

LOSE WEIGHT ALL MONTH LONG! P. 99

428

SELF

Total Body

Turn

Sexier
In Just

A Calm
At-Home

Eat-He
Cut the
Keep

M Ev

Boost Your Kn

Live Happier, No M
Much Money You

Naturally Glowy S
9 Ways to Get It,
Plus What Not to Do



stress less
SPECIAL

Throw work stress to the wind!

22% of women have sex to unwind from a tough day (talk about perks!); 67 percent cuddle the remote

TV is the fast food version of relaxing. It's good going down, but afterward you might end up feeling a bit sick to your stomach—especially if you end the evening with a dose of the 11 o'clock news. No wonder you can't fall asleep.

THE FIX FIGURE OUT WHAT IT WOULD TAKE TO TURN OFF THE TV TWO NIGHTS A WEEK Use those hours to do something energetic or social. If you crave time for reflection, psychologist Beverly Smallwood, Ph.D., of Hattiesburg, Mississippi, suggests listing the day's successes before bed, whether it's that you managed to hold your tongue when an annoying coworker dissed your idea or your husband told you that you look great without makeup. "By focusing on what went right, you'll learn to savor the good stuff."