

COSMOPOLITAN

MAY 2014

SEX IT UP!

24 BIG BANG MOVES

YOU'VE NEVER
THOUGHT OF...

FLAT ABS FAST SEXY FASHION UNDER \$50

+ Selfie
SPECIAL!
#NOFILTER
BEAUTY TRICKS

KALEY
CUOCO
SWEETING
LIVING THE
DREAM
P.172

TURN
HIM ON
WITHOUT
SAYING
A WORD
P.201

ARE YOU
EATING YOUR
FEELINGS?



#WORKFAIL
THE MOST
EMBARRASSING
STORIES
EVER

cosmopolitan.com



Dior Addict

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*Patents and
patents pending.



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Georgia May Jagger wears Versace VE4255, Alexandra Richards wears Ray-Ban RB2132, Theodora Richards wears Tiffany TF4089B

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MAY

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Singer Ellie Goulding gets the party started!

Dress, Valentino; cuff, David Yurman; hand chain, Auden, \$348; palm cuff, Fallon, \$175; earrings, Tous, \$680; spider ring, Khai Khai Jewelry; ring, Etername



BTW,
You can now
subscribe to
Cosmo on your
iPad, Nook, or
Kindle Fire.

**FUN, FEARLESS GAME PLAN**

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**WIN IT!**

We're obsessed with this L.A.M.B. shoulder bag. Plus, it comes stuffed with the season's latest makeup and more.

Enter to win below.

cosmopolitan.com/lamb

Super-chic
bag, super-fun
beauty
products!

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**HOT & HEALTHY**

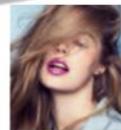
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Tank by Tamara Mellon. Bra by Dolce & Gabbana. Shorts by Michael Michael Kors. Necklace by Jason of Beverly Hills. Bracelet by Pomellato. Earrings by Hidalgo. Floral ring by Van Cleef and Arpels. All other rings, Kaley's own. To get Kaley's look, try Highlighting Palette in Peach Glow, ColorStay Shadowlinks in Copper, Lash Potion Volume and Length Mascara in Black, Color Burst Matte Balm in Complex, and Top Speed Fast Dry Nail Enamel in Sterling, all by Revlon. Fashion director: Aya Kanai. Hair: Chris McMillan for Living Proof at Solo Artists. Makeup: Brigitte Reiss-Andersen for The Wall Group. Manicure: Julie Kandalec using Chanel La Vernis. Prop stylist: Jesse Nemeth at Ba Reps. Producer: Michelle Hynek for First Shot Productions. **Photographed by Eric Ray Davidson**

**COSMO INVESTIGATES**

162 Who Are You Calling a Bully?



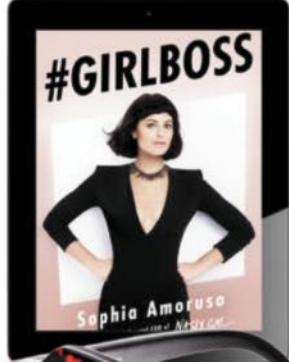
ud
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Sabrina is wearing Deep End and Perversion 24/7 Glide-On Eye Pencil, Maui Wowie Eyeshadow, Spandex and Midnight Cowboy Heavy Metal Glitter Eyeliner, and Native Revolution Lipstick.

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Fun, Fearless This Month



SPRING READING "NastyGal.com founder Sophia Amoruso's book covers how she went from dumpster diver to running a \$100 million business." —LAURA BROUNSTEIN, SPECIAL PROJECTS DIRECTOR
#GirlBoss, \$26.95, available May 6 on amazon.com



SPRING FLORALS

"The second winter ends, all I want to wear are prints. What better way than with sunnies?"

—NICOLE FINEO,
ASSOCIATE ACCESSORIES EDITOR

Sunglasses,
Preen by Thornton
Bregazzi, \$200,
shopbop.com



Sneakers,
Topshop x
Adidas, \$130,
topshop.com

COSMOvibes...

Memorial Day picnics, trading four wheels for two (May is National Bike Month!), and Kentucky Derby parties—here's what our editors are shopping, Googling, and loving this month.



CASUAL COOL

"For spring days when my toes look like they're stuck in February (read: need a pedi!), I love a graphic dress with sneakers."

—KATIE L. CONNOR,
DEPUTY EDITOR

Dress, L'Amour
Nanette
Lepore, \$48,
jcpenney.com



Bottles, S'well,
\$35 each,
swellbottle.com

POPPIN' BOTTLES

"Rosé in the park, anyone? S'well bottles keep drinks chilled for 24 hours."

—ALEXANDRA ENGLER,
EDITORIAL ASSISTANT

Bicycle, Clos
Cruiser by C.
Wonder, \$350,
closdubois.com



SWEET RIDE

"A bicycle built for two cups, a corkscrew, and a bottle of wine—be still, my heart."

—HELIN JUNG,
SENIOR EDITOR



METALLIC TOUCHES

"Shiny accents were everywhere for spring. I like the idea of dressing up an iPad in a gold finish."

—KATHY LEE,
SENIOR ACCESSORIES
EDITOR

iPad case, Marc by
Marc Jacobs, \$138,
MarcJacobs.com

GOING PAPERLESS

"For Derby day, Paperless Post's party invitations are cute, free, and way cooler than a FB invite."

—LAUREN PANARIELLO,
ASSISTANT EDITOR

PRINTED KICKS

"For photo shoots, I'm often on my feet all day. These are cool and comfy."

—CATHERINE PERIDIS,
ASSOCIATE FASHION EDITOR

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+
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18 THINGS TO DO THIS MONTH



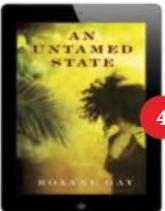
1

3 to 5 UPDATE YOUR LIBRARY



GRADUATES IN WONDERLAND

Life after college is hard—these two BFFs get it.



AN UNTAMED STATE

A privileged Haitian woman finds redemption in the most unlikely of places: a kidnapping.



YOUNG GOD

Nikki may be only 13, but she's determined to keep the family drug business alive.

SPOT THE CHEMISTRY

...Between IRL loves Emma Stone and Andrew Garfield in *Spider-Man 2* (May 2) and J. Law and Nicholas Hoult in *X-Men: Days of Future Past* (May 23).



Spritz me, baby.

2 CAST YOUR VOTE
...For Victoria, Michael, Vince, or your other fave new scent at Fragrance.org. Winners will be announced at the Fragrance Foundation Awards (the Oscars of perfume), June 16.

From top: Victoria's Secret Victoria, \$40, victoriassecret.com; Michael Kors Sexy Amber, \$95, macy's.com; Vince Camuto Fiori, \$78, vincecamuto.com



HEY MOM, YOU ARE AWESOME.

6

GIVE YOUR MOM A BREAK

Mother's Day is May 11.

Let her know how rad she is...even when she's driving you nuts.

Canvas print, \$90, redenvelope.com



7 BREAK BAD

...Like Angelina Jolie as *Maleficent* (May 30). She wasn't always a major witch, just a victim of a cruel world.



8 BE THANKFUL
...That you don't live next door to a pack of wild frat boys like Seth Rogen and Rose Byrne do in *Neighbors* (May 9). Then again, if Zac Efron was one of those guys...would you mind?



8:53 P.M.
SUNSET BOULEVARD, LA

A broken zipper moments before the VIP party...
at least her skin was flawless.



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Fun, Fearless Game Plan

9



RETHINK THE FUTURE

In USA's *Playing House* (April 29), real-life BFFs Jessica St. Clair and Lennon Parham make a case for settling down with your bestie.

10

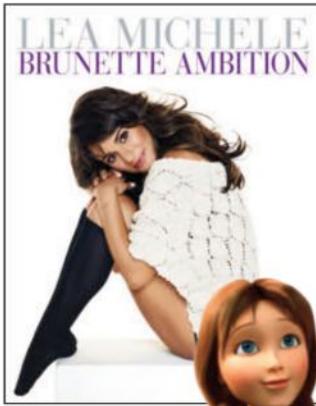
WELCOME BACK, JACK

...Bauer! On May 5, the terrorist-thwarting agent returns to Fox for the sure-to-induce-anxiety event series *24: Live Another Day*.



11 MULTITASK LIKE LEA

Glee's leading lady does it all this month, dropping her how-to/memoir *Brunette Ambition* (May 13) and belting out way beyond the rainbow as Dorothy in *Legends of Oz* (May 9).



Rachel Berry
wishes she could
play Dorothy.



12

12 to 14 DOWNLOAD THESE

Our resident music guru Sergio Kletnoy shares what's on his playlist. Get more @SergioKletnoy.

INGRID MICHAELSON

Indie pop singer/songwriter's most collaborative album *Lights Out* features duets with A Great Big World and Mat Kearney. Her dream duet? "Tonight You Belong to Me" with Chris Martin.



13

MARIAH CAREY

Finally! After months of will-she-or-won't-she? *The Voice* drops her 14th studio album.



14

LANA DEL REY

The "Video Games" chanteuse returns with the hypnotic new album *Ultra-Violence*.

15 TREAT YO'SELF!
to a cookie (or four) on National Chocolate Chip Cookie Day, May 15.



16

BEHOLD THE NEW BROADWAY STARS

Swapping Hollywood for the Great White Way this spring: James Franco, Chris O'Dowd, and Leighton Meester in *Of Mice and Men*; Michelle Williams with Alan Cumming in *Cabaret*; and Neil Patrick Harris in *Hedwig and the Angry Inch*. You've been meaning to do NYC....



17

LAUGH YOUR FACE OFF

...During the American Comedy Awards, honoring the most hilarious ladies and gentlemen in all the land. The raunchier—we're looking at you, Amy Schumer—the better (May 15 on NBC).



Dress, \$149.50, macy.com; bag, \$99, tommy.com; both Tommy Hilfiger

18

DRESS LIKE JESS

Zooey Deschanel (aka *New Girl*'s Jess) describes her new To Tommy, From Zooey collection for Tommy Hilfiger as *modical*—we'd accept *adorkable* as well.

CLOCKWISE FROM TOP RIGHT: GETTY IMAGES (2); GETTY IMAGES (3); COURTESY TOMMY HILFIGER (3); CLAUDIO SUMMERTIME ENTERTAINMENT; COURTESY GROWN ARCHETYPE; DANIEL SMITH/FOX; ANDREW ECCLES/USA NETWORK; COURTESY CABIN 24/MOM + POP RECORDS (16); SHUTTERSTOCK (16); THOMAS WHITESIDE; KRISTINA BUMPHREY/STAR TRAKS; WENN/GREGORY PAGE/BE IMAGES; SHUTTERSTOCK (16); THOMAS WHITESIDE



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IT'S A COSMO WORLD



After our EIC Joanna Coles was profiled in the "What I Wear to Work" column of *Bloomberg Businessweek*, Mindy Kaling tweeted what we're all thinking:



You're always welcome to come hang at Cosmo, Mindy. (We won't make you get any lattes!)



GIRLS' NIGHT @ COSMO!

We invited a hilarious group of readers to visit our offices and spill their dating stories at Cosmo Reader Night. One reader's: "My grandma offered to sponsor a profile for me on JDate because she has one. Maybe there's a two-for-one special?" Watch our Twitter for info on how to come to our next event!

LETTER OF THE MONTH

"Your March issue was a lifesaver! The HPV article was just what I needed.

I had so many questions and this answered them all, saved me from an awkward conversation, and helped me and my guy figure things out."

—Megan V., Canton, OH

SHOW US YOUR COSMO!

How does Cosmo fit into your life? Instagram your photo to @Cosmopolitan #MyCosmo, or tweet to @Cosmopolitan #MyCosmo. If we feature your photo in the mag, we'll give you \$50!



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TALK TO US! WHAT DO YOU THINK ABOUT THIS ISSUE?

E-mail your thoughts to Inbox@Cosmopolitan.com, visit Cosmopolitan.com to comment, or tweet us @Cosmopolitan.



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ESTĒE LAUDER

A photograph of three young women. The woman on the left is holding a black tablet and a makeup brush, looking down at the screen. The woman in the center is laughing heartily, showing her teeth. The woman on the right is looking directly at the camera with a slight smile. They are all dressed in casual, colorful clothing.

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Cosmo Question

What is your hidden talent?

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"Spotting celebrities in the wild—R-Patz at the airport, ScarJo on the street. I see them everywhere."

Betsy Halsey
"I have a steel-trap memory. I could still tell you the birthdays of all my middle school classmates."

Allie Kircher

"I can do special-effects makeup."

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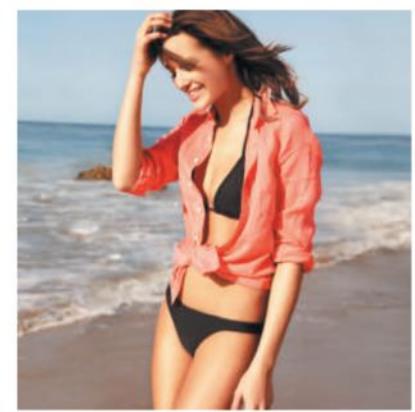
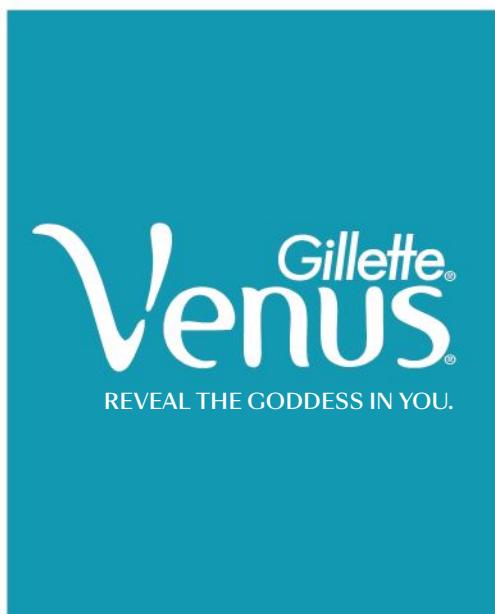
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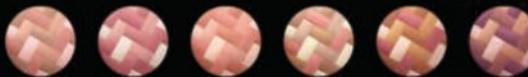
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COSMO

contributors

DREW GRANT

TWITTER: @VideoDrew

A staff writer for the *New York Observer*, Grant—who's masterminded dozens of sexts for friends—shares her sexting secrets in “I Am the Sext Whisperer” (p. 206).

SURPRISING MOMENT WORKING ON THIS STORY

“Strangers were more than willing to hand over their phones so I could send their partners sexy messages. That’s a lot of trust they put in me!”



ROBERT TRACHTENBERG

INSTAGRAM: @RobertTrachtenberg

Photographer and Emmy-Award-winning filmmaker Trachtenberg captured the cheeky new tribe of female *Saturday Night Live* comedians in “Hot & Hilarious: It’s an SNL Slumber Party!” (p. 180).

MY FIRST BIG BREAK “I was a studio manager for a photographer who had gone on vacation to Hawaii. *GQ* called for her to shoot a portrait, and when I told them she was out of town, they asked me to do it, thinking I was her first assistant. I hired some assistants and turned up and did it. I wanted to start shooting anyhow, and this just jump-started it.”

—ANGELA LEDGERWOOD



ROSE SURNOW

TWITTER: @RoseSurnow

In this month's quiz, “Are You a Secret Bitch?” (p. 264), writer and comedian Surnow dares you to see where you fall on the *biatch* scale!

HOW I GET PAST CREATIVE BLOCKS

“As a writer, it’s crucial to have a bangin’ social life. You need to be around people to get inspired, get ideas, and have adventures. If you want to write about life, you have to have a life. You can’t sit in your room and read about love, you have to go out and experience it.”



LAUREN BALSAMO

INSTAGRAM: @LaurenBalsamo

& RUNA BHATTACHARYA

INSTAGRAM: @xRunaB

Cosmo’s freelance beauty assistant Balsamo and freelance beauty writer Bhattacharya matched women with the perfect beauty experts to make them over in “Hotter Selfie...Hotter IRL” (p. 99).

HOW I STARTED MY CAREER (Balsamo)

“I did three unpaid internships—first in PR, then in fashion, and finally, in the beauty department at Cosmo, where I wanted to be. Luckily, when I graduated, the team offered me my job here!”

BOOK THAT CHANGED MY LIFE (Bhattacharya)

“*The Kite Runner*. I read it while visiting my grandmother in India. The parallels between the story and the place I was in (they even had a kite race!) made me more curious about my background.”



A woman with voluminous, curly hair is shown in profile, looking down with her hand resting against her chin. The lighting is dramatic, with strong highlights and shadows on her hair and face, set against a dark, moody background.

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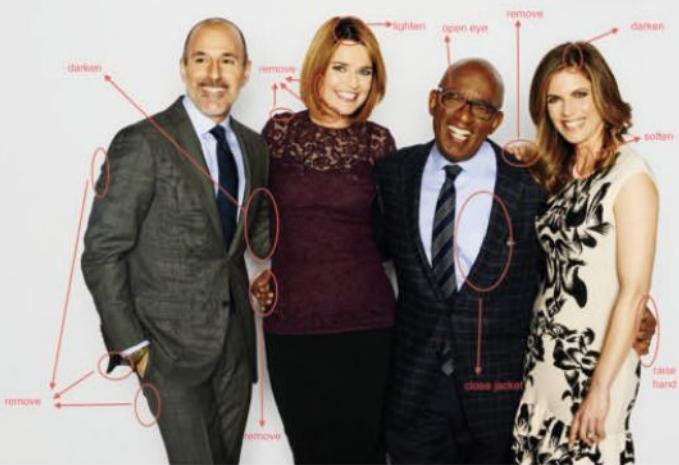
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▼ If the *Today* show gang were in Cosmo, our retouching notes...



▼ Extreme retouching notes...



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LOVE YOURSELF!

On Instagram, I like the Valencia filter, and the first photo I have photoshopped at Cosmo is any one of me! You don't need to see every wrinkle I've earned...and neither do I. So it was refreshing to be on the *Today* show recently talking about how we handle images at Cosmo. Yes, we airbrush a zit or glaring cold sore when a celeb comes in nervous about a cover shoot, and we might smooth the creases of a shirt. But we do draw the line at whisking 30 pounds off someone's thighs or elongating their torso to Barbie proportions. The *Today* show chat was part of a series titled Love Your Selfie (look for it on Today.com), a hot topic and one we discuss endlessly in my office over Vosges dark chocolate with bacon bits. Our own selfie beauty special (p. 99) is dedicated to helping you look and feel



your best, especially when you don't feel like it and need to fake it just a little. We canvassed tons of readers to find 60 to include.

Selfie with Kaley!

From our cover girl Kaley Cuoco-Sweeting, as strong as she is fun—check out her biceps—to the fun, fearless female talent on *Saturday Night Live* (p. 180), every woman

we feature is utterly crush-worthy.

Still on the theme of body image, readers noticed the photo of my office in our January issue and have asked about the art. I find these self-portraits taken by artist **Emily Winton** beautiful and disturbing. They were a project she did while getting her MFA.

As Winton's work makes me understand, our bodies are to be appreciated in all their shapes and sizes. And it's our goal here to help women cherish them and all that they do for us—the feats they help us accomplish and the pleasure they can give. So treat your bod right, because it's the only one you've got.

Joanna Coles
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Facebook.com/JoannaColesCosmo
Twitter:@JoannaColes



Me on the *Today* show set.



"My Dispositions series was about trying to answer the question, 'Where do I fit in?'" says the artist. For more from the artist, go to EmilyWinton.com.



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Cover Quiz

Kaley Christine Cuoco - Sweeting

Nickname:

Coo Coo Bird

If Leonard and Penny tie the knot, I'd want her dress to be:

- a. As poofy as possible!
- b. Sleek and modern.
- c. Anything, as long as it's pink.

(d) Jean shorts + white tees ☺

Here comes the bride—again!



My favorite pick-me-up snack is:

Pop chips

I know my worst habit is:

Nasal spray

The secret to an irresistible Instagram is:

Dog Pics!!



Taking puppy love to another level.

She loves a good game.



The best part about being married to a pro tennis player is:

balls everywhere!

Here's one thing people would be surprised to learn about me:

I got my 1st hair cut in 5 years during this shoot!

The one place I've never been that I've always wanted to go is:

in my attic

Here's who I'd invite to my fantasy celebrity dinner:

*Lucille Ball
Lester Holt*



Smarts and sass? Delicious!

*GOD BLESS
Kaley*

Bustier, Barbara Bui, \$625;
skirt, Bebe, \$79; necklace, Zoe Chicco, \$750; bracelets, Hidalgo;
pinky ring, Jessica Biales;
all other rings, Kaley's own

ERIC RAY DAVIDSON, FASHION DIRECTOR: AVAKAN; HAIR: CHRIS MCMILLAN FOR LIVING PROOF; SOLO ARTISTS, MAKEUP: BRIGITTE REIS; ANDERSEN AT THE WALL GROUP; MANICURE: JULIE KANALEC USING CHANEL LA VERNIS. CLOCKWISE FROM TOP RIGHT: GETTY IMAGES; ASSOCIATED PRESS; GETTY IMAGES; SHUTTERSTOCK (2); INSTAGRAM (2); SONJA FLEMMING/OBS. SEE PAGE 262 FOR SHOPPING INFORMATION.



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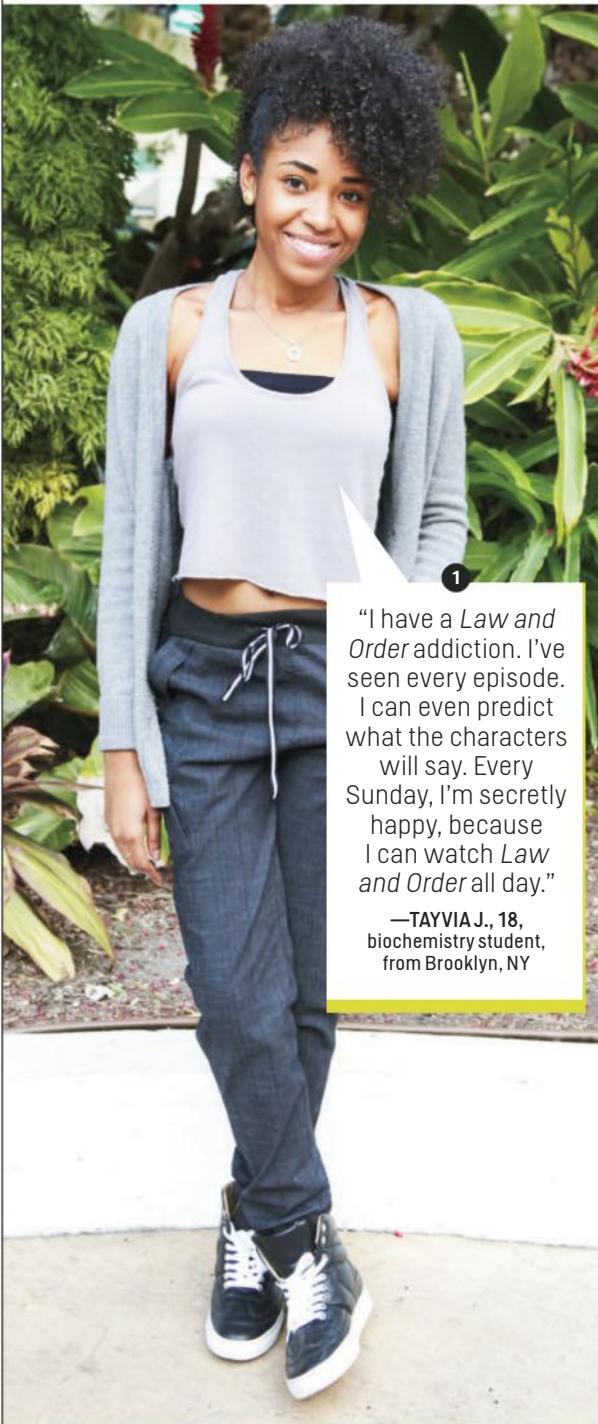
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Fun, Fearless

CONFessions

You reveal your most **embarrassing**, **RIDICULOUS**, *what-was-I-thinking* moments.

EDITED BY MARINA KHIDEKEL



“I have a *Law and Order* addiction. I’ve seen every episode. I can even predict what the characters will say. Every Sunday, I’m secretly happy, because I can watch *Law and Order* all day.”

—TAYVIA J., 18, biochemistry student, from Brooklyn, NY



“I hooked up with a guy at a party once. I was drunk and told him I was from China and pretended to speak Chinese. The next day, I was with my Brazilian friends and talking in Portuguese. He stormed up and confronted me about not being Chinese. Nope, I’m Brazilian!”

—JOVANA L., 19, model, from Espírito Santo, Brazil



“If I’m at home, I pretty much do everything naked. I make breakfast, do laundry, vacuum. Clothes are unnecessary.”

