

DR. OZ

YOUR BEAUTY EMERGENCY KIT P. 62

THE GOOD LIFE

Go Ahead, Eat!
(& never gain weight)

Holiday cooking secrets from Giada & Dr. Oz

free booklet
SHAKE OFF STRESS

Plus
WINTER SUPERFOODS
SLOW COOKER DINNERS
CHOCOLATE (YOU DESERVE IT)

EXTRA ENERGY

Recharge in 30 Days

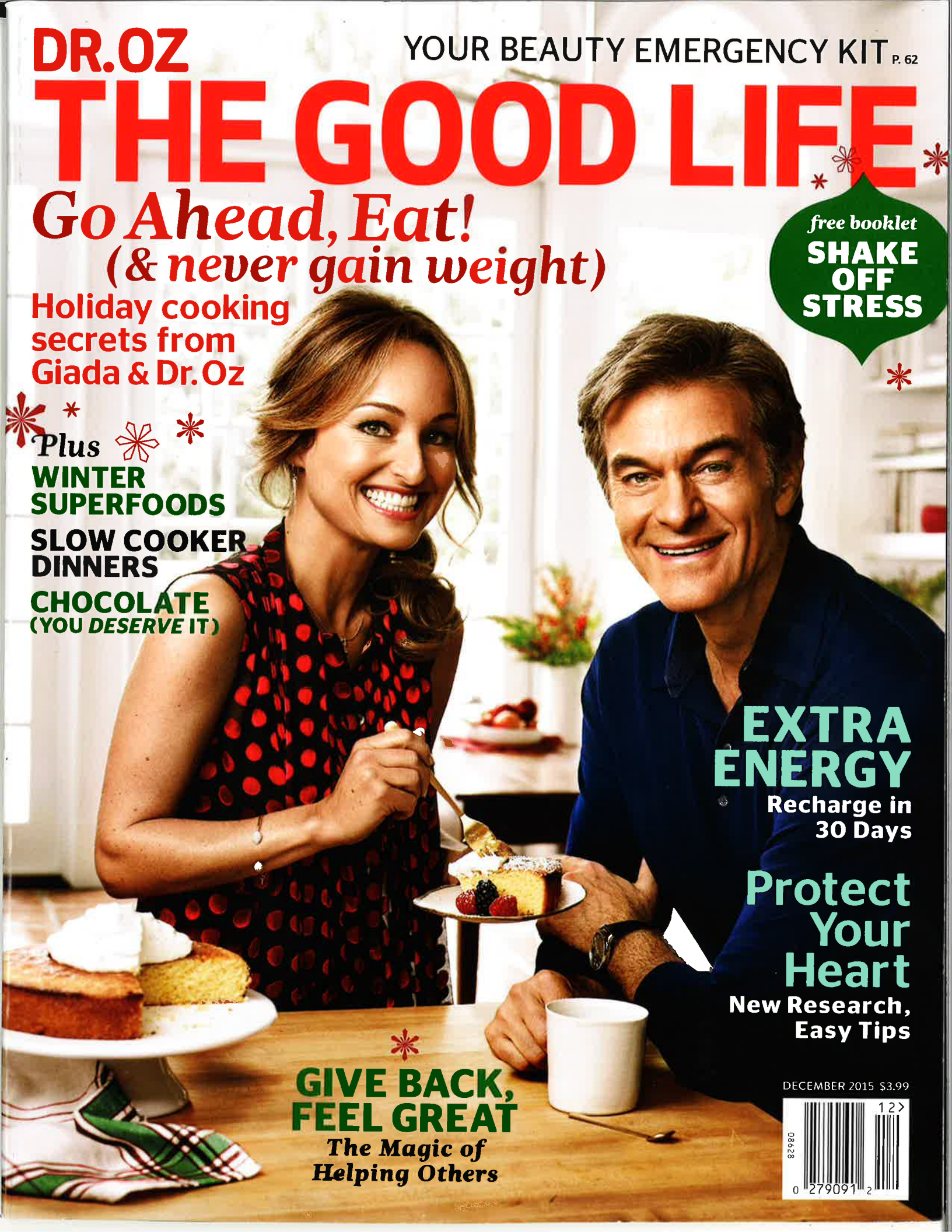
Protect Your Heart

New Research, Easy Tips

GIVE BACK, FEEL GREAT

The Magic of Helping Others

DECEMBER 2015 \$3.99



2



PERFECT FOR
POST-SLEDDING
NAPS, RIGHT?

THROW DOWN SOME JOY

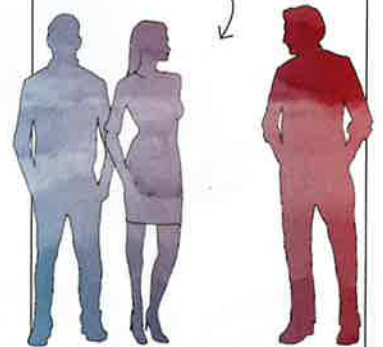
Hooray for holiday decor that won't drop needles everywhere. These sequined, seasonal pillows dial up your living room's cheer factor in two seconds flat. Bonus: They're oh-so-soft—family snuggle sesh, anyone? *Threshold Silver and Gold Sequin Toss Pillows* (\$20 each, target.com)

3

Got a Crush? Don't Panic

It doesn't say anything bad about you or your relationship if you find yourself extra-liking another man's jokes or square jaw, says a new study of 160 women in the *Journal of Sex & Marital Therapy*. The research found that outside crushes are unlikely to have negative effects on your own partnership. Just keep it casual, folks.

FLIRTING'S OK,
AT A SAFE
DISTANCE.



4

Set goals you can actually achieve When a challenge is too hard, you feel less reason to try; too easy, and you feel no sense of reward. But if you can accomplish a goal with just enough effort, you'll enjoy pursuing it, says the new book *Habits of a Happy Brain*, by Loretta Graziano Breuning, Ph.D. Realistic ambition psychs you up the most.

5



money smarts

A HOLIDAY SHOPPING CHILL-OUT PLAN

Procrastination may be a major reason that 66% of Americans go over their holiday budget by an average of \$116, according to a survey by Coinstar. When you're in a time crunch, your brain acts on adrenaline instead of logic, so you buy the first thing you see because you're worried you won't find something better, says finance guru Farnoosh Torabi, host of the *So Money* podcast. Instead of splurging (and stressing), Torabi suggests keeping a few bottles of nice wine on hand for last-minute presents, or going to GiftRocket.com, which lets you buy gift cards to any store or restaurant. If you're too rushed to print, you can even email a card with a personal note. Crisis averted!