

Adele's \$180M
DIVORCE

New
Photos!
PRINCE
LOUIS
TURNS 1

People

Jennifer
Garner!

People
The BEAUTIFUL
ISSUE 2019

42 pages of
Inspiring
Stars

'I'm Grateful
Every Day'

The gorgeous
star next door on friendship,
raising kind kids
& staying happy

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The BEAUTIFUL ISSUE

2019

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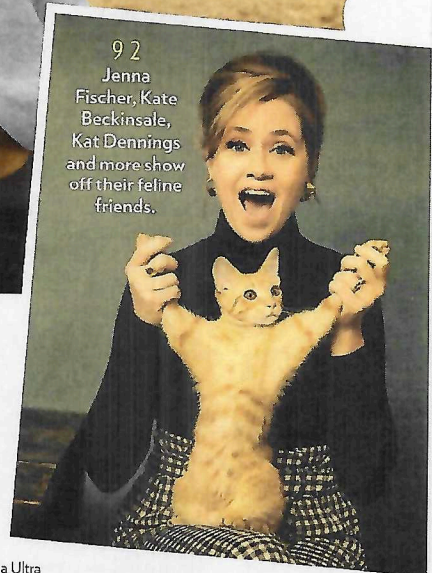
Before they were glamorous A-listers, these stars were just lovable youngsters

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102 John Stamos, wife Caitlin McHugh and son Billy are among the beautiful celebrity clans celebrated in this week's issue.



CLOCKWISE FROM TOP: THOMAS WHITESIDE; DRESS, GABRIELA; HEADST-BELT, BLOW THE BELT; SHOES: ARIAT; SOCK, CLOSET; GOLD/GREEN NECKLACE: BELADORA; CHAIN-LINK NECKLACE & RINGS: SHAY; MIE: ROSENTHAL; BRIAN BOWEN SMITH

ON THE COVER Photograph by Thomas Whiteside. Hair: Giannandrea/Forward Artists; Makeup: Kara Yoshimoto Bua/Neutrogena Ultra Sheer SPF 100+ Sunscreen/Starworks Artists; Manicure: Jenna Hipp/Mazz Hanna/Nailing Hollywood; Stylist: Jill Lincoln & Jordan Johnson/The Wall Group; Top: Sally LaPointe; Skirt: Brunello Cucinelli; Belt: B-Low the Belt; Boots: Ariat; Socks: Closet; Jewelry: Anita Ko. Top insets, from left: Mike Marsland/WireImage; HRH The Duchess of Cambridge/Getty Images

The
BEAUTIFUL
ISSUE

2019

true beauty

She's gorgeous, grounded and beyond grateful.
How actress, activist and supermom of 3

