

NO MORE MINDLESS MUNCHING! Take charge of your stress eating for good

SHAPE

SHAPE
YOUR
LIFE

"HOW
I LOST
175
POUNDS"
p.134

RESEARCH PROVEN

EAT THIS, LOSE WEIGHT

The new wonder
food for women

***** How
75 million
women are secretly
sabotaging
their health
(are you one of them?)

March 2007



EVA
MENDES

How she slimmed
down & shaped up
for THIS cover, p. 45

THE SEXIEST BODIES IN HOLLYWOOD

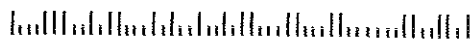
Yes, they sweat!
The workouts &
diets that keep stars
bikini-ready, p. 180

LOOK GREAT
FOR LESS

Beauty
secrets
of the stars
Get their looks
at home

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