cliché, but I think your destiny is what you make it.

PSST! AISHA STARS IN THE POLITICAL DRAMA *FOR ONE NIGHT*, A LIFETIME MOVIE AIRING THROUGHOUT FEBRUARY.

