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in View

our pick of the next seven days' TV viewing

Fear, Stress And Anger
BBC Two 9pm Thursday



Martin and Julie have interesting jobs, two clever daughters and expect to be sitting pretty. But Martin's job is downsized and he is forced to work from home. He hates his new life. All his angst comes out when Julie gives him a list of chores. He not only messes them up, but also has his dog taken into care, has to rescue his mum from a home and get through an awful dinner party.

Custer's Last Stand
BBC Two 9pm Friday



The Wild West's three greatest figures are brought to life in this new series. Behind every Western myth lies a true story, and this series tells how the West was really won. Each show blends fast dialogue and drama with show-and-tell documentary – all based on the most recent research. The opener features General George Armstrong Custer in the Battle of Little Bighorn, in 1876.

100 Greatest Sex Symbols
Channel 4 7.45pm Saturday



Sexual desire and physical attractiveness are still among the biggest mysteries on Earth. Why do people only get aroused by certain facial or bodily features? Why are some people turned off by cellulite or hairy backs? This four-hour special brings together the most smouldering eyes, kissable lips, curvaceous bodies and cutest smiles in a unique collection.

Recovery
BBC One 9pm Sunday



Alan and Tricia Hamilton's happy life is one day torn apart when Alan steps out in front of a passing car. This deeply affecting drama shows his recovery from a deep coma. When he comes round his behaviour has changed; he has lost his inhibitions and veers from angry to vulnerable. Simple tasks are beyond him and he can't do the job he loves – but will his marriage survive?

Kombat Opera Presents
BBC Two 10pm Sunday



This is a new series of contemporary musical comedies inspired by major TV shows, from the creators of the award-winning musical *Jerry Springer - The Opera*. Written and created by Richard Thomas, each show takes popular programmes like *The Apprentice*, *Question Time*, *The South Bank Show*, *Panorama* and *Wife Swap* and gives them a full operatic interpretation.

Instinct
ITV1 9pm Monday



Lizzie Mickery, writer of the internationally acclaimed *Messiah*, has created a new, young detective in DCI Thomas Flynn. Flynn and his hi-tech MIT team are called upon to investigate a series of murders, while he also tends to his estranged, comatose father. It turns out that his father is not the only ghost from his past who will be making an appearance. Concludes on Tuesday.

Bodybuilding Pensioners
BBC One 10.35pm Tuesday



Bernie, aged 61, has a body that continues to defy gravity. Growing old is not what it used to be. Once, advancing years meant growing frail, a loss of independence and a body that was shrinking fast – but not anymore. *One Life* meets the senior citizens who refuse to let it all hang out. This film enters the lives of the grannies and granddads who live for their workouts and weights.

Confessions...
ITV1 9pm Wednesday



John Henshaw and Maxine Peake star in a brand new comedy drama for ITV1, which takes a saucy look at the affair between Deputy Prime Minister John Prescott and his diary secretary Tracey Temple. It follows the story of the fling between Prescott and Temple – from the start of the affair at an office Christmas party in 2002 to when the story sensationally broke in 2006.

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Please see our main advertisement on page 24 for more details

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