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LEGALLY INSPIRED: "Cristina's Court" Judge Cristina Perez says she's not just kicking back till her Fox show begins taping again in the spring. "Law is my passion. I'm obsessed with it," says Perez, who also shares a law practice with her attorney husband. "Even when I'm not taping, I still have to be around it. I wouldn't associate or do work that is related to the show, but I do a lot of helping people with legal issues, work for nonprofit organizations and do special events and programs. I like to model myself after my dad — a man who's worked in this country for 45 years and still works — and keep busy. He taught me the more you exercise your mind, the healthier you are."

And that's just the type of lesson Perez included from her Colombian parents in her Simon & Schuster book "Living by Los Dichos: Advice From a Mother to a Daughter," published in English and Spanish.

" 'Los Dichos' are very colorful sayings in the Latin community that touch on the basic things in life," she explains, "and the book is a celebration of my culture and the good things my parents taught me. Growing up in America I always felt weird having a second language. My parents interwove our culture with everything we learned in America. They said, 'You're an American citizen, but at the same time don't forget you have a little from somewhere else, too.' And the key to my success has been to use both cultures. It's really about embracing your identity."

Looks like "The Real World" has finally found a way to redeem itself, as it has this year's cast working as Outward Bound guides in Denver. "It's one of these things that I will hopefully look back on the rest of my life and think of it as a real source of strength," says cast member Brooke LaBarbera, who had the hardest time adapting to life in the wilderness. "In the future I want to possibly do another Outward Bound course because I think it puts your life into perspective and reminds you to never take anything for granted. You don't realize how much you have until you're surviving in the wilderness."

With reports by Stephanie DuBois and Emily Feimster