—JESS D., 26, project manager, from Philadelphia, PA

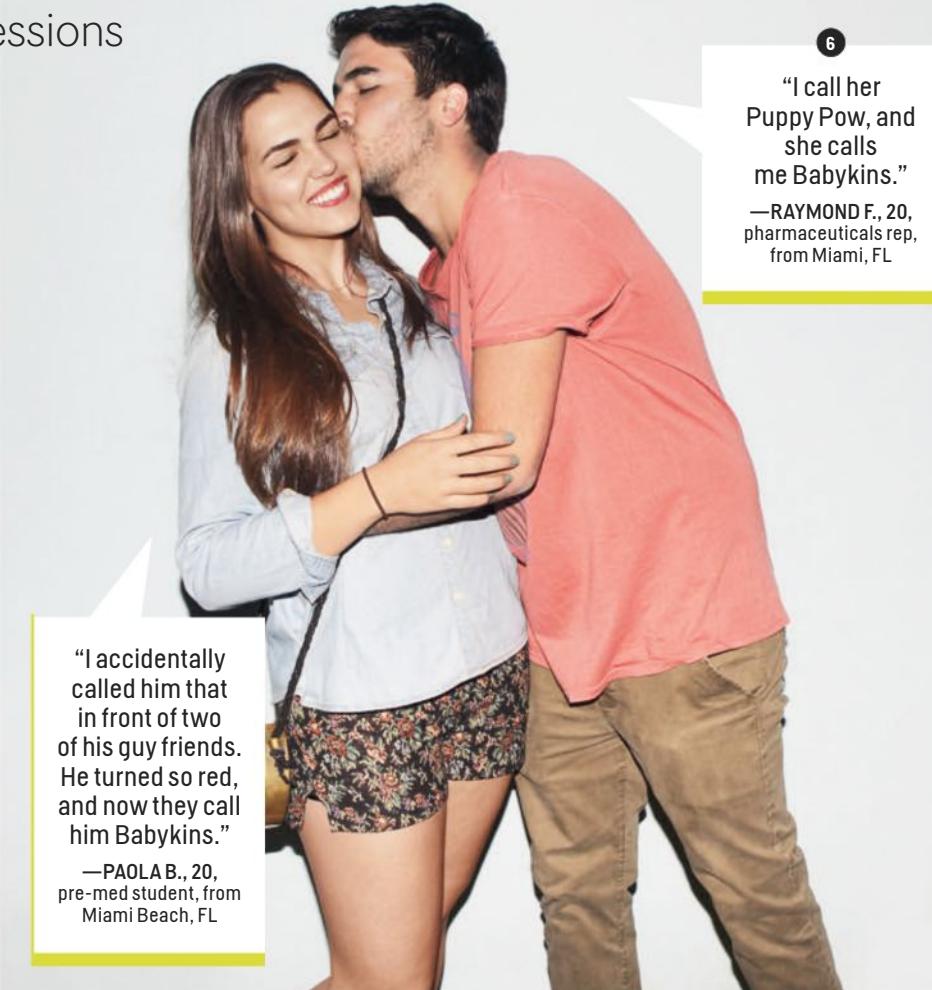
Fun, Fearless Confessions

4

GUY CONFESSION

"MY GIRLFRIEND WAS HAVING AN APPENDICITIS ATTACK AND I THOUGHT SHE WAS JUST COMPLAINING ABOUT CRAMPS, SO I DIDN'T TAKE HER TO THE HOSPITAL AT FIRST. EVENTUALLY, I DID, BUT THERE WAS A LOT OF MAKING UP TO DO."

—EMMET P., 24



[No. 5]

Party Foul

"I went home with a frat guy, and while we were hooking up, all his frat brothers barged in on us with balloons that said 'It's a girl!' and 'Happy 50th.' Turned out, I was the 50th girl he'd slept with."

—MAUREEN K., 20

"I accidentally called him that in front of two of his guy friends. He turned so red, and now they call him Babykins."

—PAOLA B., 20, pre-med student, from Miami Beach, FL

[No. 7]

"I hooked up with my best friend's brother, and she has no idea. She'd kill me if she knew."

—JAMIE H., 19

[No. 9]

MEOW MIX

"When my male senior managers asked what I was doing with my bonus, I told them I was buying a kitten. Now I'm known as the crazy cat lady in the office. But that is what I'm actually doing."

—AMY S., 23

10

GUY CONFESSION

"I THOUGHT I'D BE FUNNY IN FRONT OF SOME GIRLS DURING SPRING BREAK AND WORE A SOMBRERO TO BOARD THE PLANE FOR OUR FLIGHT HOME. THE JOKE WAS ON ME WHEN SECURITY PULLED ME ASIDE TO SEE IF I WAS DRUNK AND TOOK SO LONG DETAINING ME THAT I MISSED MY FLIGHT."

—BEN N., 25

6

"I call her Puppy Pow, and she calls me Babykins."

—RAYMOND F., 20, pharmaceuticals rep, from Miami, FL

NAMES OF READERS WHO SHARE STORIES AND OF THOSE MENTIONED IN THE STORIES MAY HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY. STORIES MAY HAVE BEEN EDITED FOR LENGTH, CONTENT, AND CLARITY.

[No. 11]

GUY CONFESSION

Sink or Swim

"I work on a boat and love the sea, so when my girlfriend and I moved in together, she said we should decorate with a nautical theme. I hung vintage fishing rods, fish patterns, and cool ship portraits one afternoon when she was out. Well, apparently when she said *nautical*, she meant, like, shades of blue and maybe some anchor details. She was pissed when she saw what I'd done with the place."

—RUSTY F., 26

8

"My friend (a big Justin Timberlake fan) bailed on her Jay-Z ticket that I had paid for. So I lied and said JT made a cameo. She's still not over it."

—ALICE P., 24

WE KNOW YOU HAVE CONFESSIONS TO SHARE....E-MAIL THE DIRTY DETAILS TO CONFESSIONS@COSMOPOLITAN.COM, OR TWEET YOUR TALES TO @COSMOPOLITAN!

[No. 12]

Not Sexy

"My mom and I are close, so I texted her the morning after I lost my virginity. She responded with the typical 'I hope you were safe' and 'you're a woman now' platitudes, but instead of texting me, she accidentally sent the texts to a group chat with my dad and brother! I wanted to die."

—TATIANA P., 21

CELEB
CONFESION



[No. 13]

"When I was a kid, I told everyone on my swim team a fake story about going to California and meeting (and then kissing!) Jonathan Taylor Thomas. Someone mentioned it to my dad, and he spilled that it wasn't true. I was shunned at the pool. Worst summer ever!"

—MEAGHAN RATH, actress, Syfy's *Being Human*

[No. 14]

"I wore what I thought was sexy body oil to a party, but I looked greasy and gross."

—LAURA M., 24

[No. 17]

Stair Master

"I was with a guy at a club, and we were heading down some really steep stairs. I turned around to give him a sexy look—the kind of wink you see in the movies—and totally ate it. I scraped my knees and everyone was laughing at me, but I think he might have liked me even more for it."

—IZZY G., 18

"I have a first-date routine: always the same restaurant and bar. I was on a date and saw the last girl I'd gone out with at my restaurant... on her own date. She stole my routine!"

—BRIAN O., 31, business analyst, from NYC

16

[No. 15]

Kiss & Tell

"This new guy I've been seeing is kind of a bad kisser. I was into him, but after we started kissing, I was like, 'Do I really like him?' He has huge lips and swallows my mouth. I'm trying to work on him."

—CHRISSEY T., 19

A DUDE REACTS

"THIS IS A CHANCE TO TEACH HIM TO DO THINGS EXACTLY HOW YOU LIKE THEM DONE. BUT SOMETIMES THE PHYSICAL CHEMISTRY JUST ISN'T THERE."

—KAIMARR P., 24

[No. 18]

DOWNHILL

"I was skiing when a hottie working the chairlift asked me, 'Are you single?' I blurted out, 'I'm in a relationship!' He went, 'Okay. But are you a single *rider*?' Gah!"

—THERESA A., 26



WORST DATES EVER!

Enjoy these readers' doozies, and be glad this wasn't you.

“The first time we had sex, he screamed, ‘*Ride me like a pleasure horse!*’”

Needless to say, we didn’t last long.”

—KATE S., 22



“After lunch, he said he had to stop and pick up food for his dogs. I assumed we’d go to a pet store, but he brought me to a slaughterhouse to pick up pounds of raw chicken. That place smelled horrible!”

—NICOLE G., 29



“HE STOPPED AT WALMART ON OUR DATE, AND I WATCHED AS HE BOUGHT UNDERWEAR AND PILLOWS FOR AN HOUR.”

—KRISSEY C., 27

“A date invited me to a Spinning class. He didn’t tell me that he was the instructor...and he’d be screaming at me to pick up the pace in front of the whole class.”

—KRISTIN C., 23



“His goodnight text was about how much he liked my **boobs**.”

—HOLLY H., 23



“I STARTED EATING, AND HE TOOK THE FRENCH FRY OUT OF MY MOUTH, GRABBED MY HAND, AND MADE ME SAY GRACE.”

—JEN B., 21



“After one date, he invited me to meet his parents, because he never went out with a girl twice unless his ‘mommy’ approved of her first.”

—AMY M., 24



“We were at dinner when he leaned across the table. I thought he was going to kiss me, but he put his mouth to mine and passed a piece of food—I think it was an onion—into my mouth. I almost threw up.”

—AMANDA M., 24

“A FIRST DATE WOULDN’T STOP TALKING ABOUT HIS PENIS. HE SAID HE HAD THE ‘CURSE OF THE IRISH,’ MEANING IT’S SMALL, AND ‘IT DOESN’T EVEN WORK ALL THE TIME. JUST ASK MY EX.’”

—HOLLY P., 30

—LAUREN PANARIELLO



A close-up photograph of two women. The woman on the left has dark hair and is wearing bright yellow eye shadow and matching yellow nail polish. The woman on the right has dark hair pulled back and is wearing bright pink eye shadow and matching pink nail polish. They are both looking towards the camera with their hands near their faces.

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A woman with dark hair pulled back, wearing a light pink sleeveless top, stands outdoors with her hands on her hips. She is holding a dark jar with a silver lid in her right hand. The background is a bright, sunny day with a clear blue sky and some greenery in the distance.

FLOWERS FOR MOTHER'S DAY? BLAH...
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WIPE CLEAN
Colin Farrell packs a thick one—yoga mat, that is.



MY PRECIOUS
Ryan Reynolds handles his Hugo Boss with care.

IS THAT A PICKLE IN YOUR POCKET... OR ARE YOU JUST HAPPY TO SEE US?

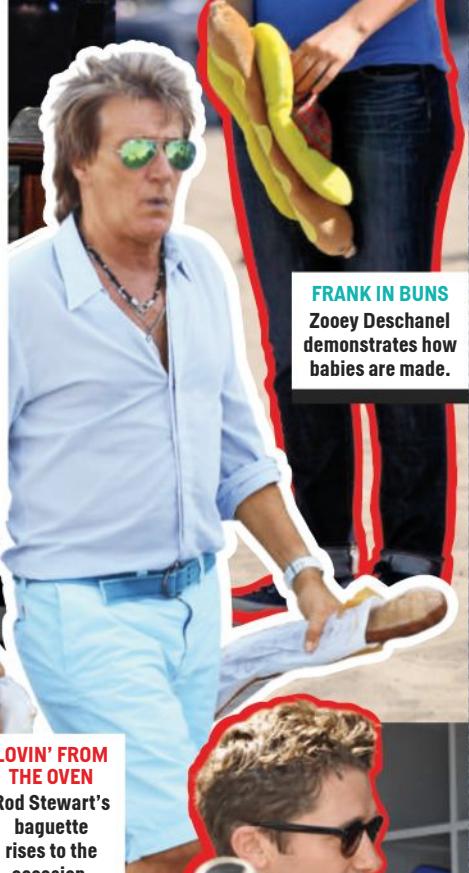
A weiner is a weiner, unless it's a baguette or a baseball bat. Check out these celebs caught with peenlike props.

CLUTCH MOVE
Rihanna rocks out with her... well, you know the rest.



**LOVIN' FROM
THE OVEN**
Rod Stewart's baguette rises to the occasion.

Clutch by Vivienne Westwood



FRANK IN BUNS
Zooey Deschanel demonstrates how babies are made.



SCHWING!
Screw first base. Matthew Morrison aims for a home run, wink.

**JERKIN' THE
GHERKIN**
That's kosher only on *Late Night*, Seth Meyers.





Evan Peters, 27 I can be your hero, baby. Proof: *X-Men: Days of Future Past*.



Adam Driver, 30 Hey, *Girls*, I swear I'm not a slacker. I just play one on TV.



Andy Samberg, 35 *Brooklyn Nine-Nine*, I've got adorkability on lockdown, over.

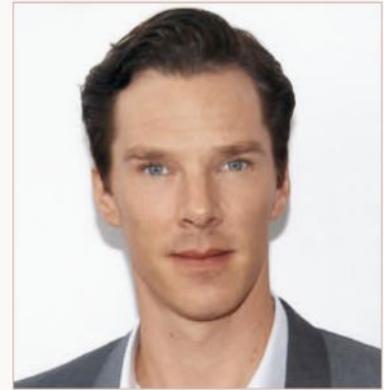


Dev Patel, 23 You, me, one night in the *Best Exotic Marigold Hotel*. Let's do it.



HOT or Not?

There are universally sexy dudes, then there are those who are an acquired taste. If these guys popped up in your Tinder feed, how would you swipe?



Benedict Cumberbatch, 37 People say I have an otter face. I'm cool with that.



Jamie Campbell Bower, 25 Swipe right, I'll show you my *Mortal Instrument*.



Kendrick Lamar, 26 Pour up (drank), sit down (drank), swipe right (drank).



Ed Sheeran, 23 Join my A-team, Love. I swear Taylor Swift and I are just friends.





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COSMO GUY

ENRIQUE IGLESIAS

The scorching-hot Spanish singer, on tour now, talks swiping his V-card, settling down, and just how big he is below the belt.

Your "I'm a Freak" video is being called the "Blurred Lines" of 2014.

Are you really that freaky? There are days when I want to have fun and be a freak—I mean that in a positive way. I want to be as crazy and spontaneous as possible and just go nuts.

Are your other songs as sexy? The vibe of the album is very bipolar. It's sex and love. Those two words can be so close together but so far apart.

What was your first time like?

It was with my English teacher. I was in the fourth grade and...I'm kidding! I don't remember a lot, just being extremely nervous but also extremely excited.

It's no secret that you and Anna Kournikova have been involved for a while. Do you ever see yourself settling down? I do.

I'm not against marriage. But for me, whether you're married or not, there comes a point when it's the same level of commitment. People ask, "Wouldn't you want your kids to know their parents are married?" Honestly, no. I just want to be a good father.

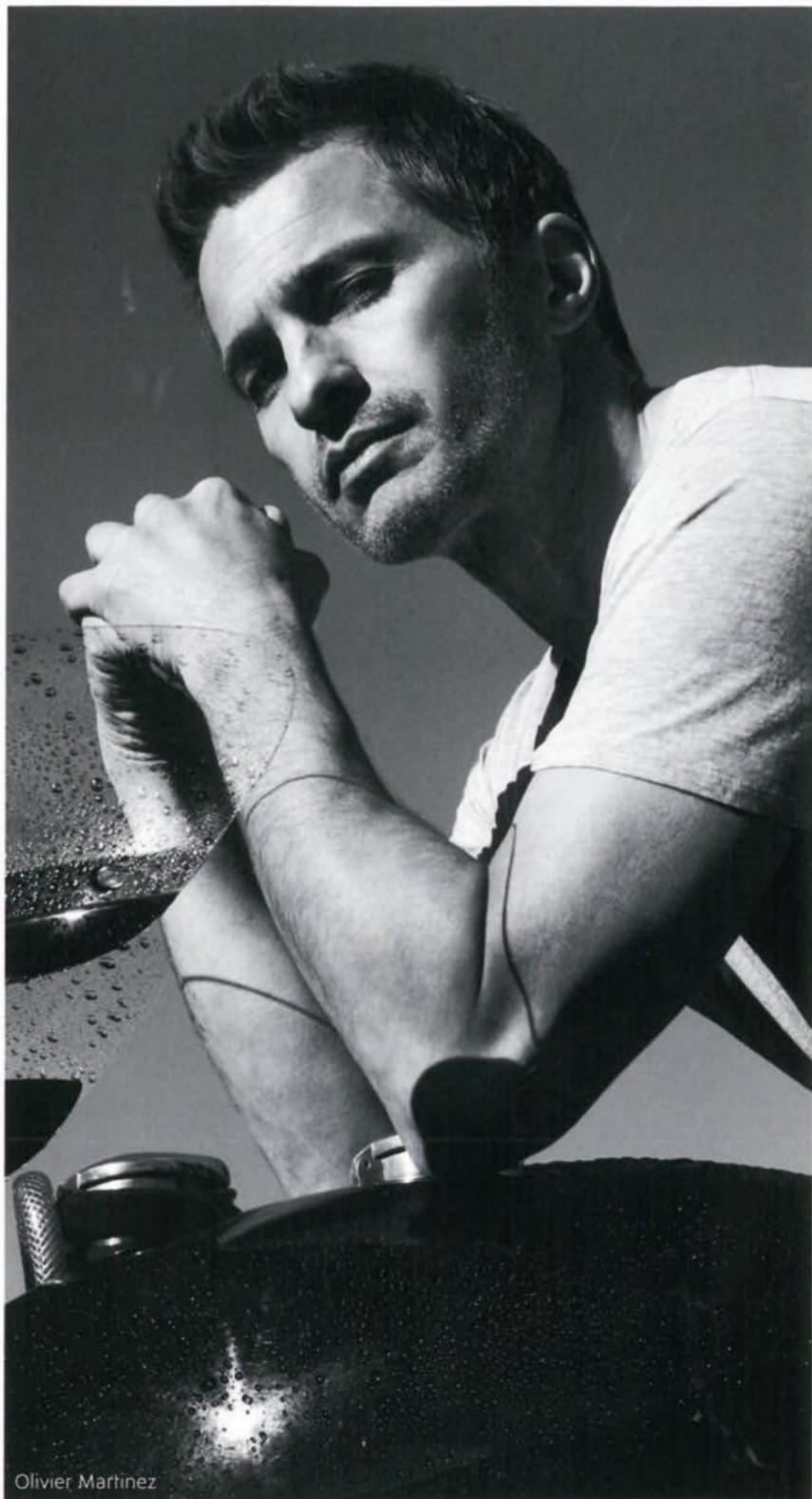
What's up with you talking about your penis size all the time?

My girlfriend always tells me, "If I read one more thing on the internet about you having a small penis...." But she laughs it off. It's funny. What's the average penis size?

Like five and a half inches. Then I'm way above average! Kidding—I'm in the middle.

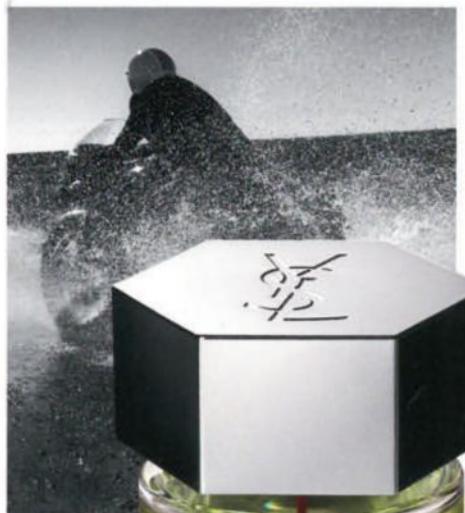
—ROSE MARIE WALANO





Olivier Martinez

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FUN, FEARLESS...FAIL!

From wow to WTF, we call the trends like we see 'em.

OLDIES STATION



* **FUN** Residents of a German retirement community reenact classic movie scenes for a calendar. We'd totally pin that up.



○ **FEARLESS** Great-great-grandmother celebrates her 100th by ordering a male stripper to do more than just sit on her lap.



✗ **FAIL** Grandma showers are becoming a thing. Gift idea: Diapers for her *and* for baby. (Don't even think about a breast pump.)

YOU BACON ME CRAZY



* **FUN** Nothing says "Happy Mother's Day!" like brunch and flowers—unless it's a bacon bouquet that covers both.



○ **FEARLESS** So wrong, it's right: the Perfect Bacon Bowl ice-cream sundae. Only the most intrepid eaters need apply.

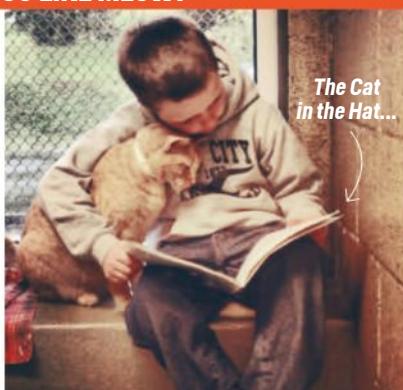


✗ **FAIL** An apartment dweller in China cures pork from the balcony. And you thought *your* neighbors were the worst.

HOW DO YOU LIKE MEOW?



* **FUN** You can haz backpack? Yes. Vans' special kitten-riffic bag benefits the ASPCA (\$35, vans.com/aspca).



○ **FEARLESS** Pennsylvania shelter program lets kids practice their reading skills on cats who need homes. So sweet, it hurts.



✗ **FAIL** Sleepy Massachusetts woman goes to pet her cat, discovers it's a rabid raccoon that snuck into her home. #Rude



have
it
all!

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SEXY VS. SKANKY

SEXY



SKANKY



Puppy love

Who let the dogs out?

Pumping iron

Humping pole



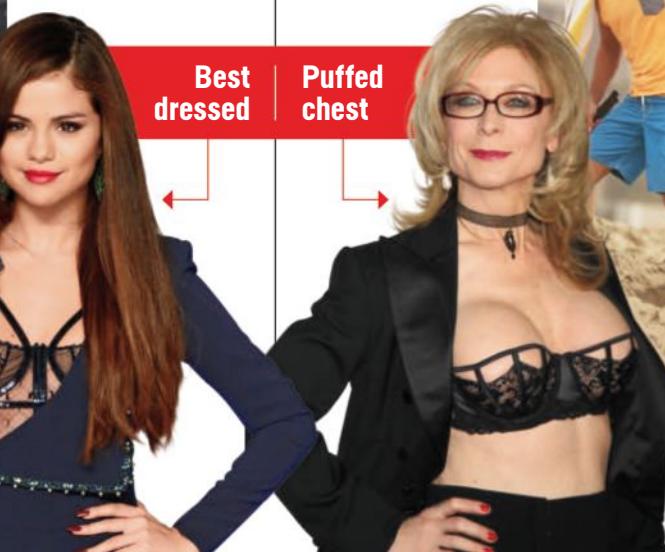
Touchdown!

Unnecessary butt-ness



Best dressed

Puffed chest



Courtney Stodden

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MORE**

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GEORGIA MAY JAGGER wears Stay Matte Foundation shade 200.

*Based on 168 beauty enthusiasts who use mousse foundation



JUST SAYING...

DON'T WOMEN DESERVE “HAPPY ENDINGS” IN THE MOVIES TOO...?

We're not talking about a walk down the aisle. Oral sex on film for guys is no big deal. But for a girl to get hers, it's NC-17 territory.

Sara Stewart explains why we should sit back, relax, and enjoy it.

“You had me at eating psy.”**

When Aubrey Plaza's character dropped that line in *The To-Do List*, I was blown away. It's not often you see a girl on film admit she wants oral. Meanwhile, back at home—on premium and basic cable—our favorite shows are all about going down. *Girls*, *Scandal*, *Orange Is the New Black*—these shows may not owe their success to cunnilingus, but with the portrayal of strong female characters comes a commitment to strong female sexuality. TV gets it. Movies? Not so much.

Part of the problem is the Motion Picture Association of America (MPAA), which is quick to rate films that dare to go there NC-17. Last year, Evan Rachel Wood shamed the association when her film *Charlie Countryman* had its cunnilingus scene cut to avoid the kiss-of-death rating. “Accept that some men like pleasuring women,” she tweeted

at the MPAA. “We are allowed and entitled to enjoy ourselves.”

But perhaps we too are somewhat culpable for the lack of the act onscreen. “People are still shocked by scenes of cunnilingus,” says Ian Kerner, PhD, author of *She Comes First*.

“Maybe the intimacy of it makes us uncomfortable.” Watching oral in a roomful of strangers is a very different experience than binge-watching *OITNB* on your couch with a bottle of Pinot. It's possible that when we make plans with a new guy or friends, we're inclined to choose a film that plays it safe. That way, everyone's at ease.

According to the MPAA's latest study, women buy 52 percent of movie tickets. And IRL, the prevailing cinematic notion of mind-blowing missionary sex without clitoral stimulation is laughable.

