

THIS  
MAGAZINE  
PAYS FOR  
ITSELF!

✓ SAVE BIG! OVER \$72 WORTH OF COUPONS INSIDE

# all you

Ideas \* Tips \* Life with a Reality Check

Issue 8, August 28, 2009

PACKED WITH  
**VALUE**

- ✓ COUPONS!
- ✓ PUZZLES!
- ✓ GREAT DEALS!

## EAT TO LOSE!

**YOU CAN DO IT!** Choose the right foods to **slim down**

**24** BEST BUDGET BEAUTY BUYS!

**Clear clutter** all over the house



## Easy organizing!

Streamline your life and save money every day

### Feel-good food



- Easy 30-minute family dinners

### Your style

- Try a fall trend for a nice price
- Get more looks from your hair

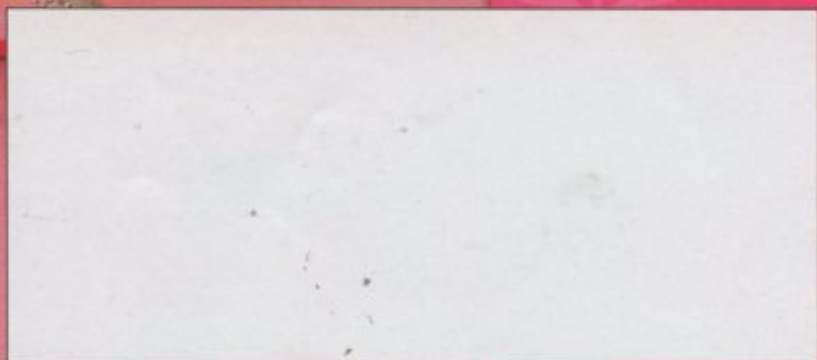


### Your health

- Walk off weight
- Enjoy sex more

### Your life

- Make extra cash on the Web



# Fall for a flattering tunic

Try on a classic top in autumn's rich colors to welcome in the cooler weather

**1** Go mod in a bold print and bright jeans



1. Top, \$68, sizes S-XL; sohocompagnie.com for information. 2. Pants, \$17, sizes 2-12; at T.J. Maxx. 3. Bag, Candies, \$42; at Kohl's. 4. Earrings, \$15, and 5. Bracelet, \$18; allthe rageonline.com. 6. Shoes, AK Anne Klein, \$76, sizes 6-10; qvc.com.

**2** Choose linen for a relaxed weekend style



**GOOD NEWS!**  
This top is available in size 6X.

1. Top, Gillian Grey, \$39, sizes XL-3X, \$44, sizes 4X-6X; silhouettes.com. 2. Pants, Riders by Lee, \$20, sizes 6-18; ridersjeans.com for stores. 3. Necklace, \$48; robertrose.com. 4. Bag, \$30; avon.com. 5. Bracelet, \$8; belladawn.com. 6. Sandals, Candies, \$49, sizes 6-10; at Kohl's.

**3** Streamline your shape with a longer length



1. Top, \$50, sizes S-XL; sag-harbor.com. 2. Pants, Joseph A., \$68, sizes S-XL, \$78, sizes 1X-3X; at Lord & Taylor. 3. Bag, \$42; shop4sparkles.com. 4. Earrings, M. Haskell, \$22; 212-764-3332. 5. Bracelet, \$8; at Fashion Bug. 6. Sandals, Candies, \$49, sizes 6-10; at Kohl's.

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