jennifer garner

found her happy place—

and why she's hoping to help change the world

By JULIE JORDAN

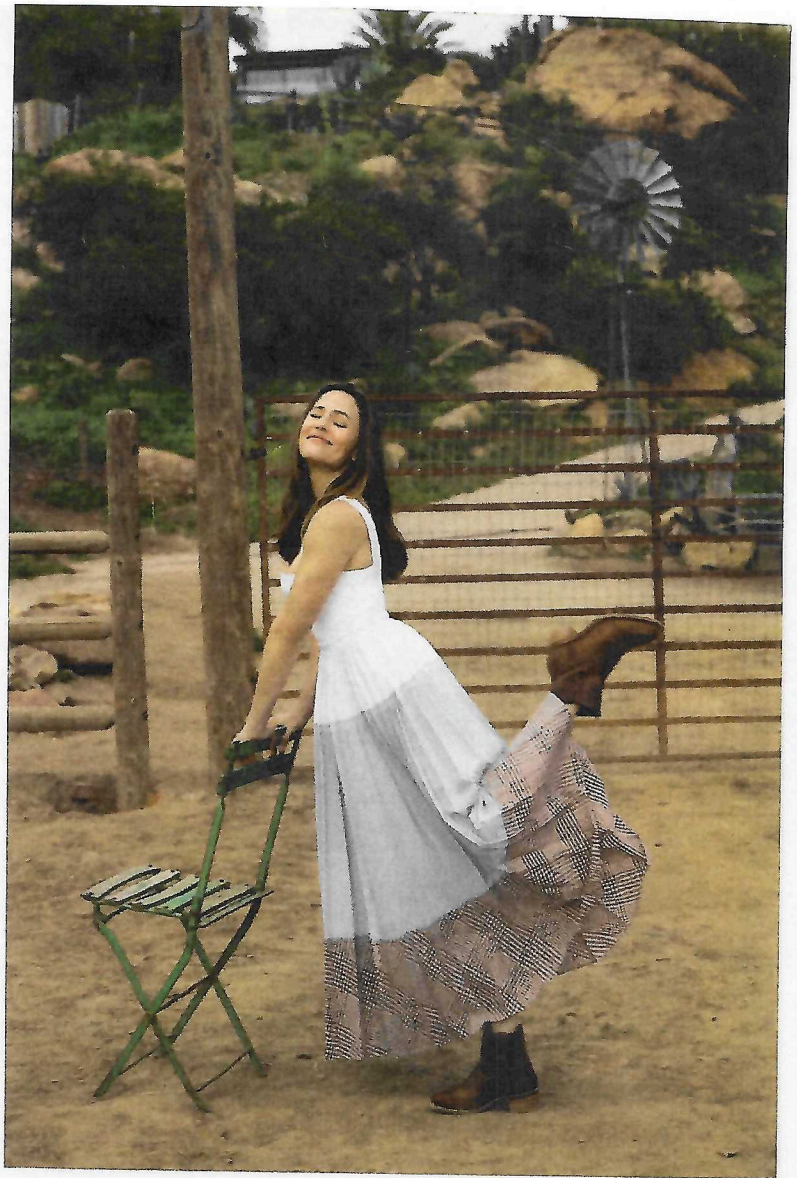


Photographs by
**THOMAS
WHITESIDE**

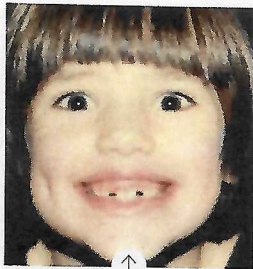


Jennifer Garner's giggle is contagious.

Curling up in a trailer on a Malibu ranch, the engaging actress can't help but laugh when it comes to discussing her appearance—let alone being shot for the cover of *People's Beautiful Issue*. Growing up in West Virginia, "I was never told I was pretty," she insists. "I didn't think of myself that way." Yet even as Garner, 47, balances her thriving career and business pursuits with *Once Upon a Farm* organic baby food—not to mention her beloved *Pretend Cooking Show* on Instagram—her greatest accolades always stem from her three kids, Violet, 13, Seraphina, 10, and Samuel, 7, with her ex-husband Ben Affleck. "When I get home tonight and I'll feel like the best possible version of myself, they'll look at me and say, 'Can you wash your face? Can you put your hair in a ponytail and put your glasses and sweats on?'" she says with a laugh. "And I see the compliment in that. They just want me to look like Mom."



growing up garner



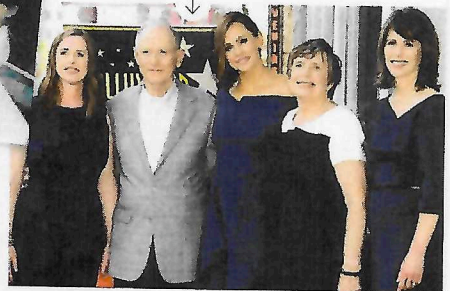
HAPPY KIDDO
"I had an \$8 haircut my whole childhood. My dad did my bangs, and they're crooked."

BAND GEEK
"Me and Sally the sexy saxophone representing John Adams Junior High."



SISTER LOVE
"I think about sitting against my big sister like that with my little sister sitting on top of me, and it makes me feel safe."

FAMILY SUPPORT
"The Walk of Fame. It never occurred to me that it would be such a meaningful day."



HAIR: GIANNANDREA/FORWARD ARTISTS, MAKEUP: LARA YOSHIMOTO/BIANCAUTROGENA/UTRA SHEER, SHIRT: SUNSCREEN, RETAINWORKS, ARTISTS, MANICURE: JENNA HIPPI/MAZZI, HANNA/HALLING HOLLYWOOD, STYLIST: JILL LINCOLN & JORDAN JOHNSON/THE WALL GROUP, DRESS: MICHAEL KORS



mom on a mission

The artist ambassador to Save the Children, which provides relief and support for kids in rural America and developing countries, also cofounded the cold-pressed organic baby food company Once Upon a Farm. "We wanted the food to be available to all kids," Garner says. "Now we've started getting WIC [Women, Infants and Children] approval, which is a government-funded program so moms and babies can go to the store and buy our great products just the same as anyone else."

