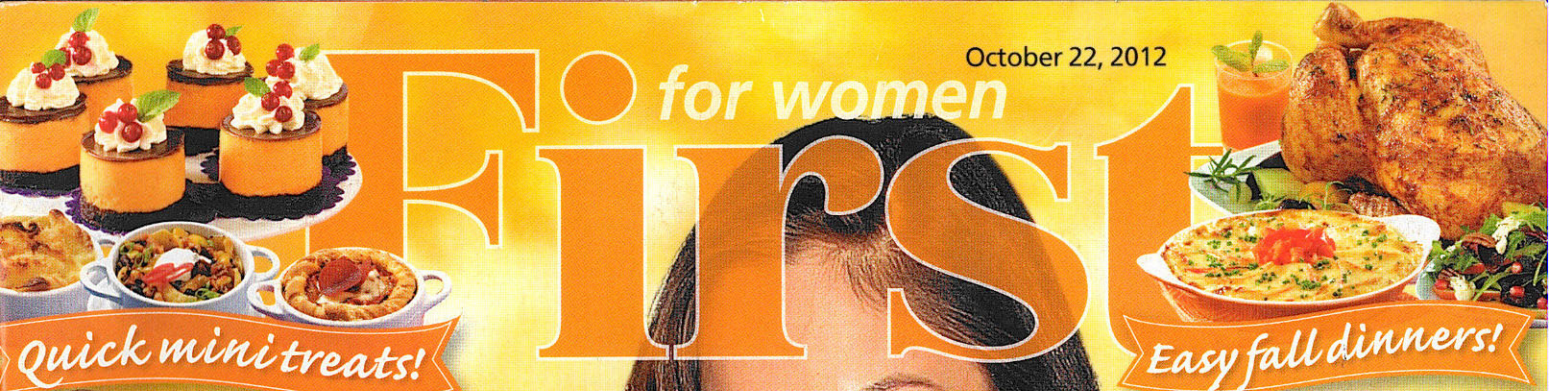


October 22, 2012



Quick mini treats!

Easy fall dinners!

YOUR BEST FALL CUT

Real cuts for every age, face shape, texture—what's right for you!

THYROID DISCOVERY

80% of women who have unexplained weight gain have **type 2 hypothyroid** disease. See pg 43 for at-home diagnosis

5 WAYS TO TURN OFF WORRY

ALWAYS HUNGRY? TIRED?

DROP 47 LBS by Thanksgiving

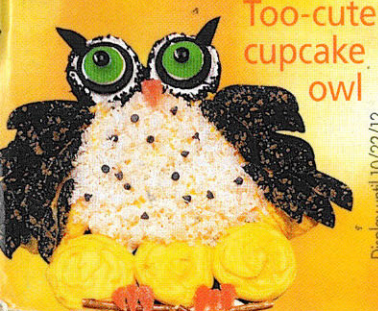
Tara lost 147 lbs

NATURE'S CURES

New research! Proven remedies for allergies, joint pain, hot flashes & much more!

Good news! Researchers have pinpointed the brain chemical glitch that results in hunger and fatigue.
RESET YOUR SYSTEM TO SLIM WITHOUT STRUGGLE!

More for your money!



Too-cute cupcake owl

Display until 10/22/12



TOTAL BLISS

- ✓ Feel brighter instantly
- ✓ Ensure a happy future

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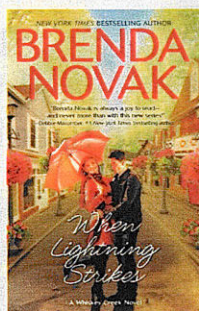


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you deserve a break

The 6 paperbacks

Romance



When Lightning Strikes

by Brenda Novak
"Feeling harried by my train commute, I went in search of a good romance to lift my spirits," shares Lorraine Sullivan,

FIRST associate editor. "This one sounded intriguing and was the perfect size to slip into my bag." When bad-boy movie star Simon O'Neal wrecks his reputation, as well as his former publicist Gail DeMarco's business, she reluctantly agrees to marry him to help improve his image and get her life back on track. In the process, she learns there's more to the sex symbol than meets the eye—like his heart of gold. "I loved Whiskey Creek, the tiny town they visit after their wedding—it felt so quaint and sweet," says Lorraine. "And I enjoyed how their relationship unfolded. After I finished the book, I felt much lighter and wasn't as bothered when someone bumped me while hurrying for the train." (Harlequin Mira, 2012; \$8)

Mystery

Curiosity Thrilled the Cat: A Magical Cats Mystery

by Sofie Kelly
"The month of October is always my favorite because Halloween makes magic seem a little