“Ninety to 95 percent of women do not respond sexually in the way it's shown in movies,” says Elisabeth Lloyd, PhD, author of *The Case of the Female Orgasm*. “Sexual interactions are portrayed from the point of view of what's satisfying to men.” With women directing only 6 percent of last year's top 250 films, it's no wonder that seeing a girl go down on a guy is business as usual. Reverse the focus so it's about a woman's satisfaction and we squirm.

We shouldn't. There's no shame in enjoying oral sex onscreen. Our DVRs and Apple TVs prove that. Instead of shying away from them, applaud the quality movies that do go down—encourage friends to see them. Tweet about them @MPAA. That's the kind of lip service we can all feel good about. ■

THE ORAL MAJORITY

Our fave shows, our fave scenes

SCANDAL

Fitz serves Olivia Pope like it's his patriotic duty.

GAME OF THRONES

Jon Snow tells Ygritte, “I just wanted to kiss you there.... You seemed to like it.”

GIRLS

Hannah Horvath demands pleasure from Patrick Wilson's character in a steamy affair.

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George Kotsiopoulos

creates the looks to wear right now.

Modeled by Dylan Penn.



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Fun, Fearless

SHOPPING



Top, Fausto Puglisi, \$720; skirt, Milly, \$310; belt, Raina Belts, \$172.50; necklace, Roberto Coin; bracelet, Hipanema, \$78

tropical PUNCH

EDITED BY KATIE L. CONNOR
MARKET DIRECTOR: SHIONA TURINI

Conjure 80-degree-and-sunny days in
island prints as fit for your Pinterest
boards as they are for your bod.

PHOTOGRAPHED BY MEREDITH JENKS

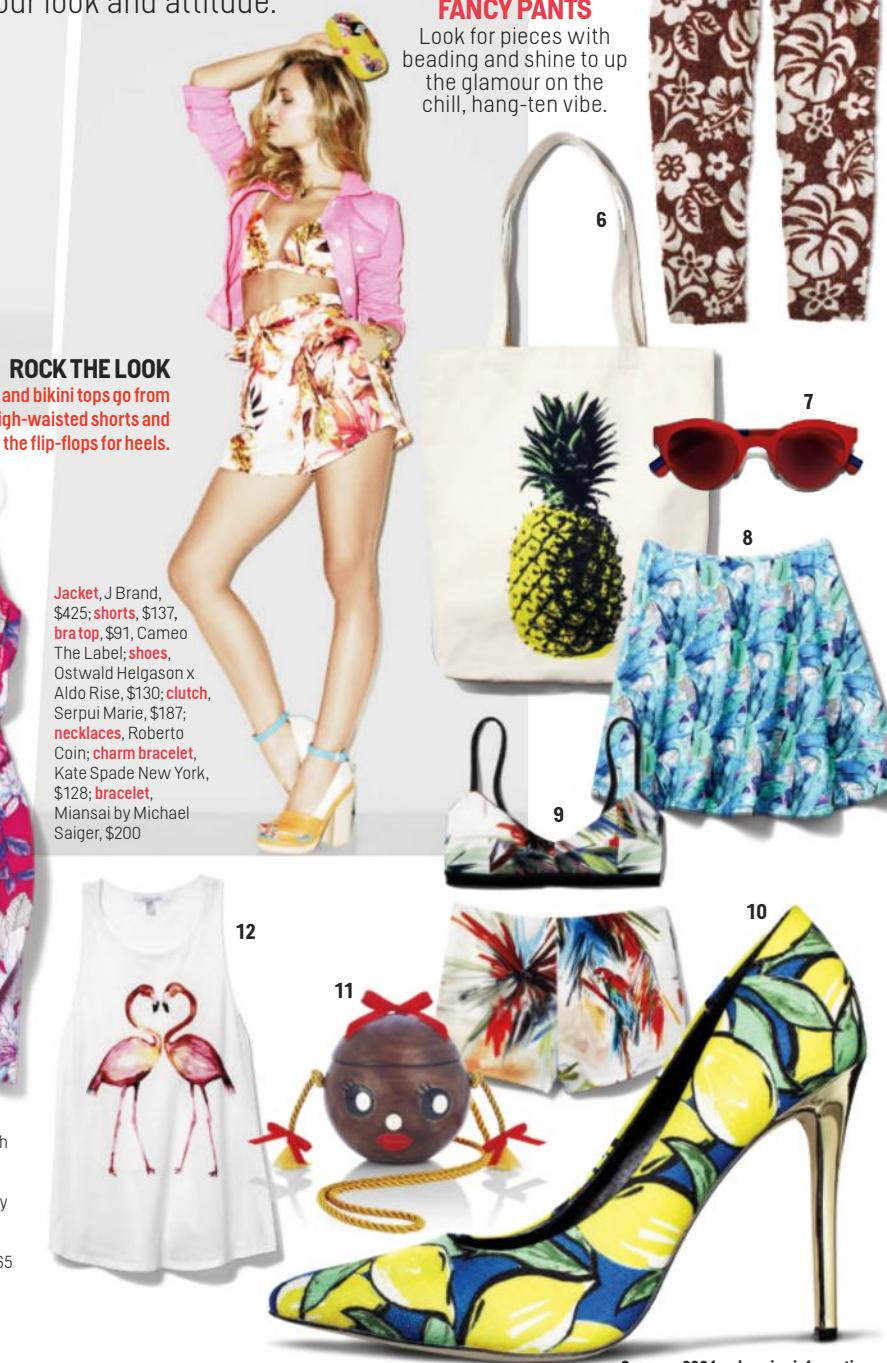
Dress, Tommy Hilfiger; seashell bracelet, shark-tooth bracelet, \$335, Dezso by Sara Beltrán; gold bracelet, Miansai by Michael Straiger; neon bracelets, Pepper Cotton, \$180 each; flower bracelet, Alexis Bittar, \$185; ring, Gorjana, \$80
See page 262 for shopping information.



LOOK HOT TONIGHT

Find your sunshine state in tropical prints and accents to heat up your look and attitude.

Top, T by Alexander Wang, \$150; **skirt**, Osklen; **shorts**, Milly, \$165; **shoes**, Charlotte Olympia; **clutch**, Lulu*s, \$44; **necklaces**, Roberto Coin



1 Clutch, LeSportsac, \$42 **2 T-shirt**, French Connection, \$88 **3 Shoes**, Aldo, \$70 **4 Shorts**, Denim and Supply Ralph Lauren, \$225 **5 Pants**, J.Crew, \$198 **6 Tote**, Live Love Dream, \$8 **7 Sunglasses**, Emporio Armani, \$200 **8 Skirt**, Basta Surf, \$370 **9 Bralet**, \$125, **shorts**, \$165, **Milly** **10 Shoes**, River Island, \$100 **11 Bag**, Charlotte Olympia **12 Tank**, O'Neill, \$26 **13 Dress**, Yumi Kim, \$198 **14 Skirt**, 424 Fifth, \$98 **15 Bracelet**, Venessa Arizaga, \$165

14 Skirt, 424 Fifth, \$98 **15** Bracelet, Venessa Arizaga, \$165

70 www.jstor.org

ART COOL

Update an old pair of cut-offs with painted flowers of paradise.

Update an old pair of cut-offs with painted flowers of paradise

FANCY PANTS
Look for pieces with
beading and shine to up
the glamour on the
chill, hang-ten vibe.

Look for pieces with beading and shine to up the glamour on the chill, hang-ten vibe.

ROCK THE LOOK
Rash guards and bikini tops go from beach to bar with high-waisted shorts and skirts. Ditch the flip-flops for heels.



MEREDITH JEKKS HAIR: BILLY DEE WILLIAMS; MAKEUP: SAMANTHA RINCHAT KATE RYAN INC. USING CHANEL™ MANISURE; YANKEE CANDLE: TSUCHIHASHI; MAKEUP: YAN INC. USING CHANEL VERNIS. BEN GOLDSTEIN STUDIO. STYLIS: MELISSA NICOLE BUCKLEY BENNETT. STYLIS: MELISSA NICOLE BUCKLEY BENNETT. STYLIS: MELISSA NICOLE BUCKLEY BENNETT.

Emily is wearing Limited Edition Color Show® Nail Lacquer The Nudes Spring Collection in Lust For Buff with Bronze Beam Top Coat.

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ROCK THE LOOK

Keep stripes from looking clownish by pairing a top and bottom in perpendicular patterns—one vertical and one horizontal.



AT THE BAR

There is nothing—and we mean *nothing*—a strappy red heel can't make sexy.

Flask, Mod Cloth, \$29.99, modcloth.com; dress, Silence + Noise, \$49, urbanoutfitters.com; bag, Forever 21, \$14.80, forever21.com; shoes, LuLu*s, \$35, lulus.com

FUN, FEARLESS FINDS UNDER \$50

Hop onboard the nautical trend and sail stylishly from your 9-to-5 to the weekend.

ON A DATE

Pair a crop top with a high-waisted skirt—a peek of rib cage is the new cleavage.



Shoes, Call It Spring, \$50, callitspring.com; crop top, ASOS, \$45, asos.com; skirt, Mod Cloth, \$44.99, modcloth.com; bag, Arizona, \$24.99, jcpenney.com

AT THE OFFICE

Vertical piping, like on this blazer, draws the eye up and down, making stripes slimming.



Blazer, Covington, \$50, sears.com; bracelet, Mod Cloth, \$12.99, modcloth.com; shoes, Torrid, \$44.50, torrid.com; pants, Celebrity Pink, \$44, macy's.com

FOR THE WEEKEND

Slim-fit shorts add inches to legs—perfect when wearing flats.



Sweater, Forever 21, \$16.90, forever21.com; sunglasses, Fantas-Eyes, \$15, fantas-eyes.com; shorts, Nicki Minaj, \$17.99, kmarl.com; shoes, H&M, \$24.95, hm.com; bag, Lands' End, \$25.50, landsend.com



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A-LIST
BLOGGERS
SPILL THEIR
STYLE SECRETS,
FROM BUYING
MEN'S DENIM
TO WEARING
PARTY DRESSES
TO WORK.

PHOTOGRAPHED BY MEREDITH JENKS
FASHION EDITOR: JAMES WORTHINGTON DEMOLET

FASHION CONFESSIONS

Jacket, Altuzarra, similar styles available at Barneys New York;
top, Elizabeth and James, \$265, saksfifthavenue.com;
jeans, Uniqlo, \$39.90, uniqlo.com; **shoes**, Gianvito Rossi,
Colorti Miami, 786-517-1330; all jewelry, Leandra's own

HAIR: ZAYAL ATT FOR STEPHEN KNOX SALON. MAKEUP: JAMES BOEHRER FOR NARS COSMETICS. (NECOLE KANE) PORSCHE COOPER. MANICURIST: CASANDRA LAMAR AT WILHELMINA USING CHANEL LE VERNIS.

the girl

LEANDRA MEDINE

the blog

MANREPELLER.COM

The blogger-turned-author who made *arm party* happen brings the funny to high fashion like none other.

the confession

"I OFTEN BUY JEANS FROM THE MEN'S DEPARTMENT."



1

Pair men's pants with super feminine tops—think detailed jackets (see previous page) and fluid silk blouses.

Shirt, Equipment, \$198, Equipment Soho, 646-277-6497

2

The trick to cutting a slim figure in loose jeans is to choose a pair that fits snuggly around your hips. Unlike in women's pants, you can actually fit your hands in your pockets.

Jeans, Denim and Supply Ralph Lauren, \$125, Macy's

3

Pull out your special-occasion shoes—strappy heels give rugged jeans sex appeal.

Shoes, Alexander Wang, \$475, alexanderwang.com



ROCK THE LOOK

With neon heels and jeans, a conservative shirt unbuttoned just-so exudes casual, sexy cool.

Shirt, Loft, \$49.50, loft.com; **bra**, Kriss Sooni, \$95, [Journelle](http://Journelle.com); **jeans**, Acne Studios, \$350, acnestudios.com; **shoes**, Call It Spring, \$45, callitspring.com

REVLON

"Trendy" seduces Jamahl. Find out more at youtube.com/Revlon.

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64 shades that nail the trends.

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(L to R) **New** Chameleon, Trendy, Zealous, Posh.

the girl

RUMI
NEELY

the blog

FASHIONTOAST.COM

As the star subject of her URL, the L.A.-based beauty is the envy of her followers for her perfection of the high-low mix.

the confession

**"I WEAR
MY LEATHER
JACKET
EVERYWHERE."**



ROCK THE LOOK

Think of a tough jacket as the cool alternative to a basic blazer—wear with everything.

FROM TOP **Moto jacket**, Versus Versace, [select Versace boutiques](#), 888-721-7219; **white jacket**, Joe Fresh, \$59, Joe Fresh Soho, 212-219-2850; **bomber jacket**, Topshop, \$100, Topshop



2

For day, break up leather on leather with a bright top and a graphic bag.

Top, Daniel Vosovic, \$243; **skirt**, A.L.C.; **bag**, Sarah's Bags, \$700; **shoes**, Steve Madden, \$149.95; **necklace**, Dean Davidson, \$295; **earrings**, Katie Diamond, \$238

1

What you wear underneath determines how edgy a moto-style jacket is. For cocktails, it's a clever cover-up. For an interview, temper its badassness with a long vest.

Jacket, Walter Baker White Label; **bra top**, \$695, **skirt**, Cushnie et Ochs; **glasses**, Prada, \$365; **shoes**, Alexander Wang; **wave bracelet**, Rebecca Minkoff, \$198; **cuff**, Giles and Brother, \$85; **spike cuff**, Pamela Love, \$425; **square ring**, \$90, **wide-band ring**, \$82, Campbell; **multiband ring**, Jacquie Aiche; **ring**, Katie Diamond, \$175



REVLON



"Divine" disarms Phil. Find out more at youtube.com/Revlon.

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(L to R) Sheer Sweetie, Divine, Fearless, Foxy.

the girl

NECOLE
KANE

the blog

NECOLEBITCHIE.COM

"Bitchin' ain't easy" for the 30something blogger, which explains why she covers celeb style with nothin' but love.

the confession

"I RELY ON
PLAYFUL
MIXED
PRINTS TO
LOOK
YOUNGER."



1

To ensure that two different patterns play nicely together, stick to ones within the same color family.

Romper, Moschino, Saks Fifth Avenue

ROCK THE LOOK

Polka dots and horizontal stripes are a match made in mixology heaven.

Shirt, JCP, \$40, jcpenney.com; bracelets, Holst and Lee, \$175 each, holstandlee.com; bag, Milly, \$225, millyny.com; shorts, Jennifer Chun, \$290, [Jades Closet](http://JadesCloset.com), 215-483-5675; shoes, Chinese Laundry, \$79.95, chineselaundry.com



2

Keep your accessories age-appropriate. Envelope clutch, yes. Backpack, no.

Bag, Rebecca Minkoff, \$265, [Rebecca Minkoff](http://RebeccaMinkoff.com), 866-838-6991; pearl ring, Gold Philosophy, \$152, goldphilosophy.com; gold rings, LuvAJ, \$11 each, luvaj.com

3

Heels are a must for adding a level of sexy sophistication. As for the pattern, anything goes.

Shoes, Forever 21, \$29.80, forever21.com

RIO RUSH

THE COLLECTION
BY GUCCI WESTMAN
REVOLON 2014

Olivia Wilde is wearing the 2014 Rio Rush Collection.



the girl
**AIMEE
SONG**

the blog
SONGOFSTYLE.COM

When she's not at her day job as an interior designer, the Cali-cool blogger doles out invaluable style advice to millions.

the confession
**"I WEAR
PARTY
DRESSES
FOR WORK
AND FOR
PLAY."**

1

For night, playful accessories keep the party look from being too basic.

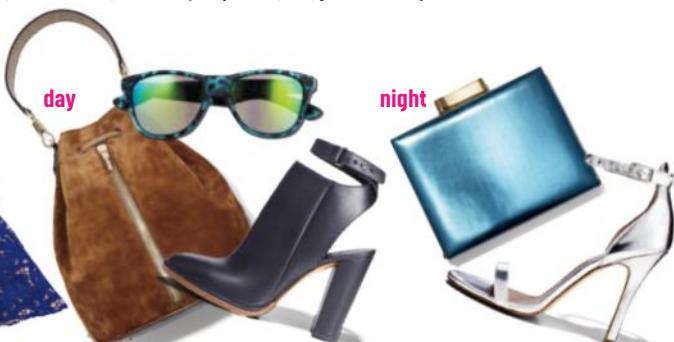
Dress, Blumarine, blumarine.com; **shoes**, Sophia Webster, \$490, [Bergdorf Goodman](http://bergdorffgoodman.com); **clutch**, Tonya Hawkes, [Forty Five Ten](http://fortyfiveten.com), 214-559-4510; **titant ring**, Vita Fede, \$375, vitafede.com; **thin pyramid ring**, Jacquie Aiche, forwardforward.com; **crescent ring**, Kristen Elspeth, \$110, kristenelspeth.com; all other jewelry, Aimee's own



ROCK THE LOOK

When transitioning from office hours to happy hour, pull a shoe-and-bag switcheroo: big and chunky for sleek and shiny.

Dress, Self-Portrait, \$313, revolveclothing.com **DAY Bag**, Elizabeth and James, \$545, neimanmarcus.com; **shoes**, Vince, \$450, [Saks Fifth Avenue](http://saksfifthavenue.com); **glasses**, Polaroid, \$60, solsticesunglasses.com **NIGHT Bag**, Franchi Handbags, \$152, zappos.com; **shoes**, Ava and Aiden, exclusively for gilt.com, \$99, gilt.com/cosmopolitan



2

An athletic tee and a belt transform a flirty dress into an edgy daytime-appropriate look.

Shirt, Equipment, \$338, equipment.fr; **belt**, \$58, [bcbg](http://bcbg.com); **boots**, \$498, [BCBG MaxAzria](http://bcbg.com), bcbg.com; **fringe bracelet**, Alyssa Norton, \$485, shopsaintcloud.com; **bracelet**, AllSaints, \$285, us.allsaints.com



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CLOSET CONFESSIONS

COSMO EDITORS REVEAL THEIR DEEPEST, DARKEST FASHION SECRETS.



**"I KNOW I'M NOT
A REAL ADULT YET
BECAUSE I NEVER
IRON ANYTHING.
IF A SHIRT COLLAR
LOOKS WRINKLED,
I JUST USE MY
HAIR STRAIGHT-
ENER ON IT—SO
MUCH EASIER!"**

—MARTA TOPRAN, AT LEFT
senior beauty editor

"I don't own a single matching bikini set. I wear the same black bottom for every top (don't worry...I wash it)—it matches with everything, looks intentional, and saves me a lot of money."

—MARISSA GAINSBURG, copy editor

"I'm pretty classic when it comes to my style, but I have the craziest collection of socks. Peek inside my booties and you're bound to find some purple/floral/kitten-print wildness. You can't really see them, but I know they're repping hard down there."

—ROSE WALANO, AT RIGHT, assistant editor



**"MY CLOSET IS
SO TINY THAT
ALL MY DRESSES,
SKIRTS, AND
SHIRTS HAVE TO
'WEAR' A JACKET
OR COAT ON
THE HANGER.
BUT IT'S ACTU-
ALLY A GOOD
WAY TO PRE-
PLAN OUTFITS."**

—NICOLE FINEO, AT RIGHT,
associate accessories editor

"I rarely wear shoes with less than a four-inch heel—the higher the platform, the better. I almost cried when single-sole shoes came back in style. Even when I'm barefoot at home, I walk on tiptoes."

—MARINA KHIDEKEL, deputy editor



"I spend an inordinate amount of money on loungewear. I bought a pair of \$90 Sundry sweatpants because they were so soft! But styled with cute sneakers and a jacket, they're awesome enough to wear outside the house."

—LAURA BROUNSTEIN,
special projects director



MIX

MATCH



CLICK

Slides and clicks in place.

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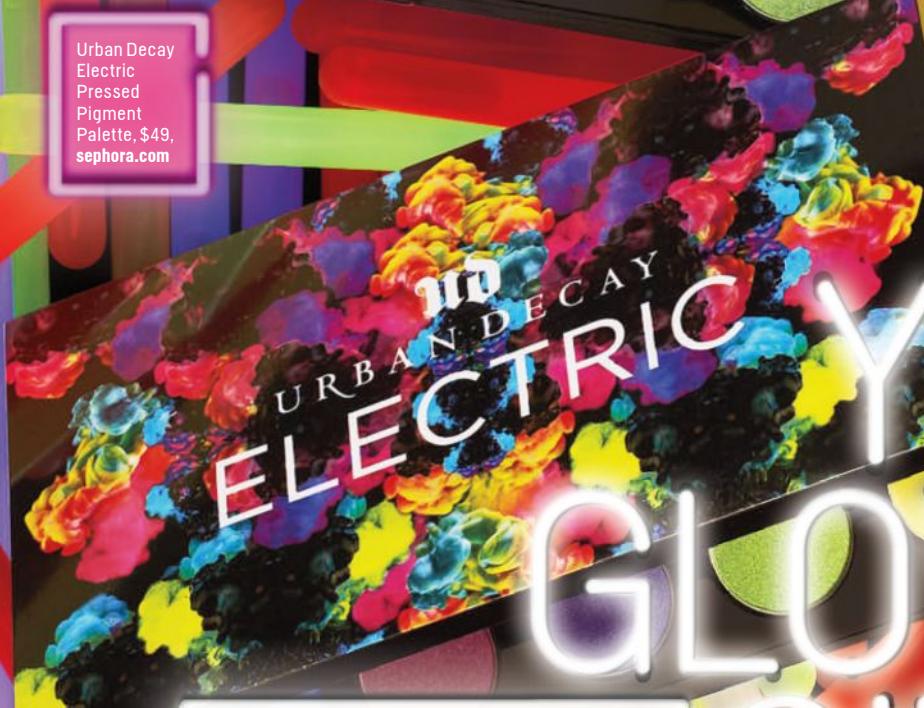
Fun, Fearless

REALITY

EDITED BY LEAH WYAR



Urban Decay
Electric
Pressed
Pigment
Palette, \$49,
sephora.com



YOU
GLOW,
GIRL!

The makeup equivalent of this month's Electric Daisy music fest: this fluoro-filled shadow palette. Swipe on your faves and get the party started!

Fun, Fearless Beauty



WAKE-UP CALL

Before you reach for coffee, grab this to hide all evidence of an epic night out.
Rimmel London Wake Me Up Concealer, \$5, kmart.com



SWEET DEAL

Smell like a RKOBH for less than the price of lunch.
Love2Love Orange Blossom + White Musk, \$10, Walmart



GYM BUDDY

Swipe on, sweat off—perfect when there's no time to lather up.
GUD Cleansing Wipes, \$3, gudhappens.com



HOT TUB

What's better than body butter? One that sexes up skin for 24 hours.
The Body Shop Mini Mango Body Butter, \$6, thebodyshop-usa.com



MANE MENU

Like a green juice for hair, argan oil and keratin add strength.
Sally Hershberger Hyper Hydration Super Keratin Conditioner, \$9, Ulta

\$10, TOPS!

Budget-friendly buys that make you look (and feel) like a million bucks

—LONI ALBERT

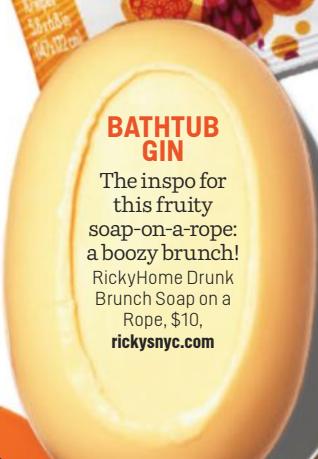
SOFTENING SUDS

Dirt goes, moisture stays.
Garnier Clean + Smoothing Cream Cleanser, \$8, drugstores



BATHTUB GIN

The inspo for this fruity soap-on-a-rope: a boozy brunch!
RickyHome Drunk Brunch Soap on a Rope, \$10, rickysnyc.com



MAN TIP This spring, tangerine is the new coral.
OPI Nail Lacquer in In My Back Pocket, \$9, Ulta

JUST PEACHY

Tin candles look chic and smell delish.
Archipelago Square Mini Tin, \$7, shoparchipelago.com



BAT 1000

Tightly spaced bristles coat every last lash.
CoverGirl LashBlast Volume Mascara, \$8.95, drugstores



FLAMING LIPS

Pucker up to neon orange—it sizzles.
NYC New York Color City Proof Twisted Intense Lip Color in Canal Street Coral, \$3, drugstores



BUFF PUFF

Blends base (and puts boring makeup sponges to shame!).
Real Techniques Miracle Complexion Sponge, \$6, ulta.com



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5 VISIBLE
BENEFITS IN 5 DAYS





ASK LEAH

Cosmo's beauty director answers your most burning Qs—in 20 words or less!