What did you think when you heard you'd be on the cover of this issue?

Oh, I kind of just said, "Wait, I'm sorry, what? Really?" I was very surprised, and it took me a minute, honestly, to accept it.

Which qualities do you find beautiful in your friendships with women?

Sense of humor. And a lack of guilt. I do not believe friendship should or can come with guilt. Like a friend who says, "You haven't called me," or "I saw you out with someone else." That is not part of the deal. That breaks the girlfriend code.

What's one of the most beautiful things about being a mom?

Oh gosh, there are so many. I'm starting to get to the point where I realize this job is not going to be forever. Not in the all-encompassing every-meal, every-moment, everyday way that I have loved for the last 13 years. It's going to shift. But there's beauty in how it works in episodes.

How has motherhood changed you?

Motherhood has brought out a lot of things about me that I didn't know. I was the world's most anxious first-time mom. I wasn't part of a moms' group with my first so I really missed out on everything that I get now. The moms at my kids' school are the moms that I look up to and try to emulate.

What is one of the best compliments your kids have given you?

Just when they want you. We traveled back from the East Coast

late last night, and we had jet lag, and my son woke up at 5, and he was so delighted that I was awake, and we made pancakes together. He just was so happy to have that time alone with me, and that's the biggest compliment.

When it comes to teaching kids to be kind, what do you think works best?

It's so much more about modeling than anything else. And if you can just have faith in who they are as people, it's so beautiful when you start to see it come out. One of my daughters had written my parents a letter because they've been away, and she just wanted them to have a letter when they got home. It's moments like that when you think, "Oh, you're kind. You're good."

So how would you describe yourself in high school?

Band-geek chic. I was *so* not one of the pretty girls that I just bypassed insecurity and didn't see myself as attractive at all. It was not part of my life. [But] I felt good about myself back then! That is the lucky trick. Looks weren't a big deal in my family. I don't think my parents ever said, "You're pretty," and so we just didn't think about it.

What have you learned about love?

It's complicated. I have learned that it comes in all shapes and sizes, and it's not a panacea. And that it can be bigger than you imagined.

You're in amazing shape. What's your workout routine?

I do Body by Simone, but it's also

her best of instagram

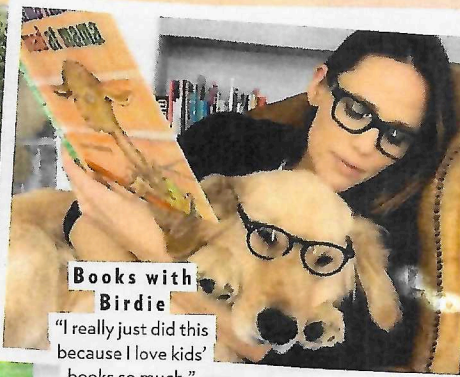


Meet 'Hen-nifer'

"The only chicken my kids let me say is mine. She's scraggly, and I feel a kinship with her."

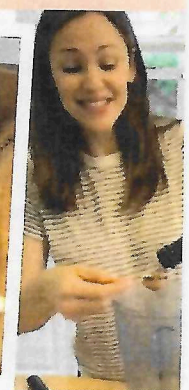
Band Camp

"This is me and Sally the sexy saxophone. We've had great times together."



Books with Birdie

"I really just did this because I love kids' books so much."

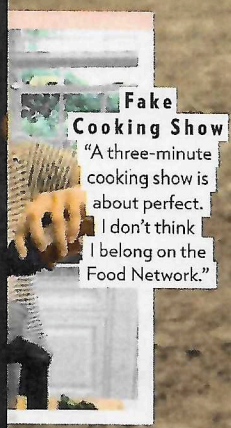


*'Family is anyone
who you can't
imagine living your
life without'*

—JENNIFER GARNER



FRONT TOP: COURTESY ONCE UPON A FARM; ANA PAZ: V.A.



**Fake
Cooking Show**
"A three-minute
cooking show is
about perfect.
I don't think
I belong on the
Food Network."

Jen Garner Plays Fill in the Blanks

I NEVER LEAVE HOME WITHOUT...

