

YOU  
AT YOUR  
BEST

# SELF

**Zoey  
Deschanel**  
Make the  
Most of  
Your Days  
of Summer

## Lose Weight At Any Age

**In Your 20s?**  
Burn Calories  
To Shrink From  
Head to Toe

**Over 30?**  
Slim Down  
And Create  
Sexy Curves

**40 and Up?**  
Firm Your Abs  
As You Shed  
Stubborn Fat

### BEAUTY SPECIAL

#### GET AN ALL-NATURAL MAKEUP LOOK

Plus New Breakthroughs  
For Clear, Glowing Skin P. 46

## #1 Superfood

It Revs Up Your Metabolism!

INTRODUCING...

### The Sex Pyramid

Romantic or a Quickie?  
What Kind of Lovemaking  
Do You Need Tonight? P. 120

## Get The Life You Want!

**31 Ways to Have Less Stress  
and More Fun (On the Cheap!)**

**BONUS**  
Fitness Cards  
Redo Your  
Rear View!  
P. 65



AUGUST 2009  
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