



4 simple steps to retrain your brain... and cut down on your drinking



SEE PAGES 34-36

REVEALED: Surreal strategy prepared by Tory turncoat as he summoned up the courage to jump ship to Reform

JENRICK'S BIZARRE PLOT TO BE 'NEW SHERIFF IN TOWN'

EXCLUSIVE

By **Gabriel Millard-Clothier** and **Glen Owen**

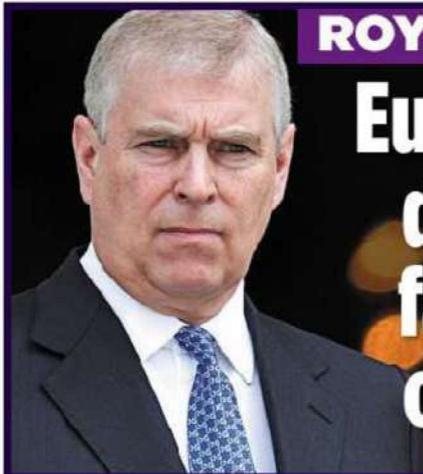
ROBERT Jenrick should be styled as 'the new sheriff in town' according to a secret defection memo which fell into Tory leader Kemi Badenoch's hands before his chaotic move to Reform UK.

A private 'media plan' drawn up for the former Shadow Justice Secretary while he was plotting to join Nigel Farage's party also called his move 'the biggest defection story Reform has ever had (and likely ever will be)', and urged him to 'use humour - one of your best skills'.

The plan, which has been obtained by The Mail on Sunday, also described him as 'the most popular Tory Shadow Cabinet member, leader-in-waiting if Kemi ever falls and the most dynamic politician in

ROYAL EXCLUSIVE

Eugenie cuts disgraced father out of her life



See Page 5



Holidays



EUPHORIA RETREAT, GREECE

Close to the holy mountain of Mystras in the Peloponnese, this visionary wellness centre blends Eastern and Ancient Greek wisdom, based on the five elements, in its approach to holistic wellbeing and emotional healing. The spa, with its fabulous and inviting

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