My datebook. People think it's a bible and that's fine. Let's see. [She reads from a page] Girl Scout notes. Neutrogena thing. Museum. Where to stay. Farmshop. Breakfast club for first grade. [laughs]

PEOPLE WOULD BE SURPRISED TO KNOW THAT I...

Can have a potty mouth. I don't think it's ladylike, and I don't know when it happened, but I occasionally do.

ON A BAD HAIR DAY I...

Have not showered, and I worked out, and it got really sweaty and is matted to my head, and that's pretty much been documented by magazines a thousand times. So easy to reference.

I WOULD NEVER AGAIN WEAR THIS...

I mean, you won't see me in a crop top. You won't see me in a short short. You won't see me in a bikini. The list goes on.

I'M PROUD THAT I ALWAYS...

Smile if you smile at me.

the roles of her life



Alias, 2001
"Bradley [Cooper] and I texted this morning. He'll have a laugh when he sees I did this."



13 Going on 30, 2004
"Mark Ruffalo hated the 'Thriller' dance so much, he said he was quitting the movie."



Dallas Buyers Club, 2013
"I loved it except for watching Jared [Leto] and Matthew [McConaughey] waste away."



Love, Simon, 2018
"Aw, Josh [Duhamel]. Remember when everybody thought he and I should date?"

healthy to mix it up. I've included a little bit of boxing, which I love. I try to work out every day, but like any mom you're juggling, and you take it day by day.

How do you motivate yourself when you don't want to exercise?

I say, "Well, I'll just do 10 minutes." Because usually the hump you can't get over is starting. But if you only get 10 minutes in, good for you! That's something.

Do you think you would feel differently about working out if you weren't in the public eye?

I do see it as part of the job.... And I don't always stay at the same weight. I like food so if I need to

knock a few pounds off I guess I could. I know how to do it; I just don't want to. *[laughs]*

People love your Pretend Cooking Show on Instagram. Have you always liked cooking?

My mom made every meal growing up so my sisters and I have always known how to do basic cooking. But I'm never really that good at it. *[And]* rarely is it pretty.

What indulgences do you allow?

Pizza. Popcorn. Chocolate. Wine. Not necessarily in that order *[laughs]*. I'm not somebody who has a glass of wine every night, but if it's around and there are girlfriends and talking, yes please.

The BEAUTIFUL ISSUE 2019



Do you ever read comments about yourself on the Internet?

Zero. Not only do I not read comments, I work very hard to not see the pictures, to not read articles or to know what's out there at all. And it's not that I don't care, it's that I care too much. Instagram is a different story because I don't get a lot of people being mean.

What do fans typically say when they recognize you?

They tell me I'm prettier in person than I am onscreen. You might as well see it for the compliment that they mean it to be. I feel really lucky because the people that I get to meet tend to feel like I'm the girl they grew up next to or an old friend, and they want to continue a conversation that I didn't know we were having. *[laughs]*

Are you good at applying your own makeup?

No. *[laughs]* Do I seem like someone who's good at applying? Did you hear what I said about how people say I look better in real life? Because they see pictures of me, and they're

DRESS: NILLI LITAN; NECKLACE: SHAY; INSETS: FROM TOP: RICHARD CARTWRIGHT/ABC/GETTY IMAGES; EVRETT/OUTLINE

like, "You could use a little bit of blush, gosh." I own the nicest brushes, and I own contouring things. If I used it, I would just look bruised.

What are your rules for makeup when it comes to your daughters?

You can try anything at home; it's healthy to experiment. I okay what goes out in the world.

How often do you wash your hair?

I work out pretty hard so I wash it almost every day. But I don't like to blow it out. I walk around with wet hair. But I just feel like, "What's your problem with it? I've showered! Don't I get a gold star? What more do you want from me?"

What kind of "old lady" do you want to be?

Oh, goofy and fun and funny and interested. I want to be really curious and interested.

At this moment, what are you most grateful for?

I am feeling really grateful for my parents these days. I'm so grateful that I have sisters and my girlfriends. I'm prayerfully grateful for my children. I mean, I have a lot to be grateful for every day. And it really gets my engine going for what I need to be doing. ●



Scan this code to watch the full episode of *People Cover Story: Jennifer Garner* on PeopleTV.

TOP: SALLY LAPOINTTE; SKIRT: BRUNELLO CUCINELLI; BELT: BLOW THE BELT; JEWELRY: ANITA KO; HAIR: TONY TA