

Free: Summer First Aid Chart

Woman's Day

LIVE WELL EVERY DAY

special section

84 Health Tips

Live Longer, Feel Better,
Have More Energy

20 Ways to Save \$100

Or More *Right Now*

13 TOP FAT BUSTERS

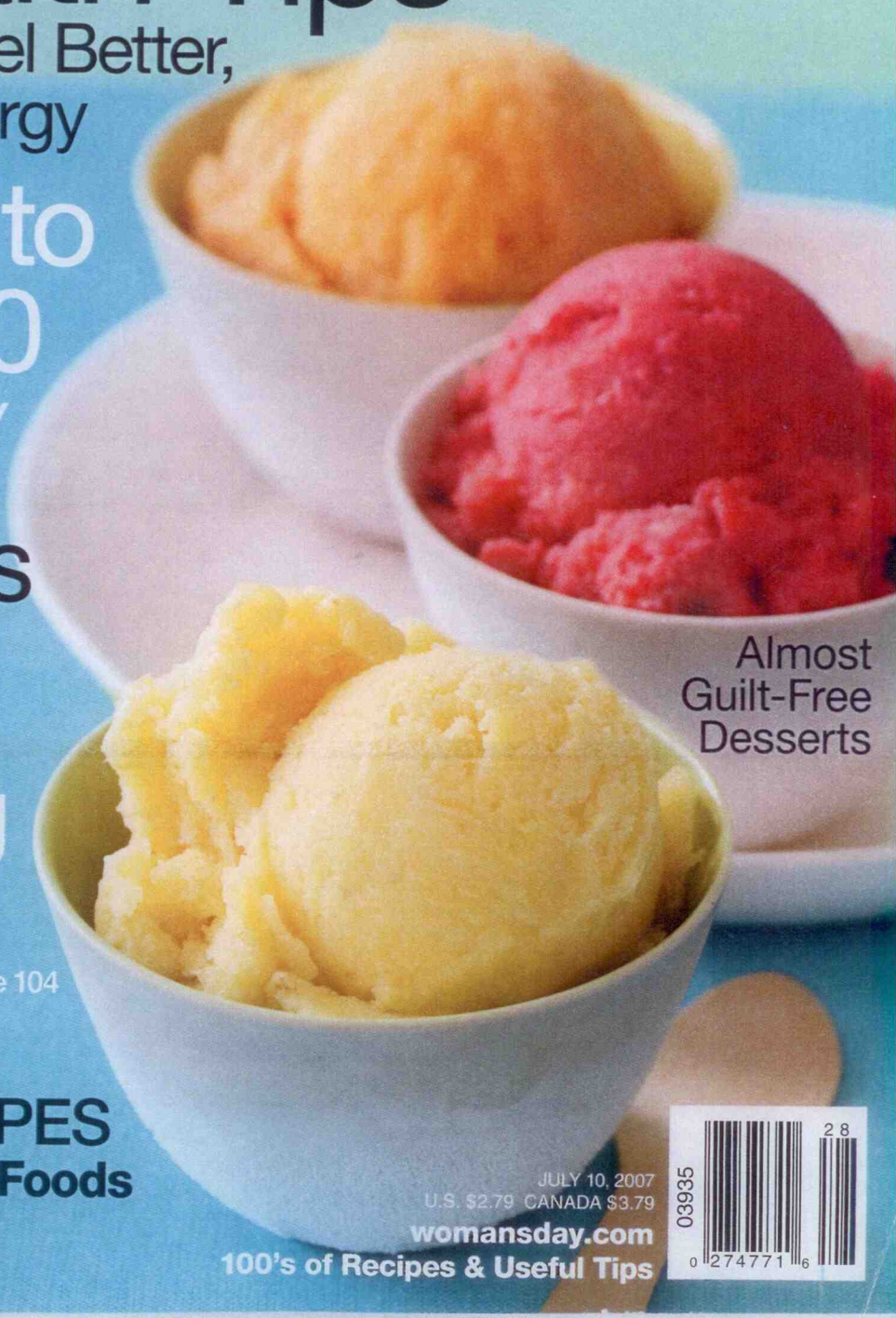
See Results Fast!

