

Look Great, Feel Great!

# Women's Health

## FIGHT FAT!

(and Win!)

Melt Pounds & Trim Inches in Minutes a Day

**Hot Sex Buzz!** Tricks and Toys That'll Give You Good Vibrations

**The Smartest Move to Make at Work Today**

**More Bliss, Less Stress**

- ✓ Amp Up Energy
- ✓ Improve Your Mood
- ✓ Enjoy Deeper Sleep



## Sculpt Sexy Curves

Like Actress Amber Heard's

**Boost Health With One Breath**

A Simple Technique

**PARTY TIME! Best Cocktail Dresses for Your Body**

December 2011

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