

BE YOUR HEALTHIEST EVER! Real Women's Tricks p. 133

# SELF

YOU  
AT YOUR  
BEST

## Tone Up, Feel Sexy

Slim Your Abs, Butt  
And Thighs at Home!

**INDULGE AND STILL  
LOSE WEIGHT**

We're Not Kidding! p. 182

## Make Good Sex Great\*

\*And Great Sex Fantastic

116 Ways to Have

## More Joy, Less Stress

- 31 Gifts to Solve Any Shopping Dilemma
- 8 One-Minute Relaxers
- 77 Easy Ideas for Doing Good

**SNUGGLY, SEXY CLOTHES**  
8 Comfy Looks That Flatter

BEAUTY  
SPECIAL  
Love  
The Way  
You Look  
Tonight

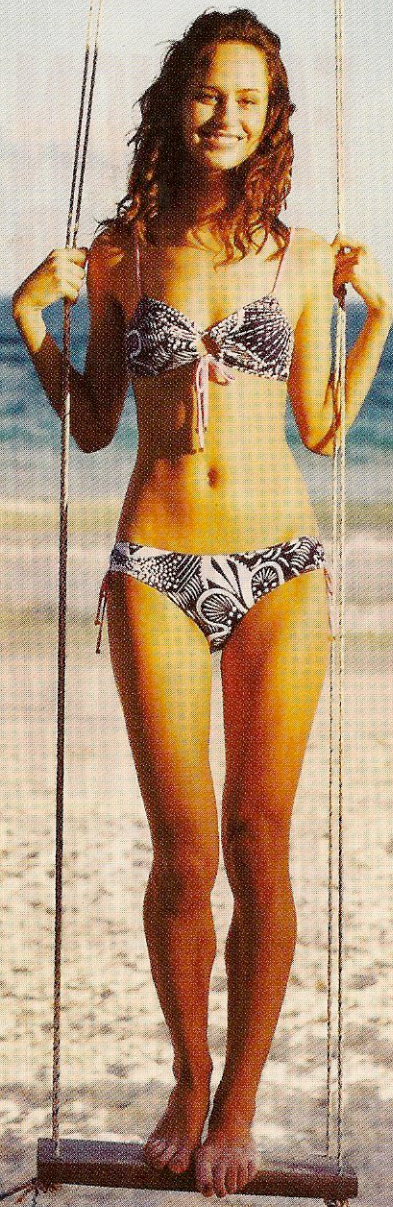
**Keri Russell**  
On Life With  
Baby (Check Out  
Those Abs!)

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# 15 minutes to your best self



Want to fa-la-la somewhere far away? Go for it!

## GOT 12 MINUTES?

### Bail on the family tradition

In a Hallmark world, holidays are spent in the bosom of family. You'd rather retreat to a sunny beach? Try this script to stealthily wangle your way out of the yearly pilgrimage. —Gayle Forman

#### You're joining your partner's family.

**The opener** "This relationship is important to me, and celebrating together takes it to the next level. I'm asking for your support." Be sensitive yet direct, says Belleruth Naparstek, author of *Invisible Heroes* (Bantam).

#### You'd rather revel while on vacation.

**The opener** "I've been under so much pressure lately. It's starting to affect my energy level and concentration. I need to regroup." If your health and welfare are at stake, your parents will be hard-pressed to deny you a break.

#### You want to chill out at home for once.

**The opener** "I've finally put down roots in my community, and it feels right to celebrate with my friends and neighbors." Plant the idea that this step is crucial in your growth, so they feel involved in your life, Naparstek says.

**The response** Stunned silence, followed shortly by a tearful "Oh, so suddenly you love so-and-so's relatives more than us?"

**The response** "But honey, we're having the big family reunion this year. All your relatives are coming; everyone's already booked their flights. And Grandpa's health is failing terribly!"

**The response** "But we always spend this time together. Friends are fleeting; family is forever."

**The rebuttal** Neutralize this competitive ploy by aligning yourself with your family: "Of course not. Look, I'm not crazy about this either, but we've got to go." If you're met with further protests, invoke the value system your own parents imparted to you: "You always taught me to give myself wholeheartedly. I'm following your example."

**The rebuttal** If it's a momentous occasion, this might not be the year to opt out. If you choose to go, use the currency you'll gain to negotiate next year's absence (say, by formalizing a biennial visit), carve out me-time or steal away with your sweetie during your stay. No one will dare quibble on the heels of your compromise.

**The rebuttal** "You're exactly right, and that's why I know you'll be there for me after the festivities are over. Mom (or Dad), I expected you of all people would understand how important this is to me." The "you of all people" is inherently flattering. When your folks relent, be effusively appreciative. "I knew I could count on you."

## GOT 3 MINUTES?

### SIP FOR A CAUSE Help animals (and the people who love them) as you imbibe.



#### DOG HOUSE, ZEKE'S ZIN 2004

Buy a bottle of this deep-violet Zinfandel with zesty blueberry and raspberry notes, and 50 cents benefits Guide Dogs for the Blind (GuideDogs.com), an organization that provides free guide dogs and training to the blind and visually impaired. **Try it with** Pizza or red sauce—topped pasta. \$10; DogHouseWine.com



#### OWL RIDGE, CHARDONNAY RUSSIAN RIVER VALLEY 2005

Pour this wine, accented with stone fruit and Fuji apple, and 10 percent of each sale helps the Sulphur Creek Nature Center in Hayward, California (HaywardRec.org), where owls and other wildlife are rescued, rehabilitated and released. **Try it with** Mushroom risotto. \$32; OwlRidge.com



#### CLOS LACHANCE, HONDURAN-EMERALD MERITAGE 2005

Raise a toast with this Bordeaux blend, tinged with black cherry and blackberry, and at least 15 percent goes to the Hummingbird Society (HummingbirdSociety.org) to halt the extinction of the Honduran Emerald, a critically endangered hummingbird. **Try it with** Veggie stew. \$25; Clos.com —Karen Lynch