

Firm Up for Free! 6 Fast At-Home Ideas P.57

Jessica Alba
On Laughing,
Loyalty and
Learning to
Let Go of
"Perfect"

SELF

YOU
AT YOUR
BEST

3 Easy Ways To Lose Weight

Superfood
Recipes
That Fight
Stubborn Fat

The Best
Moves
For Every
Butt Type

How to
Think in
Order
To Shrink

More Pleasure in Bed!

Maximize Your Fun and His
(But Mostly *Yours*)

End Headaches,
Back Trouble
And All Your Other
Pain for Good!

SPECIAL SECTION, P. 85

Be Healthy and Happy at Any Size

Love Your...

♥ Looks... 9 Nearly Instant Beauty Tweaks

♥ Body... Naked, Clothed, All the Time!

♥ Life... Start a Confidence Chain Reaction

Secrets to
Shiny, Bouncy,
Amazing Hair



JUST
JARED