SELF

FREEBIES
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Sexy Body Secrets

SKIP THE GYM? YES!

+ The #1 mistake that makes fat stick

SO PRETTY!

Look amazing without trying too hard P.144

DELICIOUS SEX

Mmm, mmm...tonight's going to be great!

Money Made Easy

Pocket more, panic less P.150

THE FUN ISSUE

Free stuff to do! Grab your guy & girl pals!

The Social Diet

Lose weight with friends

JESSICA ALBA

How she stays this hot

$3.99 US
SEPTEMBER 2012
$4.99 FOREIGN

NOT-BORING BLACK

"The new LBDs are ready to party! Cool details, like oversize fringe, exaggerated stitching and satiny insets, give black dresses, coats and accessories a fun factor."

Jacket, $2,630, and dress, $2,128, Pierre Balmain. Earrings, Suzanna Dai, $225. Bag, Danielle Nicole, $88. Shoes, Vince Camuto, $129. Photographed at the EMP Museum.