

DVD OF THE MONTH

Enlightened: Season 1

Laura Dern is the new face of tranquility in the latest half-hour HBO dramedy from Mike White (*Year of the Dog*). Co-creator Dern stars as Amy Jellicoe, a woman who returns from a holistic treatment centre in Hawaii after sleeping with her boss and having a very public meltdown. Watching Amy resist the urge to revert back to her former ways and stay in her newly well-balanced equilibrium is the most enjoyable part of the show. Dern is magnificent and commands the screen in almost every scene that she is in. *Enlightened* is a series to take in, breathe out and beg for more.

~ James Madden