How do I trim my own eyebrows so they look balanced, not butchered?

—APRIL DAMURJIAN, 23

“Brush up hairs, hold them in place, and with tiny brow scissors, snip only the tips above your brow line.”

Tweezerman Brow Shaping Scissors and Brush, \$18, tweezerman.com



Chrissy Teigen

I want wide volume, not height. How do I get it?

—KYRA JANECZEK, 23

“Apply O&M Surf Bomb (\$24, amazon.com), curl midlengths for beachy waves, then scrunch with Oribe Dry Texturizing Spray (\$42, oribe.com).”



I love spring's pink eye-shadow trend, but will wearing it make me look like I have allergies or a cold?

—JACKIE SHTEMBERG, 25

“Not if you first define the lash line (which gets inflamed when you’re sick) with chocolate. Then pink looks purposeful.”

YSL Eye Collector Palette, \$58, yslbeautyus.com

Applying foundation with a brush makes my skin look streaky. Am I doing something wrong?

—KRISTEN DALY, 26

“No, you just need a kabuki brush. The short bristles go on in circular motions, not long, streaky strokes.”



Tarte Airbuki Bamboo Powder Foundation Brush, \$36, sephora.com

Does self-tanner make any difference to my dark skin?

—KELSEY CANTA, 22

“Those formulated specifically for deep tones will even out and enhance your skin. Body bronzers will make you extra luminous.”

The Body Shop Honey Bronze Shimmering Dry Oil, \$22, thebodyshop.com



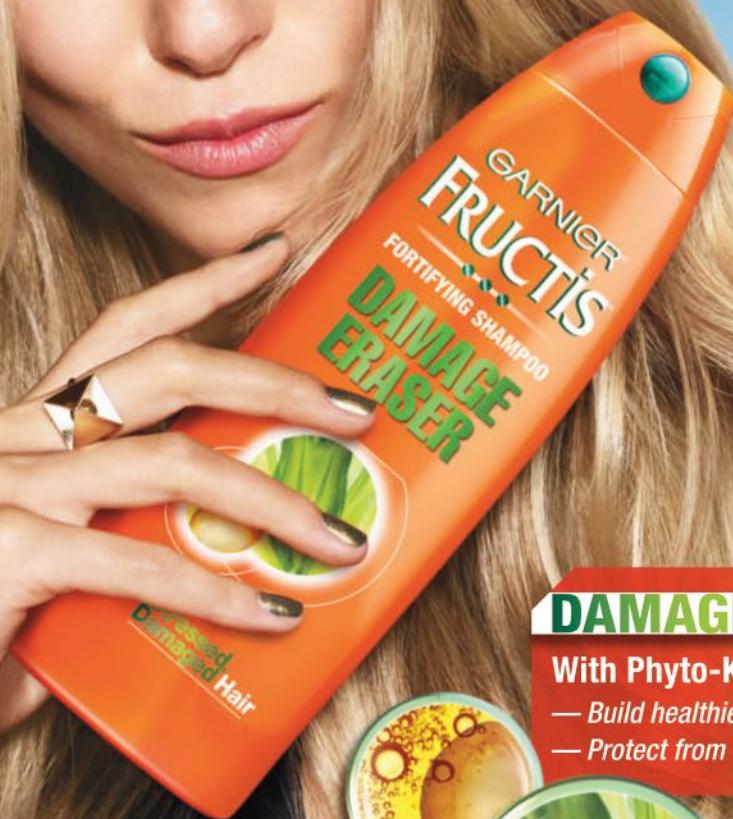
Suave Professionals Visible Glow for Medium to Tan Skin, \$7, drugstores



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*System of Shampoo, Butter & Split-End Bandage Treatment. In a brushing test measuring breakage vs. untreated hair.

Fun, Fearless Beauty

COSMO EXCLUSIVE

MAKEUP WITH ATTITUDE

Badass beauties Kelly and Sharon Osbourne are launching two collections with their fave brand MAC next month. They've even matched the cases to their hair: Kelly's packaging is purple; Sharon's is red! Cosmo got the scoop. **BY MARTA TOPRAN**

Behind the scenes of their MAC shoot: Yes, they're as fun IRL!

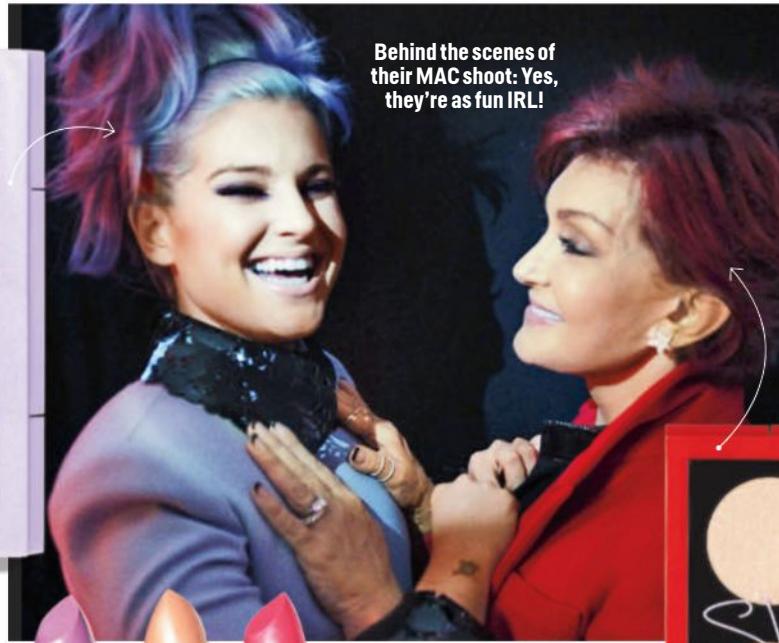
NEUTRAL GROUND

Sharon: "I chose colors that suit dark-haired women: golds, browns, and beiges." Brunettes, Sharon's got your back!

MAC Sharon Osbourne Duchess Quad, \$44, maccosmetics.com



MAC Kelly Osbourne Morning Mister Magpie, \$22, maccosmetics.com



MAC Kelly Osbourne Jumbo Penultimate, \$22, maccosmetics.com



DAY-TO-DATE HOT

Kelly: "Everything in my line (like this brow duo and chubby liquid liner) is buildable. You can wear a little for day, then pump it up for evening."



LIP LOCK

Kelly: "The lipsticks are my favorite. I'm most chuffed [Brit for stoked!] about my fave MAC color Candy Yum Yum—they're renaming it Kelly Yum Yum!"



Kelly's fun, fearless lipstick wardrobe—don't be afraid to try new shades!

MAC Kelly Osbourne Lipsticks in Dodgy Girl, Strip Poker, and Kelly Yum Yum, \$17.50 each, maccosmetics.com

Mother's Day Advice 3 SKIN LESSONS FROM SHARON

1. "Don't go to bed with your makeup on—no matter how tired you are."
2. "No sun! Just stay out of the sun!"
3. To fight aging: "I use glycolic acid cream, and it works."

3 OTHER THINGS WE LEARNED ON-SET...

TAKE RISKS

The biggest beauty risk Kelly's taken? Matching her 2012 Emmys dress to her hair. "I love being on a worst-dressed list and a best—you're a fashionista when you're on both."



INK WISELY

"I wish Kelly had never gotten tattoos," Sharon says. (Kelly's actually been removing some, above.)



Goldwell Soft Color, \$17, goldwell-northamerica.com for stores

TREAT YOUR HAIR KINDLY

Kelly swears by Pantene Color Preserve Shine Shampoo (\$4, drugstores) to keep her locks lustrous. And for her July 2013 Cosmo cover, we used this to give it a boost!

ALIEN

Feel extraordinary

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Thierry Mugler



WORK TO WERK IN 60 SECONDS

Last-minute invite? Late for a date? Try one (or a few) of these tricks from makeup pro **Carl Ray** to get sexy faster than you can say FLOTUS—who happens to be his client!

BY LONI ALBERT

1. Bat More Lashes

Snip a lash strip in half, apply a thin layer of lash glue to each base, and place one on the outer halves of your top lash lines. After the glue has set, blend the faux fringe and your real lashes with volumizing mascara.

TRY Kiss Eyelashes, \$4, **drugstores**; Clinique Lash Power Feathering Mascara, \$17.50, clinique.com



4. Glow Everywhere

After bronzing your cheekbones, run some down your arms and along your collarbone. An XXL brush deposits the perfect amount, fast.

TRY Givenchy Croisière Jumbo Powder, \$66, **Barneys**; Vincent Longo Body Brush, \$85, vincentlongo.com



2. Sprinkle Some Pixie Dust

Dab iridescent loose shimmer onto the center of your eyelid. It makes any eye shadow nighttime-ready and adds sheen to naked lids too.

TRY Naked Cosmetics Gem Powder in Diamond, \$20, nakedcos.com

3. Draw the (Blue and White) Line

Line top lids with cobalt liner, extending it up and out. Then run white liner along inner rims to neutralize red, tired eyes.

TRY Revlon PhotoReady Kajal Intense Eye Liner + Brightener in Blue Nile, \$9, **drugstores**



5. Match Your Lips and Cheeks

Complementary colors (pink is universally sexy) and textures (cream finishes attract light) draw attention to your face.

TRY Guerlain Météorites Blush in Cherry, \$42, **Saks Fifth Avenue**; MAC Patentpolish Lip Pencil in Patent Pink, \$20, maccosmetics.com



6. Calm Your Complexion

Two common end-of-day issues: dehydrated under-eye skin (which emphasizes fine lines) and a shiny T-zone. Circle eyes with a hydrating roller ball, then tone down shine with translucent powder.

TRY E.l.f. Eye Refresh, \$3, eyeslipsface.com; BareMinerals Mineral Veil Finishing Powder Limited Edition Flip-Brush-Go, \$29, bareminerals.com



Rock a pink lip-and-blush combo like Michelle.



OUR EXPERT,
CARL RAY

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Electric Spring, Jelly Lip Gloss in Violet Vixen, Eye Crayon
in Teal Me More and Lip Crayon in Coral Me Crazy

Style legend
Sally Hershberger
chops a 10-inch
pony—more on
page 102.



HOTTER SELFIE HOTTER IRL

Spring is the perfect time to **make a change**. We rounded up **real-life Cosmo girls**...and performed nearly three-dozen makeovers, from simple (a killer mani!) to dramatic (a bright blue dye job!). Get inspired by the **befores and afters** and by the winners of our first-ever selfie contest. Are you ready for looks that'll get more Likes than ever?

FASHION EDITOR: CATHERINE PERIDIS
PHOTOGRAPHED BY PERRY HAGOPIAN

I Want...

TRENDY NEW HAIR"

What would you do if you weren't afraid? These girls ditched their security blankets—length as well as natural colors and textures—and found it's worth taking a risk.



BEFORE



THE MAKEOVER FRIZZ-FREE

Melissa F., 27
singer/makeup artist



Keep treated hair healthy with Pantene Advanced + Keratin Repair Keragloss Oil Mist, \$14, drugstore.com.

WHY NOW? "I'm releasing an album and want to reinvent myself for the party!"

THE PROCESS A keratin treatment (a solution that breaks the disulfide bonds of curly hair) was applied then locked in via blow-drying and flatironing, says stylist Rudy Peña at the Julien Farel Restore Salon and Spa, who did the treatment.

THE REVEAL "I love it! My hair never gets frizzy, even after a workout."



BEFORE



THE MAKEOVER TURQUOISE TIPS

Amanee S., 28
publicist

WHY NOW? "It's time to push the envelope a bit."

THE PROCESS After lightening Amanee's hair from the ears down, Lena Ott, owner of NYC's Suite Caroline, painted on various shades of blue (from pale turquoise to royal blue).

THE REVEAL "My friends and coworkers are obsessed...Some have been inspired to go extreme too."

Go bold with Manic Panic Classic High-Voltage Cream Formula Hair Color in Bad-Boy Blue, \$14, manicpanic.biz, or Splat Hair Chalk, \$6, totallyhaircare.com.

MELISSA'S HAIR: SALLY HERSHBERGER MAKEUP: MATTHEW ABT; MANIC PANIC HAIR: JESSICA GILLAN AT CROSS COUNTRY HAIR; MAKEUP: TINA TURNER AT CROSS COUNTRY HAIR; STYLING: JON ALEXANDER STUDIO.

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#GETNAKED

NEW



...More Trendy New Hair



BEFORE

THE MAKEOVER
RED-HOT
Jessica T., 22
nursing student

WHY NOW? "I have been experimenting with different browns but want to make a major statement."

THE PROCESS Since Jessica had black dye in her hair, Ott had to first lighten her hair to a golden blonde (always leave this to a pro to avoid damage).

THE REVEAL "I feel so exotic—my boyfriend won't stop telling me how hot I look!"



Extend the life of red with Clairol Shimmer Lights Brunette and Red Shampoo, \$8.39, **Sally Beauty Supply**.



BEFORE

THE MAKEOVER
CHOPPY CROP
Lindsey G., 25
publicity associate

WHY NOW? "I just moved to NYC. I want hair that matches my cool new life!"

THE PROCESS Celeb stylist Sally Hershberger cut off 10 inches ("it weighed Lindsey down," she said) and added layers inspired by Kristen Stewart.

THE REVEAL "At first, I freaked—I've never had short hair! But now I love it. Best of all, I donated my hair to Locks of Love."

THE MAKEOVER
EDGY OMBRÉ

Shiona T., 32
Cosmo market director

WHY NOW? "I love Ciara's hair. No time like the present to look like a rock star."

THE PROCESS Extensions are a perfect way to transform hair without damaging it. Cesar Ramirez (Ciara's stylist) of Dop Dop salon added blonde extensions about an inch down from Shiona's naturally dark roots. Then he gave her a trendy long bob.

THE REVEAL "I wish I'd done this sooner—I love it!"



Baby your blonde highlights with L'Oréal Paris Advanced Haircare Color Vibrancy Instant Shock Treatment, \$7, **drugstores**.



JESSICA HAIR: FRANK RIZZETTI AT RAY BROWN; MAKEUP: SARAH GLUCK AT SARAGLICK.COM (SHIONA); HAIR: JEANIE SY FU AT ARTIMA BEAUTY; MAKEUP: MISHA SHAHADA AT ART MIX BEAUTY; LINDSEY: HAIR: SALLY HERSHBERGER; MAKEUP: MATIN AT ASTP; STYLING: SALLY SULLIVAN AT PAPERSON STUDIO.

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*Shampoo and conditioner system vs. non-conditioning shampoo ©2014 P&G

...More Trendy New Hair



BEFORE



BEFORE



THE MAKEOVER

FIERCE FRINGE

Jennifer B., 26
attorney**WHY NOW?** "I was bored with my look and wanted to add some edge."**THE PROCESS** To keep bangs sexy, Hershberger gave them a jagged finish (too blunt looks dated). Invest in a mini flatiron so you can de-frizz on the go.**THE REVEAL** "People say I look like Cece from *New Girl*! My new style inspired me to experiment with makeup and updos."Amika Mighty
Mini Titanium Styler,
\$29, **Sephora**

THE MAKEOVER

COOL, EDGY CUT

Yun Y., 26
publicist**WHY NOW?** "I wanted to see how far I could go."**THE PROCESS** Hershberger cut a Twiggy-esque crop: nearly buzzed in the back but piece-y in the front. Since her hair is straight, she can air-dry, scrunch in pomade (we love Bumble and Bumble's, left), and go!**THE REVEAL** "It's so liberating, like I've unveiled myself to the world."Add extra texture with Bumble and Bumble Semisumo, \$28, **Sephora**.For lustrous locks, spritz in Garnier Fructis Marvelous Oil Color Illuminate 5-Action Hair Elixir, \$6, **drugstores**.

BEFORE



THE MAKEOVER

BLONDE TO BRUNETTE

Danielle G., 26
executive assistant**WHY NOW?** "I'm going back to school to become a nutritionist—I'm ready for a change!"**THE PROCESS** To create a rich hue, Ott applied medium brown dye all over then added deeper brown lowlights "so it wouldn't wash her out," Ott says.**THE REVEAL** "I hardly recognize myself when I walk past a mirror! My hair looks so shiny."

JENNIFER AND YUN HAIR: SALLY HERSHBERGER; MAKEUP: MATINAT ABP; (DANIELLE) HAIR: JESSICA GILLAN AT CROSS COUNTRY; MAKEUP: MIGHTY MINT STUDIO; (INA URUBOV, AT CROSBY CARTER MAMI); STILLS: JON PATRICK STUDIO; D: SHEARS; GETTY IMAGES



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With summer right around the corner, why wait to firm up your beauty routine? Cosmopolitan's Special Projects Manager, Brandi Sinclair, has these easy, get-gorgeous tips and tricks for summer-ready skin. Get started today!

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Show your hands some love and get your nails ready for the season's hottest polish. Use a thick, smooth hand cream like NIVEA Smooth Indulgence Hand Cream and focus on dry, brittle cuticles since they may have suffered most in the cold weather.

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Body lotion is just as important in spring and summer as it is in winter. Get your skin ready for warm weather with NIVEA Q10 Skin Firming products. In as little as 2 weeks, you'll see firmer, more toned skin! Let the countdown to summer begin...

For more tips from Brandi, stay tuned for June, July and August installments.



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66

I Want

NEW MAKEUP SKILLS

Makeup is the Tinder of the beauty world: it's a fun game to play, and if you don't like it, you can always swipe it away.



BEFORE



THE MAKEOVER

ALL GROWN UP

Dominika B., 22
architecture student

WHY NOW? "People always tell me I look so young. I want a more glamorous, sophisticated look."

THE PROCESS Inspired by Old Hollywood, Turnbow went with a cat eye and red lip. To modernize it though, she used black gel liner and a semi-matte cherry red lipstick.

THE REVEAL "I'm being taken more seriously."

Paul & Joe Lipstick CS in Rosebud, \$20, b-glowing.com; CoverGirl Bombshell Intensity Liner, \$9, drugstores



BEFORE

THE MAKEOVER

PORELESS SKIN

Bea A., 30
therapist, founder of PrettyPaddedRoom.com

WHY NOW? "I'm doing a lot of TV to promote my site. I really need flawless skin."

THE PROCESS It's all about layering primer, foundation, and powder, says celebrity makeup artist Tina Turnbow.

THE REVEAL "I work to help women feel good in their skin—now I do too."



Philosophy The Supernatural Airbrushed Canvas, \$38, philosophy.com



BEFORE

THE MAKEOVER

LESS IS MORE

Limor S., 34
on-air lifestyle contributor

WHY NOW? "I always wear a full face of makeup: dark eyes and full-coverage foundation. It's time for an off-duty look."

THE PROCESS Turnbow swapped Limor's black eye palette for warmer bronze hues. To enhance, not hide, her already great skin, Turnbow prepped it with illuminating primer (a pigment-free base), used cream bronzer and blush to keep skin dewy, and finished with a nude lip.

THE REVEAL "I was skeptical of the neutral palette, but I love how it softens my look."



Clinique Chubby Stick Moisturizing Lip Colour Balm in Plushest Petal, \$17, clinique.com; Dior 5-Couleurs Transat Edition in Sundeck, \$61, dior.com



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Bianca Balti

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Simulation of actual product results. Lashes styled with Voluminous Butterfly™ Mascara.
Lash inserts were used to fill in natural gaps.

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BEFORE



THE MAKEOVER

TOMBOY TO FLIRTY

Hannah P., 26
clinical research
coordinator

WHY NOW? "As a teen, I was too busy swimming to learn about makeup."

THE PROCESS For an "edgy, feminine vibe," Turnbow circled Hannah's eyes with purple shadow and used blue liner on her inner rims. Rosy blush and gloss finished off the look.

THE REVEAL "I can't wait to try this on my next night out!"



Chanel Glossimer in Murmure, \$29.50, chanel.com; Lancôme Color Design Eye Brightening All-in-One 5 Shadow and Liner Palette in Romeo and Violette, \$50, lancome.com



BEFORE



THE MAKEOVER A STATEMENT LOOK

Suzanne M., 24
account manager

WHY NOW? "Since moving to NYC, I'm inspired by the bold women. I want my own signature look."

THE PROCESS An easy way to look cool and confident: Choose your best feature, like Suzanne's gorge lips, and play it up, says Turnbow. Her color pick: a deep red.

THE REVEAL "It is edgy and makes me feel cool. I definitely stand out now."

Chanel Rouge Coco Shine Hydrating Sheer Lip Colour in Émotion, \$35, chanel.com



THE MAKEOVER

DOABLE SMOKY EYES

Elena N., 31
editor

WHY NOW? "I've never been able to master this dramatic look."

THE PROCESS "Smoky eyes actually look better messy," says Turnbow. She swept shimmery gunmetal shadow (it's subtler than black) across Elena's lids, lined top and bottom lids with matching liner, then smudged.

THE REVEAL "I feel so much sexier, and it's easy!"



BEFORE

Laura Mercier Faux Lash Mascara, \$24, lauramerier.com; Bobbi Brown Perfectly Defined Gel Eyeliner in Steel Grey, \$24, bobbibrown cosmetics.com; Clarins Ombre Minerale Mono Eye Shadow in Smoky Plum, \$21, clarins.com



MAKEUP: TINA TURNBOW AT CROSBEY CARTER MGMT; HAIR: JESSICA GILLAN AT CROSBEY CARTER MGMT; STILLS: JONATHAN PATERSON STUDIO



THE WINGED EYE
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Bianca Balti



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For Bianca's Butterfly look use: Infallible Eye Shadow
in Silver Sky (757), Burst Into Bloom (759) and Purple Priority (758).

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BEFORE



THE MAKEOVER STATEMENT BROWS

Madison M., 22
student

WHY NOW? "I'm obsessed with big brows but tired of penciling mine in daily."

THE PROCESS Brow tinting creates darker, fuller arches in about 10 minutes. It tints the baby hairs surrounding the brows, making them fuller, says our brow pro Joey Healy.

THE REVEAL "I've stopped filling in my brows—what a time saver!"



At-Home Fix

Enhance your arches with Joey Healy Luxe Brow Powder, \$28, joeyhealy.com. Apply it with a small, angled brush.

At-Home Fix

If you want extra drama, LashDip LashPaint, \$28, lashdip.com, is safe to use on extensions.



BEFORE

THE MAKEOVER

A SPARKLING SMILE

Christianna G., 26
digital strategist

WHY NOW? "I want to stop comparing my teeth shade to others."

THE PROCESS Using an in-office treatment called Zoom 4—a series of three bleach applications, each activated by light, every 15 minutes—cosmetic dentist Lana Rozenberg whitened Christianna's teeth by six shades.

THE REVEAL "I'm no longer self-conscious about my smile. And it didn't hurt!"



At-Home Fix

The brush head on Go Smile Sonic Blue Teeth Whitening System, \$129, qvc.com, has a blue light that helps whiten.



BEFORE

THE MAKEOVER

LUSHER LASHES

Anitha V., 27
retail associate

WHY NOW? "My straight lashes require so much mascara and eyelash-curling time to get the definition I like."

THE PROCESS NYC lash guru Courtney Akai glued individual silk lashes to Anitha's own lashes one by one. (They'll last two months.)

THE REVEAL "I love waking up with lashes! I don't even need eye makeup."



MADEISON HAIR: BRITNEY WILLIAMS AT KATERYN INC. MAKEUP: SARA GLICK; CHRISTIANNA HAIR: FRAN PIZZOLI; TRAY BREW MAKEUP: SARA GLICK; STYLING: JON PATERSON STUDIO; ANITHA HAIR: NOVATHATTONAT; JUDY CASEY; MAKEUP: MARI SHIEN AT JBP.



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L'ORÉAL
MAKEUP DESIGNER/PARIS

I Want...

FLAWLESS SKIN

Sometimes a makeover isn't about getting a flashy new look—it's about feeling comfortable and confident in your own skin.



BEFORE



THE MAKEOVER

NO MORE BAGS

Faten M., 26
dental assistant

WHY NOW? "I'm sick of hiding my bags behind eyeglasses!"

THE PROCESS To create a more even surface under Faten's eyes, Yael Halaas, MD, an NYC plastic surgeon, injected Restylane—a skin-plumping filler. Then she injected a bit of Voluma (a new FDA-approved filler) into the tops of her cheeks to create balance with the now fuller under-eye area.

THE REVEAL "This was a total confidence booster. I'm actually considering Lasik!"

At-Home Fix

The caffeine in Lancôme Visionnaire Yeux Eye Advanced Eye Contour Perfecting Corrector (\$60, lancome.com) smooths puffy eyes.



THE MAKEOVER

BRIGHTER UNDER-EYES

Woroud S., 23
student and secretary

WHY NOW? "I've always had dark circles. They get worse if I have allergies or don't get a full eight hours of sleep."

