

October 2007

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SELF

FOUNDER OF THE PINK RIBBON

A Super Simple Slim-Down!

PLUS Dress Yourself Thinner p. 242

- Quick Calorie-Melting Moves
- Indulge and Still Lose Weight

10 FOODS THAT TURN OFF HUNGER

1 Month to A More Gorgeous You

31 Easy Tips for Glowing Skin, Healthy Hair & Natural Makeup

25-PAGE GUIDE

Cancer Prevention Plan
What to Eat, Do (and Not Do) To Lower Your Risk p. 141

Shocking! You Won't Believe
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Sarah Michelle Gellar
"Do What Makes You Happy."
Her New Passion, p. 208



Promotion

Beauty In All Things

Jane Sipsu's elegant hand-mixed circle earrings, necklace and bracelet dangles with faceted mandarin quartz beading in sterling silver. 10% of net proceeds from these items will go to the The Breast Cancer Research Foundation. Do something beautiful while wearing something equally stunning. See the complete collection online: www.janesipsu.com

