Shed a Size Naturally

Simple ways to trim every trouble spot

The #1 happiness secret you might be missing

Feel closer tonight! Great sex guaranteed

Stash more cash.

Want to sharpen your money smarts? See p. 172

HOLIDAY SURVIVAL GUIDE

Save Time and Energy

50 ideas to get gorgeous, tone all over, stress less... and find extra hours for you
A year of giving generously

Being your best means helping others. Want to shine? Give back!

Ever wonder where the extraordinary cover girls of SELF get their gorgeous glow? It’s not from a pricey face cream or a special workout. (Although those can help!) It’s at least partly from carrying out regular acts of kindness. The work these women do to help others makes them feel great inside, and that glow emanates from every perfect pore.

Our philosophy at SELF is that being your personal best starts with being happy and fulfilled on the inside, which contributes to looking and feeling healthy and beautiful on the outside—all of which, in return, supports your efforts to make the world a better place. (It works the other way, too; learn how helping others actually improves your health on page 32.) My Southern mother used to tell me, “Pretty is as pretty does,” and I believe her. So do you, the readers. When you write to tell me you love the woman on our cover, it’s often something she does that resonates with you, such as Jennifer Lopez doing a triathlon for charity or Mariska Hargitay empowering assault victims. As my very philanthropic-minded dad would say, “You are only as good as the work you do.” At SELF, we get that message loud and clear. The main reason to be successful is to use your accomplishments to good

PUTTING A SPOTLIGHT ON BREAST CANCER

A longtime crusader against breast cancer, Christina Applegate shared news of her own diagnosis this year. After a double mastectomy, she appeared in a sexy gown at the Emmys and made it clear this was no gal to pity. Cancer, watch out!

be SELFless! TELL US YOUR FAVORITE CAUSES

Throughout this issue, look for the gift icon for info on a charity SELF’s editors recommend. We’ve vetted them with the help of independent charity evaluators so you can be confident your money will reach those who need it. What amazing cause are you passionate about? Go to Self.com to tell us. SELF’s new Be Selfless feature, starting in 2009, may just feature the charity you cherish.

Arbor Day Foundation promotes the planting of trees in areas that need reforestation.
result. That explains why I'm so proud of this magazine and especially this annual Give Back issue (our third!). Readers have told me they appreciate that SELF focuses not only on improving themselves but also on helping others. The joy of giving is the not-so-secret sauce that makes the holiday season special even in these tight times, and we're here to make it as easy and gratifying as possible. Yes, pretty is as pretty does, and in this issue you'll find dozens of ways to be glowingly, gorgeously generous. What a beautiful feeling!

Lucy S. Danziger, Editor-in-Chief

REAL-LIFE HEROINE
Immensely popular for her role as the ever-empathetic detective Olivia Benson on Law & Order SVU, Mariska Hargitay has received countless letters from women who have suffered sexual trauma. Their cries for help encouraged the actress to establish The Joyful Heart Foundation, which works to support survivors of violence and their families. As Hargitay told SELF, "I can be their voice."

SHOPPING BIG TO SAVE LIVES
Only Kelly Ripa, with her signature humor, heart and style, could succeed in turning fund-raising into an all-out party. As cohost of the annual Super Saturday shopping and more bonanza to benefit the Ovarian Cancer Research Fund, Ripa rallied more than 1,500 people this year to raise nearly $3.7 million to find a cure for the disease—and helped give new meaning to the concept of retail therapy.

SONGS FROM THE HEART
Faith Hill's is a voice for change—literally. The star belted it out to support V-Day, which works to end violence against women, and gives aid to communities through her foundation, Neighbor's Keeper.

EMBRACING THE NEXT GENERATION
Kids are Eva Longoria's cause. She is involved with several charities, including Eva's Heroes, which creates after-school programs for special-needs children.

Download this mole map at Self.com/health.

SUN SMARTS
Jennifer Garner made skin cancer awareness a priority this year, working with SELF and Neutrogena to promote sun safety and regular skin checks.

In Paris for an Eva's Heroes benefit

Oceana.org works to protect marine ecosystems around the world.