THE PROCESS "Woroud had deep-set tear troughs—the natural indentations just under the eyes—which cast deep shadows," says Dr. Halaas. To level them so skin could reflect light, she injected Restylane.

THE REVEAL "For the first time ever, I can leave the house without concealer."



At-Home Fix

Got circles? Laura Mercier High Coverage Concealer (\$28, lauramercier.com) is packed with pigment but goes on super light.



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CHOOSE
BETWEEN
UV PROTECTION
AND BEAUTY
AGAIN.”

HILLARY FOGELSON
SKIN CANCER SURVIVOR

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 30
SolaSheerTM
TECHNOLOGY

NEW



To help drive awareness, Olay is donating to The Skin Cancer Foundation.


Olay
TOTAL effects

YOUR BEST BEAUTIFULTM

...More Flawless Skin



THE MAKEOVER SMOOTHER CROW'S-FEET

Lisette R., 33
executive director for a nonprofit

WHY NOW? "I'm tired of looking exhausted."

THE PROCESS To iron out the wrinkles, Anne Chapas, MD, of Union Square Laser Dermatology, used Botox. "It blocks the signals from the nerves to the muscles so that they relax, not contract," she says. "Plus, it inhibits the squinting reflex, preventing lines from getting deeper."

THE REVEAL "I've been posting lots of selfies on Facebook, which I would never do before. Everyone keeps commenting on how happy I look."

At-Home Fix

Olay Regenerist Luminous Dark Circle Correcting Hydraswirl (\$25, [drugstores](#)) diffuses the look of fine lines.



THE MAKEOVER FULLER LIPS

Amanda P., 25
nurse

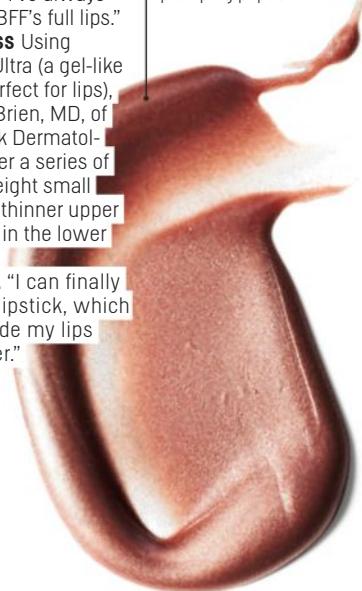
WHY NOW? "I've always envied my BFF's full lips."

THE PROCESS Using Juvederm Ultra (a gel-like plumper perfect for lips), Meghan O'Brien, MD, of Tribeca Park Dermatology, gave her a series of injections: eight small ones in the thinner upper lip and two in the lower for balance.

THE REVEAL "I can finally wear dark lipstick, which always made my lips look smaller."

At-Home Fix

Physicians Formula Plump Potion Needle-Free Lip Plumping Cocktail (\$9.75, [drugstores](#)) is infused with lip-plumping peptides.



THE MAKEOVER LEANER LEGS

Kathleen A., 28
event designer

At-Home Fix

Score a smoother silhouette by applying Nivea Skin Firming Cellulite Serum with Q10 (\$16, [drugstores](#)) daily.



“I WANT
MY SKIN TO
LOOK GOOD,
NOT GOOD
FOR MY AGE.”



OLAY REGENERIST
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BEFORE

At-Home Fix

Packed with pigment-fading hydroquinone: Murad Post-Acne Spot Lightening Gel, \$60, murad.com.



THE MAKEOVER AN EVEN TONE

Chivonne M., 26
actress

WHY NOW? "I don't want to be seen as the girl with bad skin."

THE PROCESS To clear up her post-inflammatory hyperpigmentation (the reddish purple marks that linger long after a breakout heals), Eric Schweiger, MD, of NYC's Schweiger Dermatology, treated her skin with the Fraxel laser. It helps shed the top layer of skin, revealing fresh new cells.

THE REVEAL "For the first time in my life, I feel excited to look in the mirror in the morning."



BEFORE



THE MAKEOVER A CLEAR COMPLEXION

Elizabeth P., 22
bank teller

WHY NOW? "Dermatologists have prescribed me creams, but nothing has ever worked."

THE PROCESS Dr. Schweiger prescribed her an oral antibiotic and topical treatment to kill the acne-causing bacteria. Then he treated her with blue- and red-light therapy: blue light zaps bacteria while red calms angry-looking skin. He finished with the Fraxel laser—it resurfaced her skin with minimal downtime.

THE REVEAL "I wish I hadn't wasted years on other products and treatments."



At-Home Fix

Estée Lauder Clear Difference Targeted Blemish Treatment (\$35, estee lauder.com) zaps zits with salicylic acid.



At-Home Fix

Philosophy Time in a Bottle Daily Age Defying Serum (\$74, sephora.com) smooths skin's texture with vitamin C.



BEFORE



THE MAKEOVER SCARFREE SKIN

Laura M., 27
nurse

WHY NOW? "I always wear my hair down to hide my face."

THE PROCESS Using a two-pronged approach, Mona Gohara, MD, a dermatologist in Connecticut, plumped Laura's acne scars with Juvederm, a facial filler made of hyaluronic acid. Then Laura's skin was treated with the Pearl Laser to stimulate the growth of skin-plumping collagen.

THE REVEAL "My coworkers are blown away by the results. I'm even wearing my hair up!"



THE TRUTH HURTS:

The leading sensitive body wash
actually dries out skin over time.

"I WON'T SETTLE FOR

harsher

WHEN I CAN HAVE

gentler"

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AND IS AS GENTLE TO SKIN
AS WATER.



YOUR BEST BEAUTIFUL™

FOLLOW YOUR **Instincts** & GO NATURAL FOR YOUR MOST CONFIDENT SPRING EVER

Spring is the perfect time to follow your *intuition* and indulge in a *healthy* way. You know what feels right, so go for it! Here are **5 ways** to get started...

1 PUCKER UP!

Use a homemade brown sugar scrub to gently exfoliate your pout before applying an on-trend pinky-coral gloss for a smooth, luscious finish.



3 TOTE IT!

Break out your rustic tote bag and springy scarf to inspire a trip to your local farmers' market. Super-fresh produce is splurge-worthy.



5 SAY SELFIE!

Update your profile pics with your new healthy, radiant look—and share **@ClairolColor**—then let the admiring comments roll in. Your spring outlook has never looked so sunny!



2 HAVE A SPRING FLING!

With your haircolor! You can change up your shade or just add some lustrous shine to your natural tones with **Clairol Natural Instincts**. You'll maximize your hair's vitality with coconut oil, aloe and vitamin E. And the best part is there's low commitment, because it's non-permanent (plus it's ammonia free)!

4 GO NATURAL!

Embrace coconut oil, a true wonder food! Use it in your healthy cooking, to moisturize your skin, and even to treat split ends.



Find your perfect confidence-boosting Natural Instincts color at clairol.com

#naturalinstincts

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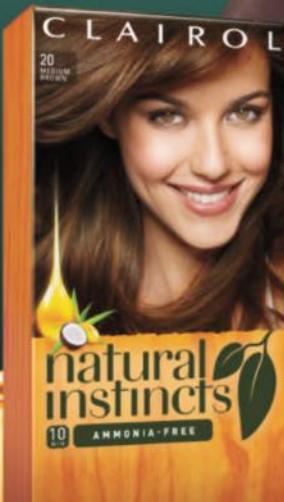
go natural

What color is healthier than Natural Instincts? Absolutely none.*

- FORMULATED with Aloe, Vitamin E & Coconut Oil.
- HEALTHIER hair** even when colored 2X as often.
- 0% AMMONIA.

#naturalinstincts

*Based on surface damage. **Uses as directed. Natural Instincts Level 2 non-perm vs. leading Triple Fruit Oil Level 3 perm color; based on hair surface damage. ©2014 P&G



natural
instincts
THE HEALTHIER RADIANT COLOR

I Want...

A CRAZY-FUN MANI (FOR THE FIRST TIME!)

When we heard there were nail-art virgins still in the world, we called on übertalented Miss Pop (aka Simcha Whitehill) to fix that.

COSMO staffer

PICK-UP STICKS

Hannah B., 22

Cosmo fashion assistant

NAIL IT (1) Apply white polish, leaving a semicircle of exposed nail at the base. (2) With a striping brush (see left), paint random, intersecting lines with blue, yellow, and coral polish. (3) Apply top coat, and press a star-shaped stud at the base of each nail while still wet.

THE REVEAL "They're a great conversation starter... perfect for the fashion biz."

Color Club Nail Art Duo Pen in Royal Blue, \$4, shopcolorclub.com; Chanel Le Vernis Nail Colour in Eastern Light, \$27, chanel.com; Sally Hansen I Heart Nail Art Stripper in Orange, \$4, [drugstores](http://drugstores.com); Salon Perfect Nail Art Liner in Ray of Light, \$1.98, [Walmart](http://walmart.com)

Nurture nails with Orly Nailtrition, \$15, orlybeauty.com.



Zoya Nail Polish in Cho, \$9, zoya.com; Essie Nail Polish in Capri, \$8.50, essie.com



We took one compulsive stress biter and gave her a genius, two-fold fix to cover up her nubs and prevent her from biting. There's hope for you too!

Samantha S., 24, writer

THE FIX It takes a month to break a bad habit, so the pros at NYC hot spot Valley Nails took an out-of-sight approach by applying their Valley Nail Set to cover Samantha's natural nails and prevent her from biting. Unlike gels or acrylics, these natural-looking press-ons are affixed with a medical-grade

glue that's free of irritating toxins and allows the nails to grow healthily below the surfaces. They last for two weeks and soak off in acetone, after which you can get a replacement set.

THE REVEAL "This totally prevented me from biting—I'm well on my way to quitting."



Sally Hansen I Heart Nail Art Pen in Black, \$6, [drugstores](http://drugstores.com); CoverGirl Outlast Stay Brilliant Nail Gloss in Goldilocks, \$5.49, [drugstores](http://drugstores.com)

THE EMOJI MANI

Stephanie G., 27

restaurant service director

NAIL IT (1) Make happy-face yellow even more fun with a white base, which makes any color more vibrant. (2) Grab some nail-art pens, and draw in the face shapes.

THE REVEAL "Customers loved my mani so much, my boss suggested making it part of our hosts' uniforms!"

CHIC SHAPES

Pia B., 26 copywriter

NAIL IT (1) Paint nails nude (and pinkies coral). (2) Add on the moons, tips, and bubbles (a striper brush or thin paintbrush keeps your designs precise).

THE REVEAL "Miss Pop promised sophisticated, work-friendly nail art—and totally delivered."



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All-day top coat adds dark intensity in a single stroke.

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Insta-volume and insta-dark intensity, now comes with flirty, sexy curves.



INSTA-GELOUS!

NEW XL NAIL GEL

Insta-plump, insta-hi shine that makes salon nails gelous!



INSTA-LICIOUS!

NEW COLORLICIOUS GLOSS

Insta-rich color so dripping with shine it makes everything you say, juicy.



I Want...

A BRAND-NEW LOOK!"

In a rut? Cosmo's freelance beauty assistant goes from same-old to OMG with a little beauty magic. You're next!

COSMO
staffer

BEFORE
Lauren B.,
22



BAD ROMANCE

A messy do plus wine lips is high drama, not high-maintenance.



HAIR Spray in equal parts dry shampoo and thickening spray for texture, says Britney Williams, stylist at Suite Caroline, in NYC. Pull it to one side, braid, then flip it over your head like a headband and pin.

MAKEUP Sweep bronze shadow over lids up to the brows, says makeup artist Sara Glick. Rim eyes with brown metallic liner, and finish with a wine-colored lipstick.

THE REVEAL "This is my favorite! I felt like I was in a Free People ad. And an effortless updo in under 10 minutes? Done!"

The Kit

NYC New York Color City Proof Twistable Intense Lip Color in Gramercy Park Plum, \$4, [drugstores](#); Sally Hershberger Plump Up, \$13, [drugstores](#). Ralph Lauren Midnight Romance, \$52, [ralphlauren.com](#), mixes peony and black vanilla.

HAIR Run mousse through damp hair, blow-dry, then wrap sections around a curling wand for a beachier feel, says Williams. Create a deep side part, and use a boar-bristle brush to soften the curls.

MAKEUP Sweep sheer, shimmery silver shadow across lids and creases and along inner corners. Thinly line top lids with black liner, and coat lips with matte red lipstick.

THE REVEAL "Typically, I don't dig the retro look, but the shimmery pops of shadow and tousled hair didn't feel so old-school."

FASHION Tank, shorts, \$625, Gregory Parkinson; bra, BCBGeneration, \$36; tooth ring, Inez, \$95; scalloped ring, Melinda Maria, \$25; pyramid ring, Charming Charlie, \$8; earrings, Karen Egren, \$60



The Kit

Kérastase Mousse Bouffante, \$36, [kerastase-usa.com](#); Dior Rouge Dior Lipstick in 999, \$34, [dior.com](#); Jimmy Choo Flash London Club, \$98, [nordstrom.com](#), has sexy white-flower notes.

FASHION Dress, 424 Fifth, \$160; choker, Alexis Bittar, \$195; gold thin band rings, Jules Smith, \$65 each; multiband ring, Melinda Maria, \$68

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Cool Looks
to Try!

“The right hair and makeup can
GIVE YOU A NEW VIBE.”

—Lauren B.



SURFER CHICK

*Boho braids
and sun-kissed
skin: We're
(blue) crushing.*



ROCK STAR

*I woke up like
this hair and
makeup are
so rock 'n' roll.*

HAIR Start by misting roots with dry shampoo and the rest of the hair with salt spray. Add a few small hidden braids—some traditional, some fishtails. Instead of securing them with ties, tease the ends to anchor them into place, says Williams. **MAKEUP** For sun-kissed skin, just go a shade darker with your liquid foundation, then add shimmery bronze shadow on lids and a little gloss on lips, says Glick. **THE REVEAL** “I grew up at the Jersey shore, so this look felt most me...only sexier!”

FASHION Bathing suit, Mara Hoffman, \$242; jeans, \$119, belt, \$69.50, Lucky Brand; pink necklace, Pink Powder, \$120; necklace, Express, \$34.90; blue bracelet, Bluma Project, \$52; orange bracelet, Shopjami, \$87; beaded bracelet, Vanessa Mooney; earrings, Jakimac, \$48; turquoise ring, Cleobella, \$82; orange ring, Mark, \$18; blue triangle ring, Karen London, \$75; chevron ring, GoJane, \$9.10

The Kit

Herbal Essences Color Me Happy Dry Shampoo, \$5, [drugstores](#); Smashbox Santigolden Age Be Legendary Lip Gloss in All Gold E'rything, \$20, [smashbox.com](#). Estée Lauder Bronze Goddess Skinscent, \$62, [esteelauder.com](#), smells beachy.

HAIR Wrap sections around a curling iron from ears down, leaving out the ends. Apply styling cream from roots down—key to this “third-day hair vibe,” says Williams. Finish with texture spray.

MAKEUP It's all about layering on the black: shadow from lash line to crease, liner on inner and outer rims, plus mascara. Keep the rest of the face color-free.

THE REVEAL “The black liner made me feel like a total badass, and the hair has replaced my bun as my weekend do.”

FASHION Jacket, Numph, \$350; top, Suboo, \$168; jeans, Machine Jeans, \$32.95; necklace, Helpsy, \$550; watch, \$395, studded bangle, \$48, Fossil; bracelet, Kenneth Jay Lane, \$90; ear cuff, Forever 21, \$7.80; wide-band rings, GoJane, \$11.70 each; skull ring, Jules Smith, \$85; arrow ring, Charming Charlie, \$12 for a set; double-chevron ring, Claire's, \$5.50; bump ring, Erica Anenberg, \$60 for set of 2

The Kit

Guerlain Khol Me Kajal Eye Crayon, \$38.50, [saks.com](#); Bumble and Bumble Cityswept Finish, \$29, [bumbleandbumble.com](#). Yves Saint Laurent Noble Leather Eau de Parfum, \$250, [yslbeautyus.com](#), is as edgy as a leather jacket.



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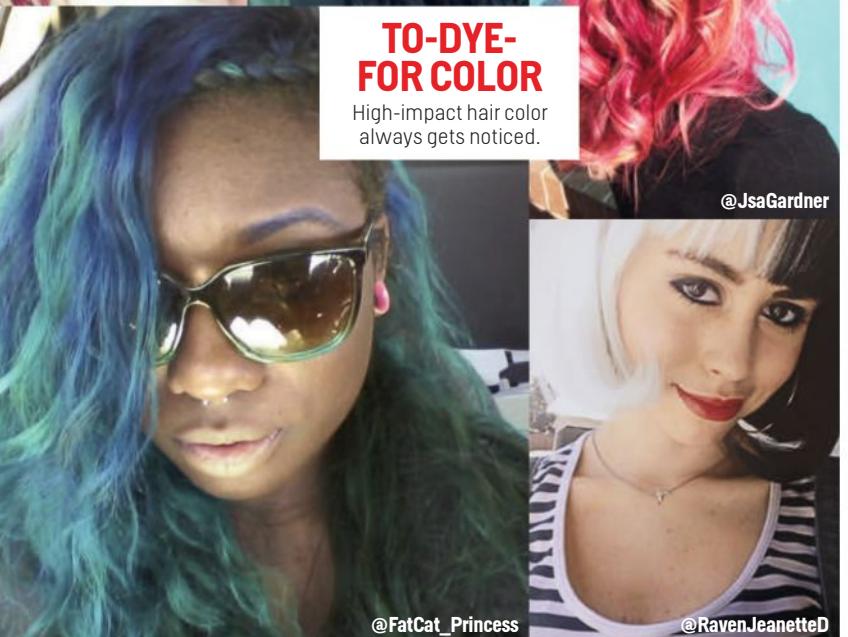
BEST IN SELFIES

Oxford made it dictionary-official, then Ellen snapped the world's most famous one at the Oscars. But the very best selfies are of you, obvs! Behold, our bold and beautiful winners...



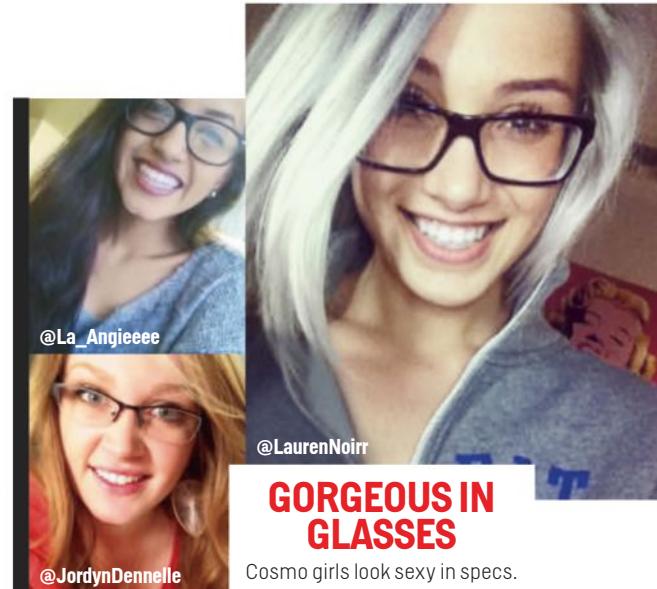
TO-DYE-FOR COLOR

High-impact hair color always gets noticed.



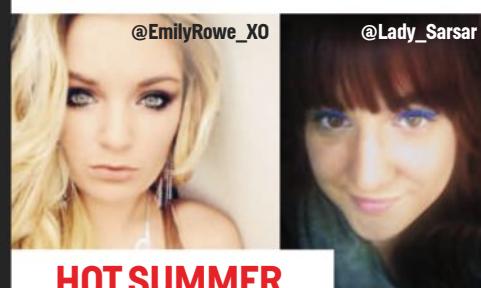
MUST-TRY MANIS!

These girls totally nailed it.



GORGEOUS IN GLASSES

Cosmo girls look sexy in specs.



HOT SUMMER MAKEUP

Some go bronze; others go bright.



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LIGHT UP
EVERY ROOM
I WALK INTO.”



*Tone Perfecting Cream and Dark Circle Correcting Hydraswirl.

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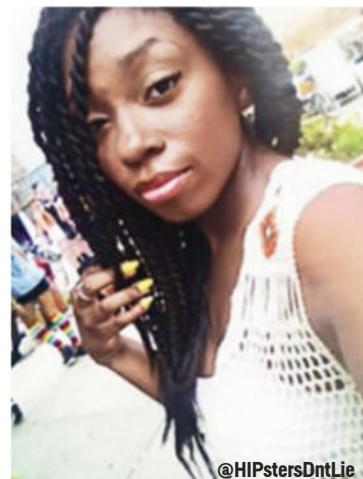
POWER POUTS

Statement lips look fierce in pics.



COMPLEXION PERFECTION

Seriously, their skin freaking glows!



BEST DRESSED

Buns, braids, bangs, and more!





PRESENTS

HOW TO HIDE

Last Night's Antics

Late-night date night? Partied till the sun came up? You'll need to learn how to fake 8 hours of beauty sleep. Follow our plan of attack to be one of **Olay's Fresh Effects** #FreshAMGirls—no matter what!

REFRESH YOUR GAZE

Two swipes of waterproof mascara will amp up your eyes and erase any lingering evidence of last night's events.



REDUCE YOUR BAGGAGE

Try Olay Fresh Effects {Bright On Schedule!} Eye Awakening Cream. It has a unique tri-ball roller applicator that cools skin and speeds up shrink time for puffy eyes!

TAKE YOUR MAKEUP OFF

Crashing into bed to try to snag a few hours before your alarm? Cleanse in a snap first with a premoistened wipe—your skin will thank you in the AM. **Olay Fresh Effects {Everything Off!} Deluxe Make-Up Removal Wet Cloths** get rid of even stubborn mascara in a single swipe.

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DID WE MISS SOMETHING? Tweet @FreshEffects and @Cosmopolitan with your favorite "morning after" tips!

AVAILABLE AT TARGET

STAY SEXY ALL MONTH LONG



BLURRED LINES

It didn't take long for an Insta-inspired skincare trend to pop up. Like a filter, blur creams temporarily hide fine lines, wrinkles, and pores by filling them in and refracting light. Foundation, optional.

Garnier Skin Renew 5 Sec Blur Instant Smoother, \$17, [drugstores](#); Lancôme Visionnaire 1 Minute Blur, \$55, [lancome.com](#)

AHOY, MANIS!
What's red, blue, and striped all over? Dior's nautical nail-art kit. Inside: a red or blue polish plus stripe-embossed decals (stamped with the Christian Dior logo). Just paint and press.



Dior Manicure Transat Nail Polish and Couture Stickers Duo in Sailor and Captain, \$30 each, [dior.com](#)

SEX & CANDY

What could be a more delicious combination? The caramel-packed fragrance (inside a bottle shaped like a wrapped candy) will make you smell as edible as its name, Bonbon!



Viktor & Rolf Bonbon Eau de Parfum, \$80, [saks.com](#)



CHEEK STAMP

For flushed cheeks (minus the brush), just tap and go!

Mirabella Cheeky Blush, \$30, [mirabellabeauty.com](#)



Not-So-DIY Dye

At-home hair color with no mixing? Sign us up! Press a button to dispense the right amount of developer and color—housed separately inside this canister—as an easy-to-apply mousse. Bonus: The remainder stays fresh for touch-ups.

L'Oréal Paris Preference Mousse Absolue, \$15, [drugstores](#)



PROJECT AWESOME

We were already obsessed with this styler—the number-one-selling professional spray—then Christian Siriano comes along and designs a limited edition bottle. Fierce!

Sebastian Professional Shaper Hair Spray, \$16.95, [sebastianprofessional.com](#) for salons



When life slows you down,
turn the music up!



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Some girls see the bright side in any situation.
A traffic jam? Just a chance to unleash your
inner pop star. Start every day with a razor
that's just as bright and colorful as you are.

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HOW DO YOU SEE YOURSELF?

There's a thin line between wanting to look pretty and becoming obsessed with perfection. **Monica Corcoran Harel** investigates.

My nostrils look like bat caves. Another age spot?

Why are my lips so crooked?

Staring into my iPhone, I've gone from smiling to pouting to looking pensively at the camera, all to get the perfect pic for my LinkedIn profile. (I've been at this for about half an hour now.) Somewhere around the 24th shot—which, of course, I hate—I realize it's not a lighting issue or the wrong lip gloss. It's

me: I'm more self-conscious and critical than ever. I don't think I was always like this.

Once, only celebrities battled constant scrutiny. But now everyone has a public image—whether it's Facebook, Instagram, Twitter, or the most superficial of all, Tinder—and it's being viewed on a daily, sometimes hourly, basis. We've never had to look at ourselves (or one another) so much. And for some women, it creates a compulsive obsession with looking perfect...the feeling like something's always a little off. Call it *beauty dysmorphia*.