The Best Organizing Advice

We've Ever Heard, page 104

15 FAVORITE SUMMER RECIPES

PLUS: 10 Top **Power Foods**

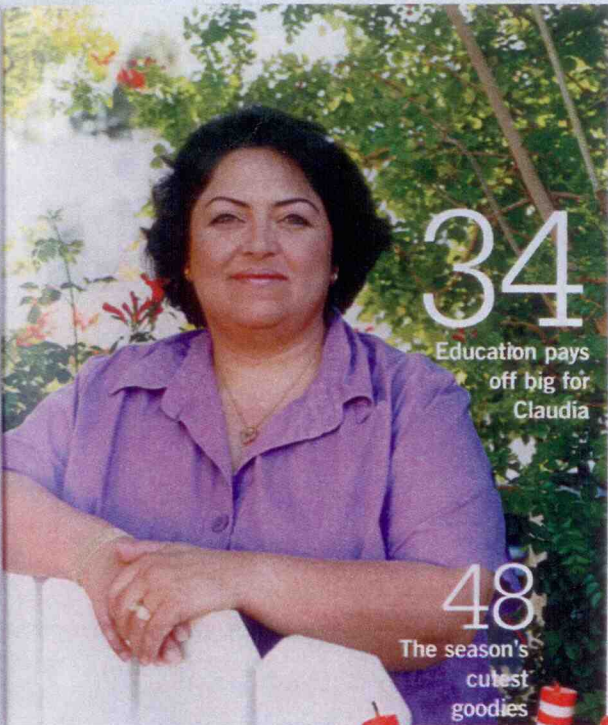


Almost
Guilt-Free
Desserts

JULY 10, 2007
U.S. \$2.79 CANADA \$3.79
womansday.com

100's of Recipes & Useful Tips



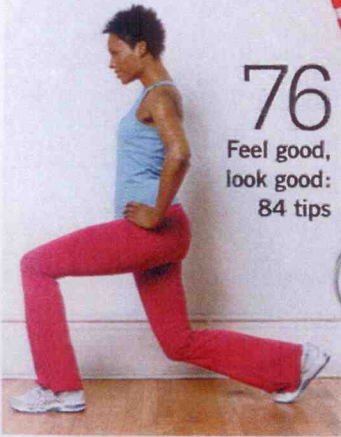


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Education pays off big for Claudia

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The season's cutest goodies



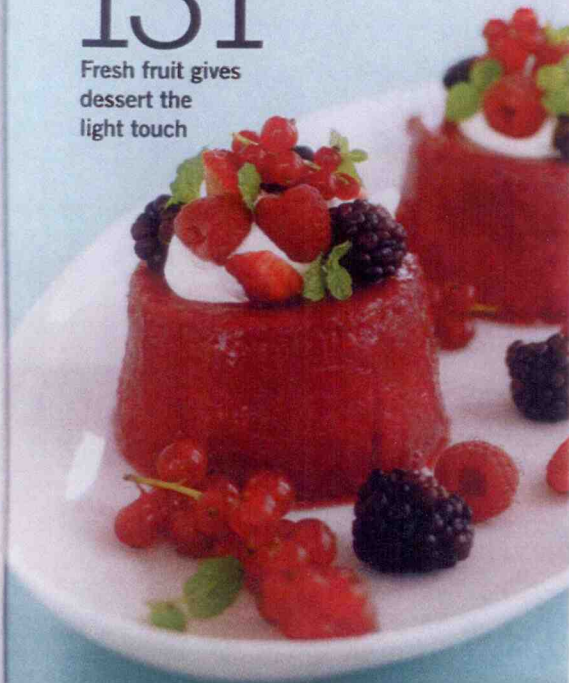
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Feel good, look good: 84 tips



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Fresh fruit gives dessert the light touch



"Behold, the former things are come to pass, and new things do I declare."
Isaiah 42:9

solutions

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eat well

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how to reach us

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COVER PHOTOGRAPH BY CHARLES SCHILLER, food styling by Frank P. Melodia, prop styling by Gerri Williams

ISABEL GARCIA (left); COIRAL VON ZUMWALT (top right); CHRYA WATA (right); FIGURA (right); MELODIA (right); WILLIAMS (right)

