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Kate's balancing act

How the boho
actress juggles
marriage,
motherhood and
a blazing-hot
movie career

by Liss Arcella

At just 26, Kate Hudson is already a superstar actress, devoted wife and young mom. And she manages to make it all look effortless! But the gorgeous celeb admits that finding happiness on all three fronts at once takes hard work, guidance from those who've been there (like mom Goldie Hawn) and even a little help from the universe.

On Motherhood

EVEN THOUGH HER IMAGE IS ONE OF A CAREFREE BOHEMIAN, KATE HAS SAID SHE STRUGGLED WITH NEW PARENTHOOD JUST AS MUCH AS ANY WOMAN. "You have these feelings like, I gotta do everything perfect, I'm a mother now... It's the most incredible thing, but nobody ever tells you how hard it's gonna be."

The usually bubbly blonde has even admitted that she battled the post-baby blues. "It was not a very intense depression, but I had a phase. In simple terms, I realized for the first time how much a human being is capable of loving something. That's it. Love is scary, like anything else."

Kate has said she plans on having siblings for little Ryder Russell, who turns 2 this month, but hopes that

the next time around people aren't so compelled to offer parenting tips. "I got so much advice, I just started tuning it out. I was like, If I get one more person telling me what I have to do, I'm going to shoot 'em," she complained.

But when she *does* need a little help or advice,

she turns to her mom and dad, Goldie Hawn and Kurt Russell. (Kate's biological father is Bill Hudson, but she has said she considers Kurt her dad.) "I have such great parents, and I look to them when it comes to family issues," she told a reporter. "I was lucky enough to watch them raise my younger brother, Wyatt, and I can only hope that when Ryder gets older and when we have more kids, they like me as much as I like my mom."

"Love is scary, like anything else."



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On Marriage

WHEN KATE STARTED DATING BLACK CROWES STAR CHRIS ROBINSON SIX YEARS AGO, no one thought the

relationship would last—no one, that is, except Kate, who knew right from the start that he was “the one.” Their first date began with a walk through New York City’s Central Park and continued at the Metropolitan Museum of Art. “I asked him which [painting] he thought was my favorite. He guessed Degas, and he was right, and I said, ‘I know, I know, it’s so clichéd, but I’m a dancer.’ Then I took off my shoes to show him all the scars on my feet from pointe class and my feet smelled so bad. I was so embarrassed and I thought, Oh, my God, I can’t believe I just did that, but he thought it was cute,” she has said.

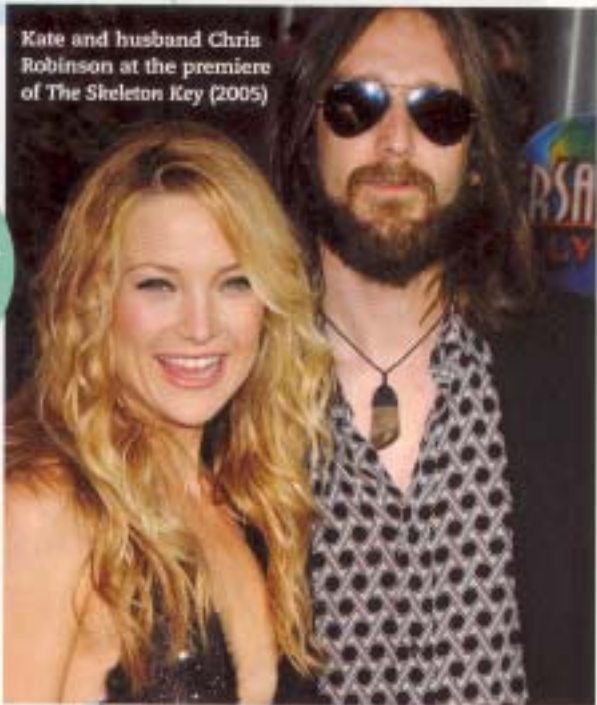
Even though he’s 12 years her senior and she had always figured she’d be the last of her friends to get married, Kate made an out-of-character move and got hitched to Chris at age 21. “I was never the kind of person who said, ‘I can’t wait to wear a wedding dress,’ or, ‘Oh, I want to get married on the beach.’ It held no real importance to me until I met Chris,” she told reporters. “And even now, when I watch him on stage, it’s still so sexy. Sometimes I’m like, I can’t believe I’m married to that guy! How cool is that?” She has noted, however, that it can sometimes be difficult having a rock star for a husband. “In the beginning, I definitely had some trust issues...you know, sex, drugs and rock’n’roll... but I got over that pretty fast,” she explained.

