

15 Delicious Foods That Fight Fat P. 144

**Avatar  
Star**

Zoë Saldana  
on Letting  
Your Most  
Authentic  
You Shine  
Through

YOU  
AT YOUR  
BEST

# SELF

## Get Flat Abs And Shed 9 Pounds

Free!  
18,000+  
Goodies  
Inside

Rev Your Body's Natural  
Calorie-Burning Ability

READER TESTED!

## The Best New Beauty Buys

Starting at Only \$2

### 10 Symptoms Your Doctor Wants You to Take Seriously

### HAVE IT YOUR WAY (In Bed)

Great Sex, Tonight *and Every Night!*

Inner-You Special

# Stress Less, Enjoy Life More

12 Ideas to Banish the Blahs and Feel Happier!

MAY 2010  
\$3.99 US \$4.99 FOR



A full-page photograph of Zoë Saldana sitting on a sandy beach. She is wearing a strapless, vibrant floral dress with large red and yellow blossoms on a dark background. She is looking back over her shoulder towards the camera. The background shows the ocean and a clear sky. In the bottom right corner, there is a list of clothing items and their prices.

Petals for the print-shy: An abstract floral lets you hit the trend without feeling too "done up." You can also throw in some solids to tone down the effect. (How sweet would this look with a little white cardigan?) Dress, J.Crew, \$148. Ribbon (worn as belt), Mokuba NY, \$15 per yard. Silk flower, Bando, \$35 for two. Earrings, Gurhan, \$3,580. Bangles, Vale Jewelry, \$10 each

# Wild flowers

Florals don't have to be dainty sprigs. Let the latest lush, untamed blossoms bring out your free-spirited attitude. *Avatar* star Zoë Saldana showcases the boldest of the bunch. By Amy Gallo Photographs by Stewart Shining