

for women

# First



Chocolate Cannoli Cake



IRRESISTIBLE ITALIAN: 28 PAGES OF FAST, EASY Mmm

## MIRACLE ENERGY MINERAL

Just 5 cents a day

End tiredness, speed metabolism and feel your happiest in 72 hours

## YOU, BETTER WITH EVERY BIRTHDAY

The secrets **FAITH HILL** relies on to look and feel amazing



## YOU DESERVE TO RELAX

7 healthy breaks that will boost immunity, brainpower and more

## BELLY-FAT BLASTER

The extract that melts 3 inches each week



# LOSE 100 LBS WITHOUT DIETING

News from **YALE UNIVERSITY**: Most dieters make *too many* changes. Adopt just 3 new habits for faster, easier weight loss: 20 to choose from.

Ellenmary lost 105 lbs!

## HOME REMEDIES

FREE POSTER!  
10 study-proven healing herbs



\$2.49 Display until 3/22/10

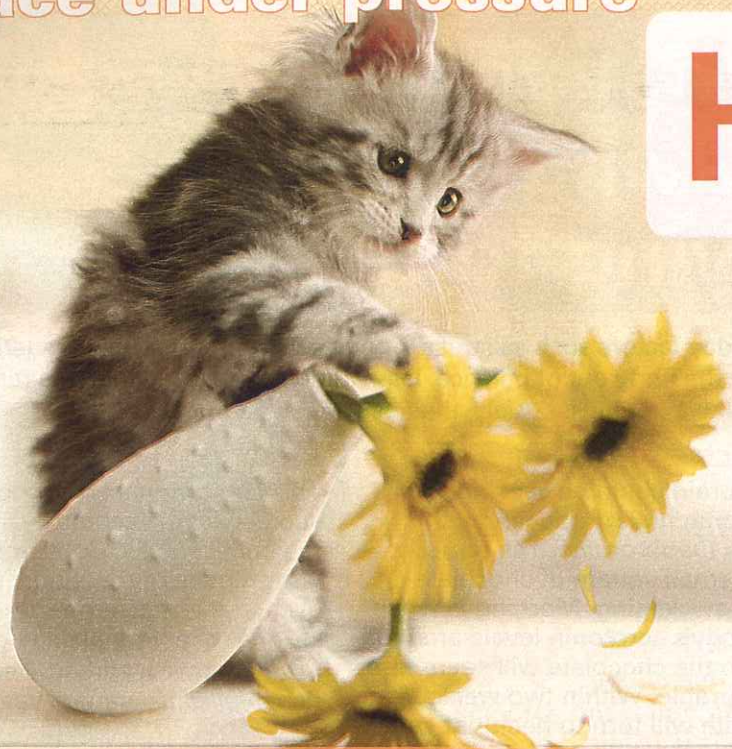
Flossie lost 165 lbs!

Are you **TOO** good a wife?  
See pg 44

40 ways to say **HAPPY EASTER!**



# How to mend *anything*



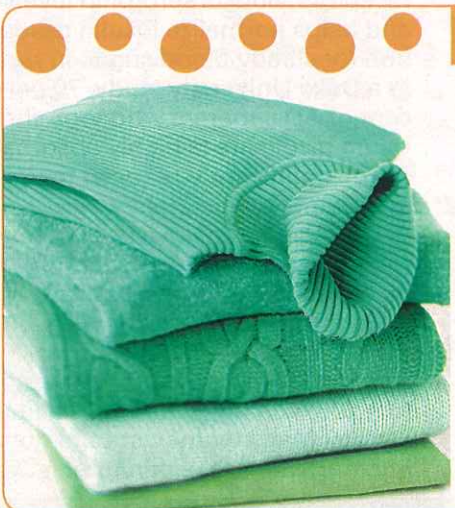
## ONE'S WAYS

You vowed to quit procrastinating... but here you are, rushing to finish a report 10 minutes before it's due.

**Mend it:** "Research shows that brain circuitry grows faster with positive thoughts," says Patt Lind-Kyle, author of *Heal Your Mind, Rewire Your Brain* (Energy Psychology Press, 2009). "The key to breaking a bad habit is replacing the negative emotion behind the habit with a positive one. For example, instead of focusing on a looming deadline, visualize yourself handing in a successful project on time. Repeating

this affirmation daily trains the brain to believe it as truth—then breaking the bad habit will come naturally."

If you still find it hard to conquer a bad habit, try to do a pattern interruption, suggests Leslie Seppinni, a psychologist in Los Angeles. "Give yourself permission to overdo it for a limited period of time. If you tend to overeat when stressed, eat so much that you feel a bit of discomfort, and you'll no longer associate food with comfort. This helps you realize how badly your bad habit can hurt you."



## A SWEATER

*Ugh!* A moth left a small ugly hole in your favorite spring sweater.

**Mend it:** "Turn the garment inside out and stretch the fabric over a tennis ball or darning mushroom," advises Erin Bried, author of *How to Sew a Button* (Ballantine, 2009). Thread a darning needle with yarn and knot the end. "Weave a circle 1/2 inch away from the hole's edge," explains Bried. "Stitch vertically to connect the knit's open loops at the top and bottom of the hole; follow with horizontal stitches."



## A BROKEN HEART

You've tried both shopping and a rom-com marathon. But your tween is still inconsolable after her breakup.

**Mend it:** Encourage her to reconnect with a hobby like playing soccer or practicing the guitar, says Sarah Jordan, author of *The Teen Owner's Manual* (Quirk Books, 2009). "Teens' identities can become intertwined over the course of a relationship. Reminding her of the interests she's always had will help her see herself as a whole person again, so she'll be headed back toward happiness."

## SPLIT ENDS

You got a last-minute invite to a charity ball, and you won't have time to get your hair trimmed before the event.

**Mend it:** In a bowl, combine 1 egg yolk and 2 tsp. of olive oil, then apply the mixture to the ends of damp clean hair, advises celebrity stylist Sam Brocato. After 15 minutes, rinse with cool water and style as usual. The egg's amino acids will coat the damaged hair shaft and temporarily fuse the ends together while the olive oil will infuse locks with shine-enhancing moisture.



## A TEA CUP

A china tea cup slipped out of your hands while you were washing up after Easter dinner, and the fall left a crack.

**Mend it:** To repair a hairline fracture, antique collectors favor this trick: Place the dish in a saucepan, then fill with enough milk to cover. Bring the liquid to a boil, lower the heat and let simmer for 45 minutes. The milk's proteins will fill in the crack and bond the china together. Plus, the liquid will infuse the porcelain with minerals that safeguard it against future cracks.



## A FRIENDSHIP

Susan put you in a tough spot when she forgot to bring the goodies she had promised for the PTA bake sale you organized. However, you probably shouldn't have called her flighty and irresponsible...

**Mend it:** "The next time you run into your friend, pull her aside to acknowledge the situation and take responsibility for your role in it," advises Liz Pryor, author of *What Did I Do Wrong?* (Free Press, 2009). Say, "I'm sad that you're upset with me and would love to clear it up. Sometimes I overreact." "By sticking to *you*—how you feel, what you

did—you'll dodge the tendency to overanalyze and point fingers," Pryor says. "She'll be so relieved that the onus of confrontation is off her that she'll most likely respond in kind."

However, if your first effort to reconnect is rebuffed, back off, cautions Irene S. Levine, Ph.D., author of *Best Friends Forever* (Overlook TP, 2009). "Sometimes it's healthy to take a friendship sabbatical. If your friend is not ready to listen, follow up a few days later in a hands-off way—with an e-mail or note." Then trust that when she wants to reconnect, she'll get in touch with you.