



DITCH YOUR BLOW-DRYER
4 cuts even a klutz can handle

ADULT SEX EDUCATION
Homework just got a lot more fun

The "Have you lost weight?" dress
6 magical slimming looks

Note to Self:
Fail Upward

"All great champions, most of whom are optimists, have become great because of—not in spite of—great adversity. Michael Jordan, a perennial optimist, once said, 'I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game's winning shot...and missed. I have failed over and over and over again in my life. And that is why I succeed.' If ever there was a case for optimism, this is it."

—ROBERT MACK IN *HAPPINESS FROM THE INSIDE OUT: THE ART AND SCIENCE OF FULFILLMENT* (NEW WORLD LIBRARY)

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