

Janet may be what The X Factor is looking for

By Eamon Donoghue

JANET Grogan went all guns blazing last night as she attempted to convince Simon Cowell that Ireland has the X Factor.

Keeping it green, the Dublin woman chose a U2 song.

And having belted out a powerful rendition of I Still Haven't Found What I'm Looking For, she earned herself a standing ovation from Mel B and a place in the next round.

There was also a twinkle in the eye of Simon Cowell as he – along with



Reaction: Louis, Mel B, Cheryl and Simon were thrilled by Janet

'I love you, now we're talking'

fellow judges Louis Walsh and Cheryl Fernandez-Versini – heaped praise on the 26-year-old before putting her through.

When they last met, Cowell openly flirted with the Tallaght singer, telling her she had 'beautiful eyes'.

And this time around he ratcheted up her odds of having a major impact on the show, saying: 'We can push your voice even more than that – you were only running on about 80 per cent there.'

The audience at Wembley cheered

on the charismatic Dubliner, and Louis gushed that the performance was 'brilliant, I didn't want it to end, I can breathe now'.

However, most congratulatory was Mel B – aka Scary Spice – who admired Janet's feisty presence. She said: 'I love you, now we're talking – that's how you do a bloody good audition. I'm excited.'

After a day of below-par auditions in Wembley, Cheryl was also thrilled with Janet's belter of an audition, saying, 'Finally a good audition.'

Janet said: 'It was the best moment of my life by far', while the brunette's parents heralded their daughter a 'superstar'.

She had said prior to her performance that a 'no' in the competition at this stage would force her to give up on her dream and return to college.

Despite being told by Cowell after her first audition that he was giving the easiest 'yes' of his day, Janet says that she has been really struggling with her nerves.

Women spend ten days a year in a grumpy mood (but men insist it's a lot more than that!)

Irish Daily Mail Reporter

IF the woman in your life seemed a little cross this morning, don't despair – only nine more miserable days to go.

According to a study, the average woman spends the equivalent of ten days every year in a bad mood.

Feeling fat, money worries, partners who don't listen and bad weather were among the most common triggers. Other key problems included feeling undervalued and

'Five hours a week spent in a strop'

having too much to do.

And while the study of 1,000 women and 1,000 men found that a woman spends nearly five hours in a strop in a typical week, the men in their lives insisted it is actually closer to eight hours.

Half of the women in the poll by vitamin brand Healthspan admitted they were moody 'a lot' and one in seven even said they spend longer in a huff than they do happy.

Two thirds of women also said

The top triggers for a strop

- Being overweight
- Partner not listening
- Feeling undervalued
- Bad weather
- Time of the month
- Having nothing to wear
- Having a bad hair day
- Not having enough money
- No one making you a cup of tea
- Keeping on top of housework
- A boring life
- The traffic
- Ungrateful children
- Hating your job
- Waking up with a spot
- Not knowing what to cook for dinner
- Rubbish on TV
- All the hot water being used up in the morning
- Friends' Facebook updates
- Going through menopause
- Breaking a nail

they thought women were moodier than men.

But media doctor Hilary Jones said: 'Hormones can have a huge impact on both sexes' lives. We shouldn't underestimate the affect hormones also have on men's lives.'

'Two-fifths of men claimed their moods were increasing as they aged and the "menopause" is very real for men as they deplete in testosterone.'

Psychotherapist Sally Brown said: 'The research shows both men and women are susceptible to being in a bad mood from time to time, but what is interesting is more how the sexes cope with their moods.'

'Women crave "me time" and men tend to rely on their partners to help lift them out of their moods.'

Spending time alone was by far the most popular remedy for women – perhaps because partners often provide little help. More than two thirds of the men (68 per cent) admitted they zone out when their wife or girlfriend is feeling low.

One in five women said shopping was the best pick-me-up and 22 per cent said exercise. A less healthy one in ten turned to chocolate to cheer them up and nearly two fifths drank a glass of wine.

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Dublin diva: Tallaght singer Janet Grogan on last night's X Factor at Wembley