Much like body dysmorphic disorder, a mental condition that afflicts about 2 percent of the population and makes them fixate on a perceived physical flaw that doesn't exist, beauty dysmorphia causes a warped sense of self-image. And while it may not be a clinical diagnosis, coveting extra-pillowy lips, crease-free skin, a perfect nose, or killer cleavage (the list goes on) can cause some women to display one very real body-dysmorphic tendency: an obsession with cosmetic tweaking. And it's easier than ever to indulge in.

If You Don't Like It, FIX IT

"Cosmetic surgery is no longer the domain of ladies who lunch or the rich and famous—true just a decade or so ago," says Vivian Diller, PhD, a psychotherapist in NYC who specializes in women's issues. Affordable, accessible treatments may sound like progress, but they can be a slippery slope.

The biggest game changer of all: wrinkle-reducing injectables.

Don't just treat the acne you see.
Treat the acne you never saw coming.

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It's not just the acne you see that's the problem,
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at Neutrogena.com/Acne

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Initially, a treatment to smooth a few unwanted furrows, "they're now the go-to for avoiding wrinkles altogether," says Ellen Marmur, MD, a dermatologist in Manhattan and associate clinical professor at The Mount Sinai Medical Center. The widely accepted practice of smoothing expression lines before they even form or plumping skin before it slackens seems like common sense, not to mention a smart investment, to many 20-somethings. So much so that in the last three years, Botox has spiked 30 percent

among the set (with volumizing injectables like Restylane and Juvederm also gaining popularity). It's not a bad thing to want to preserve your skin, but this practice can easily change the mind-set of women (particularly those with beauty-dysmorphic tendencies) who now—with a doctor's approval—see problems before they even exist.

"Having a wrinkle smoothed or even your lips plumped is usually the gateway to more cosmetic treatments," says Jessica Wu, MD, a dermatologist in Los Angeles with a celebrity clientele. "Once they become comfortable with a needle, they start to consider more invasive surgeries like cheek implants, lip lifts, and breast augmentation."

The Social FACTOR

Putting your image online, especially if you've spent time or money perfecting it, presents a whole new set of problems. Considering how I felt taking (and retaking) my LinkedIn profile picture, I can see how the cycle starts. I'd never scrutinized my image so hard...or for so long.

"Social media has made us more conscious of our natural flaws,"

SELF-CRITICAL MUCH?

COSMO GIRLS WEIGH IN ON THE PRESSURE TO BE PERFECT



"I hate my teeth so much that I try not to smile—even in photos."

—DIANA B., 36



"When people say I'm pretty on Facebook, I assume they're just being nice."

—EBONEY W., 25



"I'll never go to the beach with my sister. I look huge next to her super-fit bod."

—BEAUTY EDITOR LONIA A., 29

says Diller. After all, how many times have you seen a girl out with friends lunging for a phone, demanding approval rights before a pic is posted? And ever since Instagram hit the scene—with its skin-perfecting filters—reality seems a bit tougher to take.

"I've heard girls say, 'Oh, don't post that pic—it's just...me!'" says Diller.

It's also easier to see how you stack up against everyone else, an issue health experts have identified as compare-and-despair syndrome, which is driving a more extreme

plastic-surgery trend. A recent poll by the American Academy of Facial Plastic and Reconstructive Surgery found that doctors are seeing a 31 percent increase in cosmetic requests from people who say they want to look better online.

Cue the Facebook Facelift. What sounds like a Joan Rivers-style overhaul for the 60-plus crowd is actually a series of smaller procedures—chin augmentations, nose jobs, lipo—done by the selfie generation with the end goal of looking hotter in social-media pics.

Pack MENTALITY

One of the more disturbing aspects of this mind-set: It can be contagious. Think about it. If everyone in your circle has her frown lines ironed out and her lips plumped like bike tires, you might start to view these treatments as simply things you do, like plucking your eyebrows or highlighting your hair. Your beauty standards may shift so that duck lips and a frozen forehead are what pretty looks like to you, and you become willing to go under the needle to fit in. Our friends have

influence over what we think is normal, and that extends to the spa and derm's office.

"I have many groups of super-close friends and sisters who schedule their appointments together," says Dr. Marmur. She adds that when it comes to treatments, certain pals are enablers who lead the way. "It's a healthy thing to do if the lead friend is typically a good judge." But if she displays dysmorphic tendencies? It can become a situation of the blind leading the blind. Before you know it, a group of friends starts resembling the *Real Housewives*.

Reality CHECK

It's human to look in the mirror and see room for improvement. But how do you know when your thoughts (and behaviors) cross into dysmorphic territory? Diller has a handy three-point checklist: when your view of beauty becomes too rigid (e.g., you're trying to look exactly like Miranda Kerr or Adriana Lima), when the voice in your head is constantly critical, and when your appearance becomes top priority. If this sounds like you, there are therapists who specialize in image issues.

Here's how I handle the pressure to be perfect: When I find myself scrutinizing an age spot like a Rorschach test or counting my pores, I take two steps back from the mirror. It's a much nicer view. ■



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EDITED BY SARA AUSTIN

Interview

DISASTERS!

(and How to Avoid Them)

BY LIZ PLOSSER



NIGHTMARE COMMUTE

Rita J. King

Codirector, Science House

"On the way to an interview, I hit a traffic jam and was sweaty and frazzled when I arrived 15 minutes late. The guy interviewing me was laid-back about it, but it still clouded the conversation. I forced myself to focus, and I got the job anyway. But ever since then, I budget an extra hour to get to an interview or meeting. If I have to kill time, that's fine—it's quality time for clearing my head and pumping myself up."



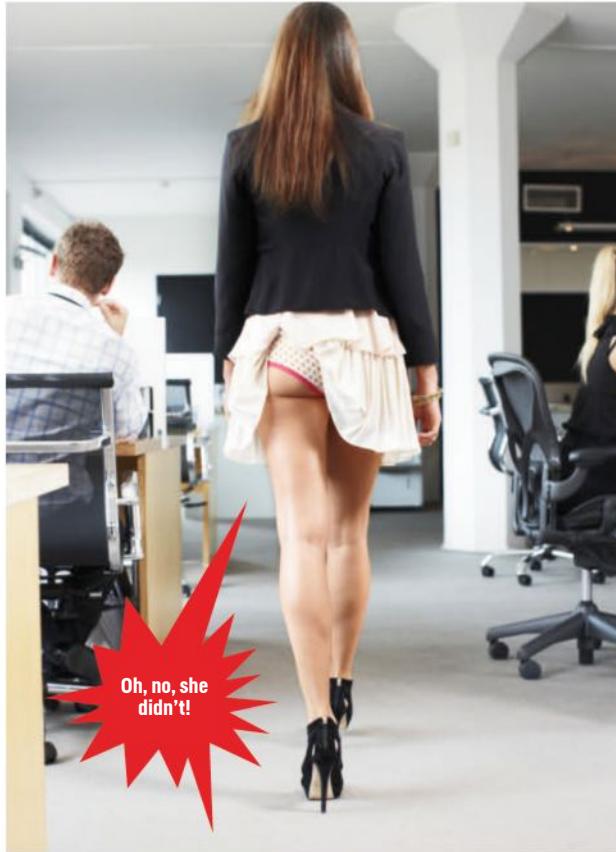


UNHAPPY ENDING

Kristen Welker

NBC News White House correspondent

"As I shook hands goodbye with a producer I'd just had a great interview with early in my career, I blurted out, 'If you offer me the job, can I have time to think about it?' That's what my parents had prepped me to say... when I got an actual job offer. It was a lesson in damage control. I called him an hour later to tell him how much I'd enjoyed our conversation and how much I wanted to come work for him."



WRONG ANSWER

Rebecca Mielwocki

2012 National Teacher of the Year

"In one Teacher of the Year interview, a panel of top education experts grilled me. I bombed a question about policy—the woman who posed it crinkled her nose and leaned back in her chair as I spoke. But as I was tanking, I kept moving forward. It's okay to miss a couple of questions."



WILL I GET FREE STUFF?

Jaime Maser

Founder, Maser Communications

"I was interviewing at a fancy beauty company in NYC and asked what free perks they had. What was I thinking? The interviewer looked at me like I had three heads!"



MORTIFYING MEAL

Rachel Sklar

Founder of TheLi.st

"After a morning of interviewing at a big law firm, two associates took me to lunch. I ordered a Bloody Mary, thinking it would make me seem mature and worldly. But then the associates had soda water.

I was mortified! To make it worse, I ordered a pizza, which turned out to be enormous, crispy, and impossible to eat politely. Now, I always defer to the interviewer to set the tone, including ordering first, and I choose a nice, safe salad so my meal doesn't become a distraction."



PSYCH OUT

Asha Sharma

Chief Marketing Officer, Porch.com

"I was interviewing for an internship at a tech company, and I felt so out of my league. When the interviewer didn't respond positively right away to one of my answers, I kept expanding on it. I nervously rambled on for an hour without allowing her to talk! I'm sure I made her uncomfortable, and I never heard back. Attitude is as important as aptitude. Own the room, or it'll own you."



GRITTING IT OUT

Eleanor Langston, CEO, Paintbox Nail Studio

"The day after I had surgery to remove a vein in my leg, a magazine called me in to meet with the editor-in-chief for my dream job: beauty director. I had bandages wrapped around my knee up to my hip, but I concealed it all by wearing a DVF dress and heels. No one ever knew that I only put on my Louboutins to walk down the hall for my meeting. I landed the gig!"



JERKS HAPPEN

Melissa Allen, Integrated Product Team Lead at The Boeing Company

"The recruiter for an internship in electrical engineering asked me complex questions on subjects I hadn't studied yet, then belittled me for not knowing the answers. I left feeling that maybe I'd chosen the wrong field and tearfully called my mother from the bathroom. She reminded me that I was smart and talented. She was right: I now lead engineering projects at a top defense firm. As awful as that interview was, it taught me to turn doubt and fear into perseverance and success."

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Fun, Fearless Work



YOUR CAREER GET-AHEAD GUIDE **WORK HARD AND LOVE IT**

Back in college, **Amy Klobuchar** submitted an article to Cosmo... and oops, we rejected it. So she went to law school instead and then from Minnesota all the way to the U.S. Senate. She shares what she's learned along the way.

LEADERSHIP STARTS AT THE BOTTOM

As an intern for Vice President Walter Mondale, I arrived the first day ready to write policy memos and change the world...but my assignment was doing an inventory of the furniture. I spent three weeks crawling underneath sofas and tables. I learned two lessons. One, the Vice President was honest—nothing was missing.

Two, you have to take your job seriously, even though it may not be the job that you dream of having. That was my first job in Washington, D.C.—senator was my second.

GET A LITTLE HELP FROM YOUR FRIENDS

I was one of the first women partners at my law firm, the first woman in my Minnesota prosecutor job, and the first woman elected from my state to the Senate. So advice from women who had done similar things was important for me. The women of the Senate—given that there are only 20 of us and 80 men—have worked hard to build friendships across party lines. We have potluck dinners and know one another's families. It's no surprise to me that all 20 women voted for the compromise to get out of the shutdown last year. We have built the trust you need for compromise to happen.

ALWAYS KEEP YOUR SENSE OF HUMOR

My first lunch in the Senate was in the LBJ dining room, which is very fancy. I grabbed some soup off the

buffet and got ready to dive in, and all of a sudden, Patty Murray, the senator from Washington, ran around the table, grabbed my arm, and said, **"Amy, you took the entire bowl of Thousand Island dressing, and you're about to eat it!"** Of course, it was a woman who came to my rescue. I just laughed and said, "Well, that's the way we do it in Minnesota! We eat the Thousand Island dressing." While you have to take your work seriously, you don't always have to take yourself seriously. Admit that you have flaws, and don't try to be perfect all the time.

GET STUFF DONE

Someone once said that women politicians have to speak softly, which I don't agree with, and carry a big statistic—that, I agree with. **Women politicians tend to lead by being accountable for results.** We focus on goals and outcomes. You can't get by on just swagger.

PUT IT IN PERSPECTIVE

In any job, you can come under attack or have a door slammed in your face. You do want to listen to critics; you don't want to be in a cocoon and never change. Get a second opinion from coworkers and friends. Know that criticism can be valid, but don't take it personally.

RELISH THE BEST PARTS

In my job, there are a lot of personal attacks. But then I'll do a neighborhood forum and be introduced as "the best thing since canned beer." Enjoy the great parts of your job, and let them balance out the negative.

AMY TAKES THE COSMO CAREER QUIZ

**WHAT STANDS OUT
IN AN INTERVIEW?**
**Passion—I look for
someone who seems
excited about the
potential for the work.**

**DO YOU HAVE A SECRET
TO PUBLIC SPEAKING?**
**Projection and eye
contact are key. My fourth-
grade teacher, Miss
Kalionen, would go to the
back of class and yell, "You
have to speak loud enough
so that I can hear you...
and look right at me!"**

**ANY TIPS ON DEALING
WITH THE PUBLIC?**
**Even when you are tired or
rushed, always try to treat
each person you meet with
dignity and respect.**

**WHAT SHOULD YOU
WEAR TO THE OFFICE?**
**I work with people who
wear some really nice
clothes that I can't quite
afford! Try not to dwell on
that. Look professional, and
remember that the quality of
your work matters more than
the quality of your clothes.**

CLOCKWISE FROM TOP LEFT: COURTESY SENATOR AMY KLOBUCHAR (3) J. SCOTT APPLEWHITE/ASSOCIATED PRESS; MARK MCWILLIAMS/GETTY IMAGES; PATRICK MCMILLAN/ASSOCIATED PRESS; DENNETT RAGIN/GETTY IMAGES.



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CASHING IN **OUTSMART** **STUDENT** **DEBT**

Sallie Mae: Kind of a bitch, right? Americans owe more than a *trillion* dollars in student debt. Alexa helps ease your monthly misery.



Cosmo's financial columnist, Alexa von Tobel, CEO of LearnVest and author of *Financially Fearless*

FIND A GOOD LENDER

If you're shopping for a loan, borrow the max you can from Uncle Sam. Fed-

eral loans tend to have the lowest interest rates, and the rates are fixed. Private lenders can fill the gap, but beware—some may try to lock you into a plan that's not best for you. Get a financial adviser to look over the details before you sign. (Your first consultation with a LearnVest adviser is free.) Then, a service like SoFi.com can help you combine federal and private loans, which means just one monthly payment...and often a lower overall interest rate.

KNOW WHAT YOU OWE

Confusion is the norm. Your parents may have set up your loan. Plus, unlike a credit card or cable bill, where it's easy to see the bottom line, student-loan statements have so much fine print, it can feel like you're taking the SATs again. Use the National Student Loan Data System (NSLDS.ed.gov) to see how much your federal loans are. Not in the database? You may have a private loan.

PAY MORE IF YOU CAN...

Now talk to your loan service company to get its advice on payment-plan options. If you can afford it, you may want to pay more now, because the longer you keep the loan, the more money you spend on it. Take a woman paying \$270 a month on a \$30,000 loan. If she paid \$300—only \$30 more each bill—she could eventually save \$1,500 in interest!

...BUT PAY LESS IF YOU NEED TO

If you're not earning much right now, talk to your loan service company about graduated payments, which go up as you age and hopefully earn more. Two federal programs, Income-Based

Repayment and Pay As You Earn, cap loan payments at 15 percent of your salary. IBRInfo.org has details.

ATTACK DEBT WITH GOOD DEEDS

If you've worked at a government agency or for a nonprofit for 10 years, you may be eligible to have some or all of your federal loans erased, thanks to the Public Service Loan Forgiveness program. Go to StudentAid.ed.gov to see if you qualify.

USE WINDFALLS WISELY

Your principal is the amount you borrowed. You pay interest on that sum every month, so the smaller it is, the better. If you can ever afford to pay more than the minimum due—say you get a birthday check or bonus—tell your loan servicer you want that money treated as a reduction of principal. Otherwise, they'll count it as an early payment for next month, and you won't save on interest.

ENJOY A TAX BREAK

Don't forget to deduct your student-loan interest when you file this year. You could lower your taxes by up to \$2,500.

SHOP DOWN DEBT

Sign up for Sallie Mae's SmarterBucks program, which syncs with your credit card. You earn cash rewards that you can apply to any student loan (not just Sallie Mae's) as you buy stuff at retailers like Target, J.Crew, and iTunes. Pretty major!

PRO TIP

Student loans stick with you even if you declare bankruptcy. Always, always pay your bill.



Katherine Heigl, Real-Life User and Snoozer.



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Fun, Fearless Life

DRESS FOR THE JOB YOU WANT

Name **ANDREA CARDINALI, 31**
City **EASTCHESTER, NY**

Former Gig **Client-services manager for a hedge fund**
Dream Job **Elementary school teacher**

"I majored in early education—I like using my creativity to make learning fun for kids. But I needed to save for grad school, so I got a job with a hedge fund and ended up staying. But when the economy changed, my company folded, and I decided it was time to get back to my passion."

"My teachers used to wear sweater vests and long floral skirts. I'm so glad I won't have to!"

PHOTOGRAPHED BY DAVID BRANDON GEETING
FASHION EDITOR: CATHERINE PERIDIS

WHAT SHOULD I WEAR?

"My old work wardrobe isn't very fun—I didn't want to draw the wrong kind of attention in an office full of guys. Now I want to jazz things up with color and texture but keep it professional. What's appropriate for a teacher?"

THE OUTFIT A bright pencil skirt and button-down is friendly but authoritative, just right for working with kids, says *Cosmo* fashion director Aya Kanai.

Button-down, Nic and Zoe, \$118, nickandzoe.com; skirt, Joe Fresh, \$39, joefresh.com for store locations; shoes, Ann Taylor, \$128, annaylor.com; bag, \$59.90, earrings, \$24.90, Express, express.com; bracelet, Tacori, tacori.com; necklace and ring, Andrea's own

THE HAIR Teachers start the day early. To get Andrea out the door fast, *Cosmo* beauty director Leah Wyar suggests rough drying her natural waves (using her hands instead of a brush when blow-drying), then scrunching in texture spray.

THE MAKEUP Maybelline New York makeup artist Melissa Silver used cream textures (easy to blend in a hurry) in peach shades for her lips and cheeks and taupe on her eyes.

Maybelline New York Master Glaze Glisten Blush Stick in Coral Sheen, \$9, drugstores; Maybelline New York Color Whisper in Go Nude, \$7.50, drugstores; Maybelline New York Color Tattoo 24HR Cream Gel Shadow in Tough as Taupe, \$7, drugstores

These low heels are practical but chic.



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A PERFECT
BLACK SUIT AND
THREE LETTERS IN
YOUR FUTURE: CEO.**



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KNOW YOUR VALUE STOP SAYING YES (WHEN YOU WANT TO SAY NO)



How to use the most important word you're not saying.

BY MIKA BRZEZINSKI

Cosmo career columnist and *Morning Joe* cohost Mika Brzezinski

AFTER I HAD MY SECOND CHILD, I WANTED TO SHOW MY BOSS

I could handle anything. I said yes to coming back too soon and working the overnight shift! I was so beat, I fell down the stairs holding my baby—she spent eight weeks in a body cast. She's fine now, but that was an excruciating price to pay for not being able to say no.

Since then, I've trusted that I'm good enough that saying no won't hurt my prospects. Actually, being direct about what you want—without second-guessing or excuses—shows you value yourself. Power through awkward moments like these and you'll get to your yes.



Don't get talked into being a *Shopaholic*.

THE I-DO-NOT-NEED-THAT NO

You find the perfect dress for your friend's bachelorette. Then the saleswoman starts insisting you get this belt and those earrings too.

SAY "I love that, but I'm not going to get it today." The sales assistant is just doing her job—she doesn't take a no personally and you shouldn't either. You're wasting her time by acting like you're deliberating or putting something on hold just for show. Say no, be lovely about it...and leave.

THE PARENT-TRAP NO

Mom and Dad invite you on a cruise. You get only two weeks off and think this would be an awful way to spend one of them.

SAY "I love you and that's so generous, but I can't. How about a weekend visit?" Time with you may be more important to them than the plan. Be quick and sweet, and don't make up a story. They knew when you were lying at age 8; they'll know now. P.S. Don't get guilted! You're an adult!



Cruising with the fam? A *Titanic* no.



Not today, Cameron (no matter how cute you look).



Olivia: Put down the phone.

THE "U UP?" NO

The Guy You Want to Date said, "Let's hang Saturday."

At 1 a.m., he *finally* texts, indicating his interest in, ahem, hanging. Nuh-uh.

SAY Text, "No thanks."

Wait a beat. Then, "But dinner Wednesday?"

If you want more, don't take less for fear he'll disappear. Forget about jumping like it's the president calling! You'll save yourself months of pain by being clear with him and sticking to your decision.



THE WEEKEND-WORK NO

Your boss asks you to work on Saturday, but your cousin is getting married.

SAY "I would love to work on that with you, but I have a big family event. What if I stayed late Friday night?"

Apologizing or going into an absurd amount of detail seems weak. Be calm and make eye contact and she'll respect what you're saying. Then follow up with an alternative solution if you can, so everyone wins.

THE KICKSTARTER NO

Your friend has a great idea for a vegan-snack-sample-delivery business, but you do not have the dough.

SAY "I just gave to another friend's charity race, so I'm tapped out. Can I help by making an intro for you instead?" Little white lies can be okay.

You don't have to share details about your finances with friends. Value the work you did to earn your money, and donate only to causes that move you.

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COSMO HOT TOPICS: THIS MONTH, WE'RE TALKING ABOUT...



Q&A CAN YOU LEARN TO BE MORE CONFIDENT?

Katty Kay did. The cool and collected anchor for BBC World News America tells you how to beat your nerves.



Q Why write a book on women and confidence?

A In interviews, we noticed a theme of self-doubt among accomplished women that we didn't notice in men. Research shows that confidence trumps competence as a quality for success, so obviously we found this alarming. For too long, women have thought, *If I work hard and play by the rules, my talents will be rewarded*. Then they've watched guys around them get promoted. We work hard, but we need confidence. It's critical for women's equality.

Q Are some people just born more confident?

A Yes, there are genes that predispose people to confidence—and men and women are equally likely to carry them. Genetic research shows that between 25 and 50 percent of confidence comes

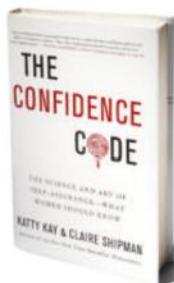
from your genes, but that leaves a lot of room to grow. Neuroscientists confirm that we can rewire our brains and get more confident simply by pushing ourselves out of our comfort zone. Reading the news to millions of people doesn't test my confidence, but it once did. What tests me now is putting myself in unfamiliar situations and trying things I don't know how to do.

Q When was the last time you felt really nervous?

A Recently, I walked into a roomful of Middle East experts at the White House. The men were dominating the conversation, and I was terrified of asking a question. I had to physically force my hand up. And guess what? The question was as good as anybody else's. After all these years, I have to remind myself not to let my feelings stop me from doing things I want to do.

Q What are some things you can do to gain confidence?

A Give a toast at your best friend's birthday. It doesn't have to be before 2,000 people or an executive board. You might blush and stumble, but people will respect you for supporting your friend. At a party, dare yourself to chat with a stranger. I challenged myself to kite surf—even after two summers, I looked like an idiot being dragged down the beach. But after many years, I've mastered it. I feel physically braver in other ways. It's a virtuous cycle.



Katy's book, *The Confidence Code*, coauthored with Claire Shipman, examines why getting more moxie matters for women's equality.

1 IN 5

**WOMEN ARE
SEXUALLY
ASSAULTED WHILE
IN COLLEGE**

If that makes you mad, then Barack Obama agrees with you. "We want all universities and colleges to address this outrageous

problem," says Valerie Jarrett, a senior adviser to the president. She is helping head up a new White House task force to combat sexual violence on campuses.

The action plan includes talking to everyone affected, from students to administrators and law enforcement, then making recommendations this spring.

"It can't just be women talking to other women," Jarrett says. "Men can be an important part of the solution." Get involved at OneStudent.org or LoveRespect.org.

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FUN FEARLESS FEMALES

These women are kicking ass and making a difference.
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"At times, it felt dark as a survivor, but focusing on others has helped me heal," says the L'Oréal Women of Worth Honoree.

THE SURVIVOR

Lauren Book, 29, founder, Lauren's Kids

"I was sexually abused by my female nanny from age 10 until I was 16," says Lauren Book, whose efforts to end child sexual assault have helped pass more than a dozen Florida laws. In 2007, she started Lauren's Kids, a foundation that gives voice to the 1 in 3 girls and 1 in 5 boys who will be sexually abused by age 18 in the U.S. This spring, for the fifth year in a row, she'll walk the length of the state of Florida, joined by survivors and supporters. "Walk in My Shoes has become a physical manifestation of the healing journey. It seems impossible, but with every step you take, you're a little closer," says Book. "I get on the road for 42 days to let survivors know that they are not alone." (Follow her @LaurensKids #WhyIWalk.)