Kate raised more than a few eyebrows, though, when she admitted in an *Access Hollywood* interview that she didn’t really know if monogamy was realistic. “I just answered honestly,” she said. “Hopefully we would never act on any urges. Our marriage is based on trust, honesty and devotion.” She has pointed out that they work hard to keep the union intact. “Chris and I like to have a good time. I think playing together, making the conscious effort, especially when you have children...is important to a relationship,” she told a reporter. “When you have kids you usually have to leave the house, maybe get a hotel room.”

Kate also knows that she can only take care of the marriage if she also takes care of herself. “Every day I do something for me, whether it’s taking an hour to do nothing, or knitting, or sitting at my computer playing a mindless game,” she explained. “My favorite thing is to go and listen when Chris [is] playing. I also love bubble baths with salts and oils. Candles? Of course. Doesn’t everybody love that stuff?”

“I can’t believe I’m married to that guy!”

Kate and husband Chris Robinson at the premiere of *The Skeleton Key* (2005)



KATE'S SPIRITUAL SIDE

SHE WAS RAISED JEWISH, BUT AS AN ADULT KATE WAS GREATLY INFLUENCED BY HER MOTHER'S CONVERSION TO BUDDHISM. “We grew up believing that there are greater things at work. And with that comes the belief that we’re constantly surrounded by spirit or energy,” Kate has said. And like her mom, Kate says she is definitely into spirituality, crystal therapy and new-age mysticism. Kate has said she does “various things” at home

with her crystals and gemstones, and even reads tarot cards.

She plans on being flexible with Ryder, she has said, allowing him to pursue his own belief system. “But I hope that he will understand and see for himself that there are greater things at hand.”

Kate carries rose quartz whenever she flies.



“I was never the kind of person who said, ‘I can’t wait to wear a wedding dress.’”



On Movies

AFTER RYDER WAS BORN, KATE ADMITTED THAT SHE WAS SO IN LOVE WITH HER LITTLE GUY that she could easily have given up

working and stared at him all day. But she eventually came to realize that her life is all about trying to achieve a balance. "I'm making sure that I have a very full life," she's said. "I think with a lot of parents their world ends up revolving around their kids—it's a natural instinct. But then you forget about yourself, your relationship with your husband, your career—and inevitably you end up resenting something or somebody. My parents were good at avoiding that. I hope I can balance things as gracefully as they did."

She certainly has a very healthy attitude about the ever-fickle world of Hollywood and how she measures up to other actresses. The first movie she starred in, *How to Lose a Guy in 10 Days*, was a hit, but the two that followed, *Alex & Emma* and *Le Divorce*, were considered bombs. Kate was unfazed. "I grew up in it. I know what a career in show business entails. You're gonna be on top and you're gonna be on



How to Lose a Guy in 10 Days (2003)

"My focus is on doing the best job I can."

the bottom. There's always going to be somebody younger, prettier and better. Everybody's replaceable," she has explained.

She also doesn't worry about not being cast as a sex symbol now that she's a mom (her next film, *You, Me and Dupree*, is a comedy with Matt Dillon and Owen Wilson). "I don't think being a mother takes away from being sexy—I think it just adds to the whole dimension of what it is to be female," she has said. "And if [having kids] is going to affect my career, then fine, let it."



Alex & Emma (2003)



Raising Helen (2004)

KATE'S WEIGHT-LOSS SECRET: DON'T STRESS

RYDER WEIGHED EIGHT POUNDS, 11 OUNCES AT BIRTH and was a very healthy baby. But as a result of the pregnancy, Kate had gained 60 pounds—and, after a Caesarean, couldn't do much of anything for six and a half weeks. "I'm OK being big," she said after she gave birth. "It felt like everybody else was more worried about it than I was when I was losing the weight.... I've never been voluptuous. I look at it as a role. I gained 60 pounds,

and every second of it was so much fun," she has said.

She only began to really care about the weight when she started preparing for her role in *The Skeleton Key*, working out for two hours daily and sticking to a 1,500-calories-a-day regimen. "I did lose the weight pretty fast," she said. "It was just more about making [the] film.... If the audience is worried about my hair or my weight, it means I'm not doing my job as an actor"

Now she's back to a size 4, and although she admits to watching her weight because of her job, she clearly isn't obsessed with her dress size. "I don't watch what I eat for dietary purposes—I do it to get extra energy. But I cheat all the time. There's this really great restaurant in [New York City's] Greenwich Village called Babbo, and I can't go there without eating everything. One of my favorite dishes is the goose liver ravioli with the balsamic brown butter sauce."

