

LADIES' HomeJournal®

Never Underestimate The Power Of A Woman

JULY 2007

Be Good to Yourself
**10 Minutes
A Day to
Less Stress**

Jamie Lee Curtis

On putting family first,
getting healthy again and
living by your own rules

The New
Mammogram
Danger
Are You at Risk?

HOT WEATHER
HAIR DISASTERS
SOLVED!

COME ON OVER!
Great Grilling Recipes
& BBQ Gear

Fight Fat Over 40

- ✓ Potbelly Busters
- ✓ Secrets to Staying Motivated
- ✓ Energy Boosters

Princess
Diana's
Legacy
Of Love



Supersize Your \$\$\$
The Safe, Smart Way

FRAN DRESCHER'S
CANCER FIGHT