—ANGELA LEDGERWOOD

THE TEAMMATE

Kate Fagan, 32, sports writer

Coming out as a lesbian on a college basketball team made up of born-again Christians was never going to be a slam dunk, but for Kate Fagan, keeping it secret was harder. "My teammates believed being gay was something you overcame with faith and prayer, so I tried, continuing to go to church and Bible studies, hoping somehow my feelings would change," says Fagan, a guard for the nationally ranked University of Colorado Buffaloes from 1999 to 2004, now a writer for espnW. In her new memoir, *The Reappearing Act*, Fagan recalls coming out to friends and family in 2003, only to be told by a teammate that God wasn't okay with her being gay. It took seven more years for her to be completely open. She'd worried it would hold her back from the writing career she wanted. Instead, she says, "when I fully came out, I could connect with people better because I wasn't defensive. It was a huge turning point in my career. I hope my story will empower people to come out sooner than I did." (Follow her @KateFagan3.) —A.L.

"I don't want anyone to deny who they are for as long as I did," Fagan says.



THE DREAM WEAVER

Mariama Mounir Camara-Petrolawicz, 31, cofounder, There Is No Limit Foundation

"I come from a place where women don't have much of a voice," says Mariama Mounir Camara-Petrolawicz, whose father is a politician in the Republic of Guinea. At age 18, she moved to the U.S. with \$100 in her pocket, finding work in the fashion industry. Seven years later, she and her younger sister founded There Is No Limit, a nonprofit—powered by donations and revenue from partnerships with designers—that supports farmers, students, and artisans in her home country. In 2013, the foundation teamed a group of tie-dyers with Tory Burch, and Michelle Obama has worn the prints. "We're going to keep fighting for Africa," the activist promises. (Follow her @ThereIsNoLimitF.)

—LAUREN PANARIELLO

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SANDWICHES

4 COUNT

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CALORIES

EXCELLENT SOURCE OF
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NET WT 20.4 OZ (1.27 LB) 578g

250
CALORIES
PER SANDWICH

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SAT FAT
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650mg
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2g
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17g
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Cosmo Investigates

WHO ARE YOU CALLING A **BULLY?**

A **12-year-old** Florida girl leaps off a tower to her **death**. Two of her classmates are **arrested**, accused of a modern rite of middle school: sending cruel, **harassing texts**. Now, with the charges dropped, one of the **accused** talks about the case that turned into a national sensation...and a **tragedy** for three girls who once called one another **friends**.

BY ABIGAIL PESTA

PHOTOGRAPHED BY ANDREW HETHERINGTON



Katelyn Roman
says she was
wrongly charged.

EARLY ON

a September morning in the small Florida city of Lakeland last fall, Rebecca Sedwick woke up and started texting on her cell phone. “I’m jumping,” she wrote to a friend in another state.

“I CAN’T TAKE IT ANYMORE.”

She got dressed for the day—white hoodie, black denim shorts, mismatched pink socks—and walked out the door. Instead of boarding the school bus as usual, she walked nearly a mile to an abandoned cement plant. She slipped through a chain-link fence, crossed a concrete lot, and climbed a ladder on one of two towering silos. And then she leapt to her death.

She was 12 years old.

Rebecca’s anguished mother, Tricia Norman, told police that her daughter had been ostracized by a circle of middle school girls. Detectives investigated and agreed that bullying—both online and in person—had contributed to Rebecca’s death. And that’s when this local tragedy exploded into a national controversy.

The sheriff brought felony aggravated-stalking charges against two of Rebecca’s former classmates: Katelyn Roman, who was 12 years old at the time, and Guadalupe Shaw, who was 14. Their names and photos, which officials released to the public, soon led news reports. CNN called it a “tipping point” that could spark other charges against “adolescent bullies.”

The charges against the girls would be dropped for lack of evidence: Detectives said the companies behind the texting apps Rebecca had used did not provide a history of texts she received. But Katelyn Roman, in an interview with *Cosmopolitan*, says police didn’t find harassing texts from her because she is not a cyberbully. She says she had a typical middle school fight with Rebecca a year before the suicide—and it ended there. “I did not do what they said I did,” she says. “I feel like they had no right to put my face out there.”

The Polk County sheriff, Grady Judd, stands by the arrests and says he would do the same thing again. “Our concern was for the victim,” he says. “It was the right thing to do—period.” Citing research that says girls are more likely than boys to commit cyberbullying and to be the targets, he says he felt a moral obligation to raise awareness. The tragedy leaves troubling questions. What constitutes bullying, exactly? When does it become a crime? And how do you punish it when both the victim and the accused are sixth-grade girls?



Katelyn, now 13, stands outside the chain-link fence at the cement plant where Rebecca jumped to her death. It’s a cloudy January afternoon, some four months after the tragedy, and Katelyn is here with two good friends and her mother. The girls stand together in a silent row, gazing up at the pair of silos, several stories high. It’s a lonely scene, a forgotten lot in a rundown area on the fringe of town. Weathered tributes to Rebecca line the fence—purple plastic poinsettias, a lineup of teddy bears, a Snoopy card. A handwritten note reads, “You were amazing.”

“I think she might have slipped,” murmurs one of Katelyn’s friends, whose family has asked that her name be kept private. The other friend, Rumi, whose family asked that her surname be kept private, nods



❶ Rebecca's gravestone is circled with tributes. At her funeral, pallbearers wore anti-bullying tee shirts.

❷ The twin silos, once used to mix cement, are each about 60 feet high.

and says, "I think so too." The three girls discuss how the tragedy could have happened—perhaps Rebecca lost her balance or misjudged how much space she had up there. After some discussion, all three agree: she slipped.

Katelyn and Rebecca were once good friends. They first met at Crystal Lake Middle School in the fall of 2012, when they were starting the sixth grade. Both had gone to different grade schools, and they were trying to find their footing at the new school. "In fifth grade, you're at the top," Katelyn says. "Then you're just this little sixth grader."

A soft-spoken girl with long brown hair and hazel eyes, Katelyn liked Rebecca because "she was really fun—she knew how to let loose," she says, recalling a time the two girls drew cat noses on their faces at school and "went around like that all day." The girls enjoyed roller-skating and hanging out at the mall in Lakeland. It's a scenic city of lakes, mossy trees, and historic buildings in soft pastels but with rampant poverty too. Outside the picturesque main square, pockets of town are lined with ramshackle homes.

Katelyn grew up in Lakeland with her mother, Michelle Gill, a divorced mother of four who works in sales. Katelyn's father, Emilio Roman, a retired veteran, had lived nearby until his daughter was arrested. The day after Katelyn's arrest, he moved in with his ex-wife and daughter to help them navigate the crisis.

In the early weeks of the sixth grade, Katelyn met another girl she liked, Guadalupe Shaw. "I thought she was cool. I wanted to get to know her," she says. At school, Guadalupe was the queen bee, with a growing hive of friends. At home, Guadalupe had her struggles, according to her lawyer, Andrea DeMichael. "Her upbringing

was not a model upbringing," she says. Guadalupe grew up with her father, rarely saw her mother, and often had to care for her siblings. She now lives in a blended family of seven siblings, along with a stepmother and her father, according to her lawyer.

Katelyn says both she and Rebecca became friends with Guadalupe. But then Katelyn began to have some issues with Rebecca; she says Rebecca was lying. "Nothing major," she says. "Just tiny things. One time, she said we skipped school together when we hadn't." Another time, Katelyn says, Rebecca spun a story about being kidnapped to explain why she hadn't gone home after school one day.

At the same time, Guadalupe grew interested in a boy who had once been Rebecca's boyfriend. Worried that the boy still had feelings for Rebecca, Guadalupe began turning girls against Rebecca, according to Katelyn. "She had so many people on her side," she says. More than a dozen girls began to ostracize Rebecca, and Katelyn felt the pressure too. "I was still her friend. But everyone was telling me she was a liar. I'd hear it all around school. Every day, I'd hear stuff about her," she says. "I didn't want to believe what everyone was saying, but I didn't know what to do."

To get away from the drama, she told Rebecca she didn't think they should be friends anymore. That did not go over well. "She was mad," Katelyn says. "She said it didn't matter, because I wasn't a good friend anyway."

For Katelyn, the peer pressure didn't end with the de-friending. She says the other girls started suggesting that she "fight" Rebecca. One day between classes, some kids pushed her into Rebecca, and the fight was on. Katelyn says that she pushed Rebecca and Rebecca pushed back. Katelyn got her in a headlock while Rebecca was swinging, she says, before a teacher broke it up.

Although other accounts differ on the timing, Katelyn recalls the fight happening in October 2012, nearly a year before the suicide. For a couple of weeks before and after the fight, Katelyn says, she and Rebecca zapped some heated texts back and forth, calling each other things like "ugly" and "ho." After that, she says, they stopped communicating entirely.

❸ The events sparked reports in the local paper, *The Ledger*, and spread nationwide.

THE LEDGER

By STEPHANIE ALLEN & MATTHEW PLEASANT
THE LEDGER

LAKELAND | A 12-year-old Lakeland girl was found dead early Tuesday morning at an abandoned cement building, which is what her family is calling

That Dead Girl

"Noooo ur like ugly tho and like u listen to emo music and u r just a terrible person. Just like u that u r a

BY SUZIE MULRONEY
nounces months
or Sept. Terry Jo
own Govt and Poli
Brenda

Cosmo Investigates

Katelyn says she heard from Rebecca only one more time, in the summer of 2013. "She texted me and said, 'Do you want to be friends again?' I was nice about it, but I said no. I just didn't want anything to start up again." That, she says, is the last time they were in touch.

Rebecca Sedwick was a pretty girl, with long brown hair and a warm smile. "She loved being silly," says her mother, Tricia Norman. "She loved cheerleading. She and I would go to [the mall] once a month for a 'girls' day' and get our pedis, see a movie, have lunch, visit the bookstore and Yogurt Mountain." Rebecca treasured her favorite teddy bear, the one with glowing lights in its belly. "I bought it when she was 4," says her mother. "I sleep with it now."

Rebecca's Instagram account looks like a typical pre-teen collage of goofy self-portraits and posts. Her screenname was *_whuuuuut_*. In one picture, she's kissing a jar of Nutella; in another, she shows off a red streak in her hair. But her comments suggest moments of angst. "Well... i'm Being ignored... by Everybody... So imma Go Try And Sleep... Thanks To Those ignoring," she wrote a few months before her death. In one of her final posts, she wrote, "Dear school, I hate you."

Rebecca grew up in Florida with her mother, stepfather, brother, and sister. Her stepfather works in refrigeration and air-conditioning; her mother has worked as a medical assistant. Tricia says that before her daughter went to Crystal Lake, she loved school, made the honor roll, and had "tons of friends."

Tricia says Rebecca first told her in November 2012 that she was being bullied at school. In the weeks that followed, "she came home near tears every day," Tricia says. "And every day, I would address the school, either by phone or in person." A spokeswoman says the school received only one written complaint, a claim Tricia denies.

In December 2012, Tricia noticed marks on her daughter's wrists. "When I saw the cuts—more like scratches—I immediately took her to the ER and asked them to please get her some help," she says. Her daughter said she had been cutting herself to relieve stress. "She went to counseling from that point on," Tricia says. "She told them she was not and never had been suicidal."

The school changed Rebecca's schedule to separate her from the other girls, according to case documents, but in February 2013, Tricia says, her daughter was targeted in

a schoolyard fight. She says this was the fight with Katelyn, but Katelyn says that fight happened months earlier and is being mistaken for another incident. The school won't comment, citing student-privacy laws.

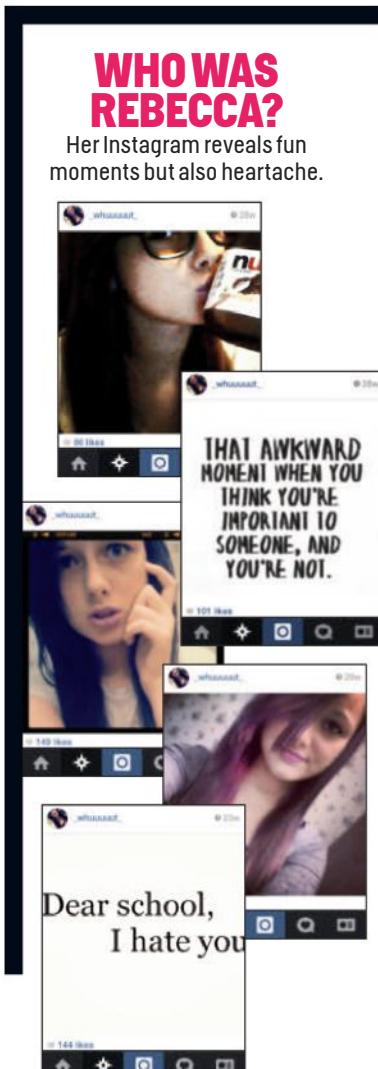
Regardless, Rebecca's mother had had enough. She took her daughter out of Crystal Lake to homeschool her for the rest of the year. Things started looking up, she says, remembering how Rebecca liked to dance to an Xbox game as a form of phys ed. In August 2013, Rebecca started a new school, Lawton Chiles Middle Academy, where, as far as Tricia knew, "things were a lot better for her."

On September 8, Tricia saw her daughter texting around 11:30 p.m. while lying on the loveseat, which, according to case records, is where she slept in the family's crowded mobile home. "Go to sleep," she reminded her daughter. "It's a school night."

"Okay. I love you, Mom," she said. The next morning, after her stepfather had left and before her mother was up, she made the 15-minute walk to the cement plant.

When Rebecca didn't come home that afternoon, her mother called the school and learned that her daughter hadn't shown up that day. She called the police, and they drove out to her home. According to case documents, she described some of the recent struggles in her daughter's life. Rebecca had been upset lately because her mother and stepfather had been arguing, while her relationship with her biological father had deteriorated, deeply affecting her. Tricia had seen a recent text on Rebecca's phone indicating that she had broken up with a boy. And she said that Rebecca had been bullied. She named Guadalupe Shaw and Katelyn Roman.

In the early morning hours the next day, detectives found Rebecca lying on her side beneath the cement-plant silos. In the wake of the tragedy, hints of her mental state emerged. For a screen saver on her Nook, she had been using a photo of herself flying on a train track with her head on the rail. Web searches on her cell phone revealed her anxieties: "What percent is considered overweight at 13?" "How many Advil to die?" "How do I get the blade out of my razor?" On the morning of the suicide, she had texted two friends: "I wanted to say bye...for, like, ever."



Death is part of our business," says Grady Judd, the Polk County sheriff, sitting at his desk overlooking a shimmering lake in Winter Haven, a few miles from Lakeland. "We deal with it every day. But this one was personal, to all of us. When you look at a 12-year-old child who's dead, who jumped off a silo, you ask why."

The sheriff's office began investigating immediately. Rebecca's family showed detectives several screenshots they said they had snapped of anonymous texts sent to Rebecca's phone in the past, urging her to die. (Rebecca had deleted the majority of texts on her phone before the suicide.) Detectives began talking to Rebecca's classmates. Guadalupe, in her interview, denied bullying Rebecca, admitting only to saying on Facebook that she didn't like her.

Some of Guadalupe's classmates told a different story. Several said they had seen or heard about confrontations between the girls. One girl said she had seen Guadalupe call Rebecca "ugly" and tell her that she should die. Another said Guadalupe had turned other girls against Rebecca. Another said she had seen Guadalupe tell Rebecca to "drink bleach and die."

Guadalupe declined to comment for this article, but her lawyer says that she denies turning girls against Rebecca and the accusations against her were largely exaggerated. Guadalupe's father, in case documents, said he believes his daughter sometimes acts tough to prevent others from bullying her.

Teachers did not appear to know much about the problems among the girls, according to case documents. One teacher, however, remembered calling Rebecca's name at roll call one morning when she was absent and the students "collectively" calling her a liar. The teacher scolded the class. Separately, several students told detectives they had either seen or heard about Katelyn's fighting with Rebecca or calling her names.

At school the day Rebecca was found dead, Katelyn heard whispers about the suicide. "At first, I was like, No way, she wouldn't do that," she says. "Then when I was in my last-period class, someone showed me the news on my phone. I started crying. I couldn't believe it." She and her mother drove to Rebecca's home that afternoon. "I told her mom I was sorry for her loss," Katelyn says. "She basically said it was my fault. I felt so horrible."

She was at her father's house that evening, still reeling, when detectives rolled up. They asked Katelyn's father to step aside so they could speak with his daughter in private, and he obliged—he says he never imagined his 12-year-old daughter would be considered a suspect.



“I've been on hundreds of death scenes. This one was personal,” says Judd.

Katelyn understood quickly that the detectives thought she had harassed Rebecca. "They kept telling me I could get in trouble if I wasn't telling the truth," she says. "I felt like everyone was telling me how horrible I was. Rebecca's mom thought it was my fault; the police thought it was my fault. I felt guilty because they were making me feel like I did it."

Katelyn told the detectives about the fight with Rebecca a year earlier and the insults that flew back and forth at the time,

according to case documents. She told investigators that the girls had stopped communicating soon after the fight and she did not cyberbully Rebecca in the months that followed. However, she did refer to her behavior as "bullying." The sheriff's office would later cite that as a confession. But Katelyn says "bullying" meant something much different to her—that one fight at school—than it did to authorities.

Detectives called in cell phones from students, focusing on Facebook posts as the kids discussed the suicide. In one exchange, a friend comforted Katelyn, saying it wasn't her fault and blaming the people who cyberbullyed Rebecca and told her she should die.

Katelyn replied, "I was one of them....."

Her friend wrote, "Noooooo don't say that u werent i know u wernt u did it face to face like straight up i remember"

"And online...."

"No. So your telling me for the past few weeks you've been bullying her online."

"Yeah im bully i deserve to die i wish it was me and not her..." Katelyn wrote.

"No don't say that stop katy."

"Its True!! Why Stop Im A Bad Person...."

"NO Ur NOT...DON'T EVEN THINK ABOUT DIEING ON ME," her friend urged.

Katelyn's mother says her daughter's Facebook notes could easily be misconstrued: "Anyone would feel terrible if someone they knew committed suicide, especially a 12-year-old girl like Katelyn, who is being told by the cops that it's her fault. She's just a kid. She was in shock, distraught, trying to deal with this confusing death. Of course she would think, Well, maybe it was my fault. Maybe I'm a bully. But it's not her fault. She's not a bully."

Katelyn agrees, adding, "I felt bad because everyone kept telling me it was my fault. I thought it must be my fault."

Cosmo Investigates

In another Facebook exchange, Katelyn talked with Guadalupe about the suicide. Wrote Guadalupe, "I feel so bad omg I feel like its all my fault for saying all that s--t to her."

"I juss wanna idk say sorry to see her one LAST time," Katelyn wrote.

Guadalupe replied, "Omg i wish it was me instead of her."

But another post on Guadalupe's page took a very different tone: "Yes ik I bullied REBECCA and she killed her self but IDGAF." Guadalupe has denied posting the explosive comment, saying a student who had her log-in information posted it. Yet in another startling exchange with a friend, Guadalupe implied that Rebecca had been murdered: "They 'think' it's sewcide hope it stays that way," she said, adding, "it was for the best for everyone that she went to hell."

The notes floored Sheriff Judd. "Guadalupe knew she was under criminal investigation. Then she goes back on Facebook and says this kind of stuff," he says. "I thought, this girl doesn't get it at all." He notes that her claims about murder were investigated and dismissed. But the posts, he says, were a call to action. "I asked the detectives, 'Do you have a prosecutable case at this point?' They said, 'Absolutely.'"

Katelyn was wearing pajama bottoms, her hair still wet from a bath, on the October evening when the officers showed up to arrest her. Her mother was frantic. "You're not going to put her in cuffs, are you?" she begged, but they did, leading Katelyn to their car as her mother screamed, "They're taking my baby!" She got a call to pick up her daughter from the station later that night.

In a press conference the next day, the sheriff announced the charges: Guadalupe and Katelyn had both been arrested for felony aggravated stalking, which in Florida carries a maximum penalty of five years in prison and a \$5,000 fine. "When you harass, intimidate, and threaten over a period of time, you've committed stalking," the sheriff says today. He is quick to note that other factors contributed to the tragedy: "Rebecca was a very fragile child to begin with," he says. "This bullying and stalking contributed to her death. It wasn't one hundred percent responsible, but it added to her load. If you were raised on a farm, you know that if a chicken gets sick, the other chickens come and peck it to death."

In his press conference, the sheriff named the girls and showed their mug shots. "In Florida, when you're charged with a felony, it's public information and you have to release it [by law]," he explains, adding, "quite frankly, in this day of the cyberworld, who are we kidding anyway? Everything gets out."

Back at Katelyn's home, chaos descended as reporters swarmed the yard. The phone rang with threatening calls. Katelyn recalls the scene while sitting in her living room with her parents, a black-and-white kitten in her

lap. "I felt so isolated," she says. Her mother interjects: "It was insane. Suddenly, her face is all over the internet. Someone called and said Katy should die."

Her father jumps in. "Reporters were here all the time—they walked right up to the door. They tried to talk to the neighbors. A lady in a van drove by with a sign telling Katelyn to stop bullying. One day, a pickup truck pulled up with a gun in the back and just sat there—bare-chested men, drinking beer. They just stared at the house." The stories tumble forth in an emotional rush, with each parent interrupting the other, then reminding each other to let their daughter talk.

Katelyn says she watched in disbelief as the case unfolded on national TV. "I felt like everyone wasn't getting my side of the story," she says. "They said I was pounding [Rebecca] with text messages. I wasn't. We had barely even been in touch for a year. I thought, How could they say that?" She went on house arrest and was suspended from school. Guadalupe, who was seen as the ringleader, was sent to juvenile detention. Guadalupe's stepmother, meanwhile, was arrested for child abuse when a tipster pointed police to a grainy online video of her appearing to punch two unnamed boys. She would later accept a plea deal and receive five years' probation.

Katelyn's parents hired a local lawyer, Mark Taylor, and another attorney, Jose Baez, known for defending Casey Anthony. Taylor says he negotiated with the school board to get Katelyn back in school, where she scrambled to make up the three weeks she had missed. A former homicide detective, he says he understands the drive for justice in such a case. "You have a dead child, and even the most seasoned officers get shaken by that," he says. "You want justice. But you don't do it at the expense of somebody else. I'm hesitant to be critical of the sheriff's office—it's a tough situation—but I think there was a rush to judgment. They had a 12-year-old girl making an emotional admission about feeling bad about this tragedy—that's not a legal admission. For everything in this world, context is critical."





● Katelyn's father took her to the cement plant the night after the suicide to say good-bye.

name public before conducting a proper investigation. Sheriff Judd says that he had probable cause for the arrests and it's up to the state attorney to decide whether the case moves forward. The outcome was not a loss, he says, because "no one wants to criminalize children—this is a case that should be worked out, not a case where you lock them up and throw away the key. Our desire was to make sure these children got counseling. If we had not brought charges, there would not have been any personal responsibility and they would not be in counseling," he says. "I was given the public trust to do what's right."

Katelyn's mother counters that her daughter is in counseling because of the trauma from the felony charge, which she calls "outrageous." Katelyn is still struggling to understand what happened to her and grieving the loss of her former friend. She says that the events of the past few months have changed her and she is "much more aware of bullying." She wants to give talks at schools about the importance of standing up to bullies. And one day, she and her friend Rumi might start a family law practice where they could help kids in trouble.

Katelyn's mom worries about her daughter's future. Sitting in a park decorated with twinkling lights in the Lakeland town square, she watches Katelyn and her two friends make silly robotic noises at one another. "She's just a kid," she says, but one with her name splashed all over the web. "This will follow her for her entire life—when she applies to college, when she looks for jobs," she says.

Tricia Norman, meanwhile, is pushing for a federal antibullying law and, in Florida, for Rebecca's Law, which would set punishments for bullying in that state, says her lawyer, Matt Morgan, who is working with her on the legislation. "Many days, it is difficult to find the strength to get out of bed," Tricia says. "I have to stay strong for my family, but it can be very challenging. Becca is in my thoughts every second of every day. I hope her legacy will be to prevent this from happening to other children and their parents. This has become my life's work." ■

"EVERYONE KEPT TELLING ME IT WAS MY FAULT."

As the detectives sought evidence of cyberbullying, they hit a wall: They say the foreign companies that own the texting apps Rebecca had used, including Kik, did not cooperate. A spokesman for Kik says that the company always responds to inquiries from law enforcement and notes that Kik never sees or stores the text of messages between users. Detectives did gain access to Rebecca's Facebook account—27,000 pages in all—but did not find harassment there.

In November 2013, the state attorney dropped the charges. Guadalupe went into a diversion program that required her to get counseling. The charges can be refiled if she doesn't complete the program, according to the sheriff. Katelyn went into counseling voluntarily.

The notoriety from the case has opened up both girls to online abuse: "You guys are a disgrace in the human race," one commenter wrote on Katelyn's Instagram page. "You guys deserve no happiness."

Katelyn's parents argue that the sheriff acted irresponsibly, arresting their daughter and making her

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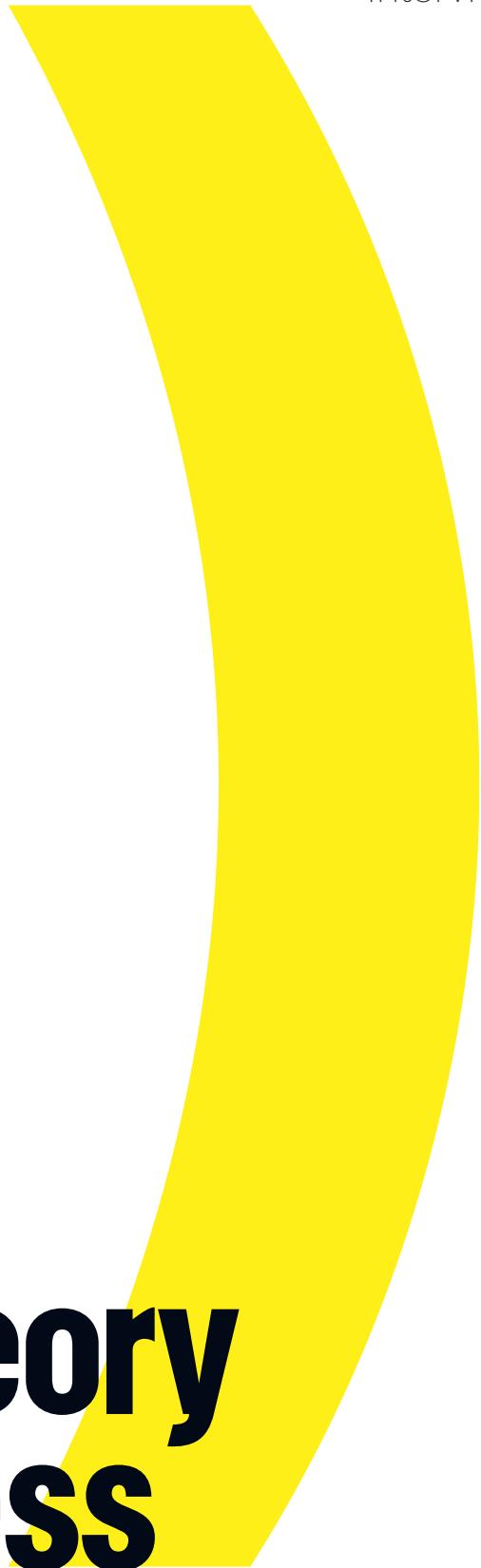
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pouts that
say you're up
for anything.

Dress, Roland Mouret;
necklace, Hidalgo; pink ring,
Dionea Orcini Fine Jewelry;
all other rings, Kaley's own

HAIR: CHRIS MC MILLAN FOR LIVING PROOF AT SOLO ARTISTS. MAKEUP: BRIGITTE REISS. ANDERSEN AT THE WALL GROUP. MANICURE: JULIE KANDALEC USING CHANELLA VERNIS. SEE PAGE 262 FOR SHOPPING INFORMATION.

PHOTOGRAPHED BY ERIC RAY DAVIDSON
FASHION DIRECTOR: AYA KANAI





kaley's theory of happiness

Kaley Cuoco-Sweeting, star of TV's most popular comedy and new wife to a pro-tennis hottie, has a few simple rules for keeping things light. Be true to you, surround yourself with friends, laugh at your zits, and screw the haters...even if you can't ignore them.

by taffy brodesser-akner ■■■ photographed by eric ray davidson ■■■ fashion director: aya kanai

Kaley Cuoco-Sweeting woke up with a zit.

This would probably bother you—and it would certainly bother almost any other actress on planet Earth. But Cuoco-Sweeting, star of the hit CBS sitcom *The Big Bang Theory*, didn't think twice about it. "I walked onto the set this morning, no makeup," she says. "Jim [Parsons, who plays Sheldon] was like, 'Oh my god, you have a huge zit on your face!'" After a day of listening to each cast-mate pile on, pointing out her zit, openly making fun of it, she says, "I got in the car and laughed all the way home. I thought, That is literally my family. It's the most comfortable environment I have ever been in, aside from being in my parents' house."

You could have the world's biggest flashlight, and you wouldn't be able to locate Kaley Cuoco-Sweeting's angst. "I'm so happy," she says on the evening of the zit incident, at a favorite small Italian restaurant in the Los Angeles neighborhood where she both lives and works. She's wearing slouchy overalls and a slouchier wool hat. It's raining outside, but she has an energetic warmth—direct eye contact, a beaming smile. Her zit is intact but now has some concealer on it. "I swear I'm not trying to pretend I have no complaints. I can't even think of one right now. I really can't!"

All evidence confirms this. The new addition to her last name indicates a new marriage, one that she is over the moon about to the point where her face turns red and her voice rises an octave when she talks about her husband, tennis pro Ryan Sweeting. *Big Bang* shows no signs of ratings descent. And well, she can barely keep to herself how excited she is for her Cosmo cover. "A Cosmo cover has been my dream my entire life," she says, leaning in, her hand on her chest. "I cried when I found out."



This page: Bustier, Alice and Olivia by Stacey Bendet; skirt, Viktor and Rolf; necklace, Jason of Beverly Hills; bracelet, Sidney Garber; earrings, Hidalgo; ring, Van Cleef and Arpels; all other rings, Kaley's own

The things that keep Cuoco-Sweeting happy are the things that are unique about her. She has never been self-conscious. She's open about the things she never liked about herself—she calls getting breast implants when she was 18 the "best decision I ever made." She's someone who, after years of being the lone and adored woman on the *Big Bang* set, welcomed an influx of actresses who she says "made the show feel new again." More than anything, she's someone who can be cast as a dumb blonde and be winsome and vivacious enough for the writers to evolve the character to the point where Penny is often the smartest person in the room.

"I'm not that weird person," she says, ordering guacamole for the table, then obliterating her side of the plate with hot sauce. "I feel like a lot of comedians do have that deep, dark thing. I have my stuff, but I don't go to that dark place. Things are just way too good."

CUOCO-SWEETING

credits her low-pressure upbringing in Oxnard, California, for how normal she is. Born to a firefighter-turned-real-estate-broker dad and a former print-model mom, she was "a ham, made to be in front of the camera."

She was cast in ads from the time she was 6 and was 10 when she landed her first big gig—the 1995 thriller *Virtuosity*. "My mom made this rule: If you want to do this, you have to pick something else too," she says. She picked tennis, worked hard, and became a nationally ranked player. "Acting was just another part of my life, as it still is today," she says. "It's 1 of the 10 things I love doing. It's never just been my life. As cheesy as it sounds, all my eggs were never in just one basket. I had a thousand baskets going on."

Even after winning a lead on the sitcom *8 Simple Rules...*,

with her late, beloved mentor, John Ritter, she tried not to get too caught up in a business where even success involves tons of scrutiny and rejection. When she decided she was done with competitive tennis, she began horseback riding. She rides "as often as possible" in Simi Valley, where she owns four horses. "It's me time," she says. "It's important in a relationship to have moments when you do your own thing."

Key to her Zen attitude is surrounding herself with people she trusts. "I've had the same team around me for 20 years, the best people," she says. "I feel like I have armed guards around me 24/7. I'm never worried because these people have taken care of me." Her younger sister, Briana, a singer who appeared on *The Voice*, works as her personal assistant.

She also remains close to Johnny Galecki, who plays Leonard on *Big Bang*. She is the rare woman who could pull off a stable relationship for two years with a coworker, break up, and stay good friends to the point where she says, "It took a minute, a bit of awkwardness. By the grace of God, we became best buddies and moved on in such an elegant way." She calls her ex "one of my closest friends. He was in the

front row at my wedding, with a huge smile on his face."

Having so much support helped last summer when things got a little out of control. After a 10-day fling with *Man of Steel* Henry Cavill, she went from being the rare under-the-radar sitcom star to someone who had tabloid photographers camped out in her driveway. "It was Superman," she says. "I had no one following me until I met Superman. I've been in this business for 20 years, and my whole life, I could go anywhere, do anything. There had not been one paparazzi photo of me until like seven months ago. The recognition has been crazy. And then meeting Ryan and getting engaged so fast, I knew people were going to think it was so ridiculous."

it's true that her

courtship with Sweeting was, shall we say, expedited. Soon after her breakup with Cavill, a friend introduced her to Sweeting. He came to Los Angeles to meet her...and never left. After three months, he proposed. The wedding was two months later. "I admit it happened fast, but that's who I am," she says. "When we met, I knew he was the one. I'm not 18 anymore."

Although she knew she was going to take a hit from the public, her family was supportive. "They know me so well," she says. "They know when I want something, I go get it. No one stops me—can't change my mind, that's it."

She had a great idea for the wedding: They'd throw the most epic, mother of all New Year's Eve parties and get married there. But it would be a secret. And it was, except for the manicurist she told and maybe also everyone else she met. "Ryan kept saying, 'I thought this was a *secret* wedding,'" she says, laughing.



Tank, Tamara Mellon, \$195; bra, Claudette, \$88; shorts, J Brand, \$158; shoes, Sophia Webster, \$570; necklace, \$175, black and gold bracelet, \$225, Katie Diamond Jewelry; curled bracelet, floral ring, Borgioni; earrings, Zoe Chicco, \$750



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The Cosmo Interview



Tank, Banana Republic, \$69.50; bra, Samantha Chang, \$80; shorts, American Eagle Outfitters, \$39.95; shoes, Dolce & Gabbana; bangles, Hidalgo; snake bracelet, Borgioni; bar ring, Dana Rebecca Designs, \$495; pinkie ring, David Yurman

Still, it remained mostly under wraps. She began the party in a red dress, then asked everyone to move over to the next tent...and voilà: there she was, in a pink gown designed by Vera Wang just for her, with 11 bridesmaids, 11 groomsmen, and her sister as her maid of honor. We're talking fire and ice themes, pink smoke, 40 chandeliers, and a Cirque du Soleil motif.

She posted the photos to her social-media followers—360,000 on Instagram and 1.81 million on Twitter. And then she read every single mean comment written about her. But it turns out, no one, not even Kaley Cuoco-Sweeting, is immune to those. "My husband threatened to throw my phone in the pool," she says. "I'll read

something from someone in Indiana who's like, 'She looked disgusting in that dress,' and it's going to ruin my night."

But she's learned that trying to please the haters didn't help. "I started reading and thought, 'Maybe I need to make more of an effort and not go out in my UGGs and be disgusting,'" she says. "So I started putting on makeup. And they started writing, 'Wow, someone really likes being in front of the camera' and 'Her hair's done now for coffee.' I couldn't do anything right. Why am I reading this shit? But I'm obsessed. I openly admit to being totally insane about that."

Maybe so, but she also has perspective. "The fact that I've stayed out of rehab and jail and kept my underwear on for every photo...if my one thing is being obsessed with what they think of my dress, then fine," she says. "I really am an open book. I don't keep anything in at all, which is good and bad. Now, you can post a picture and 18,000 people see it. You can tell the world everything in five minutes. Maybe they do think I'm a little dumb, like this-girl-can't-shut-up sort of thing. But if I wasn't in the public eye, I'd be the same exact person. I'd be telling my 18 followers: This is my picture of my wedding."

And no one could ruin her memories of that day, hiding in the back as her friends cried and yelled as if they were at a rock concert, how she walked down the aisle touching everyone's hands as she made her way, ripping off her veil when it got in the way. "I felt like a rock star and a badass," she says. "What was amazing in that room, it was so full of love. It was like nothing I'd ever been to before, and it was exactly what we wanted it to be. I mean, it was the eighth wonder of the world, the greatest wedding of all time." ■

“ This scent makes me feel like I'm relaxing in a lavender garden surrounded by flower fairies.

-Rebecca B.



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Fun, Fearless Celebs

HOT & HILARIOUS

IT'S AN **SNL**

SLUMBER

P



Meet the boss ladies who owned this season of *Saturday Night Live*. From Kate McKinnon, the show's first openly gay female cast member, to Sasheer Zamata, its first black female comic in six years, you'll want to friend them all.



BY KATIE L. CONNOR
PHOTOGRAPHED BY ROBERT TRACHTENBERG
FASHION DIRECTOR: AYA KANAI

CECILY STRONG, 30

TWITTER: @CecilyBecily

FAVORITE HOST? It's hard to choose. Kristen [Wiig], Tina [Fey], and Melissa [McCarthy]. I'm speechless around them.

YOUR BOYFRIEND IS SNL'S MIKE O'BRIEN. ANY CONCERN ABOUT DATING A COWORKER?

Absolutely. It's probably stupid. But I got the okay from my dad, who is a business professional. It happens. The good thing is I never feel like I'm complaining or talking about my job too much.

YOU'RE A HOUSEHOLD NAME NOW. HOW DO YOU DEAL?

Therapy! It's hard when you're thrust into the spotlight. We write 40 scenes every week, and maybe 6 of them make the live show. There's a lot of "Am I not funny?" It's easy to feel overwhelmed and lose your confidence.

PROPS FOR CALLING OUT THE "CRUEL BULLY DICKHEADS" ON TWITTER WHO SUGGESTED YOU WERE PREGNANT. WHY DID YOU DO IT?

I felt like I was betraying myself not to say anything. I thought of myself as a 12-year-old. I've never had a hot bod or been seen that way. I didn't want to make it a big deal, but it was nice to feel support from other girls. Boys get it too. It's not even just a girl issue.

CELEBRITY SPIRIT ANIMAL?

I love Amy Sedaris so much. I feel like I could have been a part of the Sedaris family.

T-shirt, Obesity and Speed, \$125; shorts, Hanro of Switzerland, \$148; shoes, Bess NYC, \$220; stole, Adrienne Landau



“MY FAVORITE THING TO DO IS PLAY THE CHARACTER WHO MAKES OUT AT THE BAR. I LOVE FAKE, GROSS KISSING.”



KATE MCKINNON, 30

WHAT ALWAYS MAKES YOU LAUGH?

The sounds that goats and sheep make when they scream like men. I cannot keep myself together when I hear that.

YOU DO A KILLER JUSTIN BIEBER. WHAT WOULD YOU SAY TO HIM RIGHT NOW? I'd get very serious with him and say, "You are good. Hang in there, pal. I love you. You have a core of goodness."

WHAT'S A FAILPROOF SOURCE OF MATERIAL FOR YOU?

Weird people doing shit. Like local news stories of a woman wearing hamburger shoes or just people behaving strangely.

FAVORITE SKETCH?

My favorite thing to do is play the character who makes out with people at the bar. I love fake, gross kissing. I've kissed Vince Vaughn and John Goodman. Louis C.K. was great. He was the first, but they were all great in their own ways. It takes a special man to put himself in that situation.

Robe, \$495, nightgown, \$695, Josie Natori; shoes, Alejandro Ingelmo, \$650; necklace, Kate's own

A

AIDY BRYANT, 26

TWITTER: @AidyBryant

WHEN DID YOU REALIZE YOU WERE FUNNY?

Funny was very valued in my house. My parents are both very funny, and my brother has great timing. I started doing children's theater, and when I found out about improv and sketch, I was like, "Oh, this is my jam."

YOU TWEETED THAT DRAKE WAS THE BEST AFTER HE HOSTED. WHY?

I love him. He's the nicest dude. He felt like one of us all week, which was such a pleasant surprise because, come on, it's Drake! He has so much swagger. It was refreshing to say, "Oh, he's just like our bud!"

WHAT DO YOU DO ON YOUR ONE DAY OFF?

I will watch any garbage that's on TV. I watch all the *Real Housewives*—all cities. I know their husbands' names; I know their dogs' names. I know too much about these women.

WHAT WOULD YOU SAY TO A PERSON WHO THINKS GIRLS AREN'T AS FUNNY AS GUYS?

You're wrong. All you need to do is watch Amy Poehler, Tina Fey, Kristen Wiig, or any of the girls in the cast right now. You're a damn fool if you think girls can't hang with guys on the funny front.

Robe, Kumi Kookoon, \$257; nightgown, Hanro of Switzerland, \$118; shoes, Jacques Levine, \$98; all jewelry, Aidy's own



SASHEER ZAMATA, 27

TWITTER: @TheSheerTruth

WHEN DID YOU REALIZE YOU WERE FUNNY?

I did a speech for Hoosier Girls State, in Indiana. I put one joke at the top of my speech, and people laughed really hard. I was like, Man, I want to do this all the time.

THERE WAS A LOT OF BUZZ ABOUT YOUR CASTING. WHAT'S YOUR

TAKE? I'm just glad to be hired, honestly. I do love being black—it is a part of my life and identity, but as far as work goes, I'm a comedian. They hired me because I'm a comedian.

DO YOU FEEL PRESSURE TO REPRESENT BLACK WOMEN A CERTAIN

WAY? I don't. I also don't know if black women see me and are like, "She's representing all of us." All I'm doing is telling jokes. I'm not making legal decisions for them. I do want little girls to watch the show and think they could do what I'm doing. That'd be awesome.

**WHAT ALWAYS MAKES
YOU LAUGH?** Nicole Byer (from MTV's *Girl Code*). She's the funniest person in the world.

DREAM HOST? Beyoncé. If she could grace the studio with her presence, everything would be right in the world.

**"I WANT
LITTLE GIRLS
TO WATCH
THE SHOW
AND THINK
THEY COULD
DO WHAT
I'M DOING.
THAT'D BE
AWESOME."**

Robe, Christine Lingerie, \$410; bra, Parfait, \$38; brief, Panache, \$48; (on statue) bra, Gap, \$39.50

CHECK OUT OUR TABLET EDITION FOR A BEHIND-THE-SCENES VIDEO WITH THE LADIES OF SNL.

HOT & HILARIOUS

“WHAT YOU DO
ON YOUR DAY
OFF DEPENDS
ON HOW LATE
YOU WERE
AT THE
AFTERPARTY.”

NASIM
PEDRAD, 32

INSTAGRAM: @NasimPedrad

WHEN DID YOU FIRST REALIZE YOU WERE FUNNY? I used my sense of humor to fit in at school. It was a form of currency with the popular crowd. Having foreign parents and a weird name didn't help. What I had going for me was I could make people laugh.

DO YOU FEEL A RESPONSIBILITY TO RAISE THE BAR FOR WOMEN IN COMEDY? I'd like to think that we are past the point of debate over how funny women can be. I feel a responsibility to make sure there are things on the show that represent what women are thinking. I can probably write a more accurate birth-control parody than a guy writer from *The Harvard Lampoon*. Although those guys can surprise you sometimes.

WHAT DOES YOUR SUNDAY LOOK LIKE AFTER A SHOW? It depends on how late you were at the afterparty. Worst-case scenario: You wake up around 5 p.m., order Chinese food, shovel it down, watch 30 minutes of TV, and go to sleep again.

WHAT ALWAYS MAKES YOU LAUGH? My 90-year-old Iranian grandmother. She just doesn't give a shit anymore. She delivers the best burns I've ever heard in the shortest amount of words.

DREAM HOST? At the risk of sounding obvious and like such a girl, Leonardo DiCaprio. He's never hosted, and he's such a huge star!

Camisole, \$135, shorts, \$135, Christine Lingerie; shoes, Sophia Webster (see page 181), \$395; all jewelry, Nasim's own

Hair: Zaiya Latt for the Stephen Knoll Salon. (Vanessa Bayer) Andrew Fitzsimons using Oribe at ABTP.

Makeup: Tina Turnbow using Lancôme at Crosby Carter Management.

Manicure: Roseann Singleton using Chanel La Vernis. Set design: Shawn Patrick Anderson at Bridge Artists. See page 262 for shopping information.



NOËL WELLS, 27

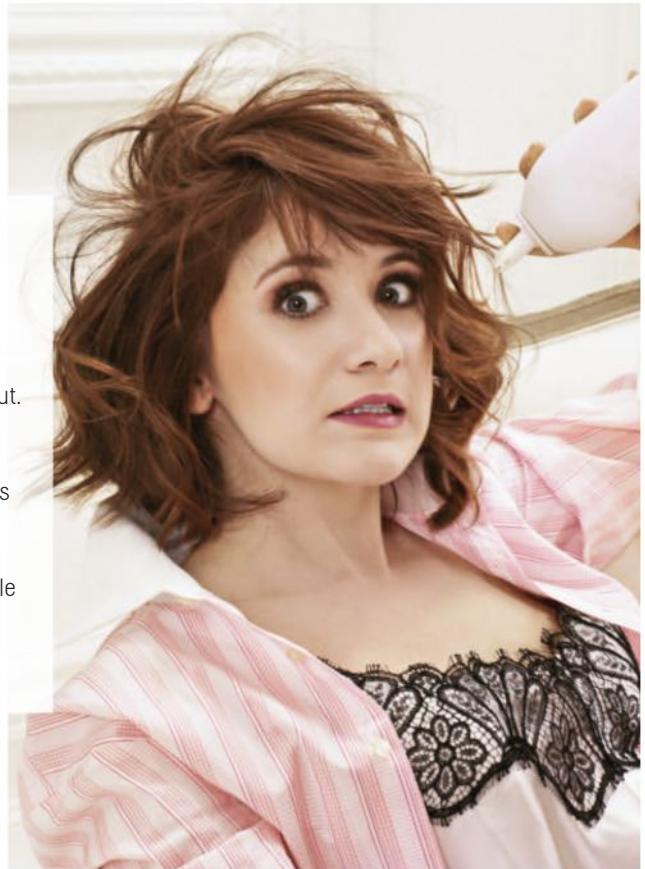
TWITTER: @RealTomHankz

WHEN DID YOU REALIZE YOU WERE FUNNY? My family moved a lot, often in the middle of the school year, and I would have to make new friends. If you're making fun of yourself, then people are like, "Oh, she's okay." As I got older, I wanted to become a politician.

WHY DID YOU GIVE UP THE POLITICAL DREAM? I don't know if I have! But I think comedy is a more effective way of getting a message out. If we can all laugh at something, we can also see a bigger picture.

YOU WERE ONCE A MAGICIAN'S ASSISTANT. WHAT DID THAT ENTAIL? I would get sawed in half or flail around in a little dance. I know lots of magic secrets, but it would be a dick move for me to share.

WHAT WOULD YOU SAY TO A PERSON WHO THINKS GIRLS AREN'T AS FUNNY AS GUYS? My opinion is that there is one in a thousand people who thinks that and 999 people know better. It's not even worth addressing. One person can think the president is a lizard, but do you engage that person? I don't think it's worth it.



Shirt, Thomas Pink, \$185; romper, Christine Lingerie, \$235



V VANESSA BAYER, 32

WHEN DID YOU REALIZE YOU WERE FUNNY? Middle school or high school. I had a lot of fun impersonating teachers or ordering catalogs with weird voices. There was one catalog that had jewelry exclusively made of cubic zirconia that I used to call and place an order in a Southern accent.

FAVORITE HOST? Kerry Washington hosted this season, and I just loved her to pieces. Everyone did. All the girls wanted to be best friends with her. It's crazy. You meet these hosts and they're so great, and then they have to leave at the end of the week. It's sad.

YOUR MILEY CYRUS IS SPOT-ON. SHE'S HOSTED TWICE SINCE YOU'VE BEEN ON THE SHOW—ARE YOU GUYS FRIENDS NOW? I'd like to think we are. She was so great. It takes a really cool person to embrace a parody version of themselves the way that she has.

DREAM HOST? I would love to have Claire Danes host and Thirty Seconds to Mars (fronted by Jared Leto) be the musical guest. It would be a *My So-Called Life* show.

WHAT ALWAYS MAKES YOU LAUGH? Home-shopping networks. There's something about them that I think is so funny. The women are mesmerizing. I always turn it on, and my friends are like, "Why are we watching this?" It just makes me giggle.

Robe, Ari Dein, \$460; camisole, Cami NYC, \$158; pajama pants, Victoria's Secret, \$69.50

whoa, *elli*

THERE'S NO MISTAKING **ELLIE GOULDING**'S VOICE. IT GETS DANCE PARTIES STARTED—**SHE'S PERFORMED AT THE WHITE HOUSE AND BUCKINGHAM PALACE FOR THE ROYAL WEDDING**—AND CREATES LUSH SOUNDSCAPES FOR FILMS LIKE DIVERGENT. HERE, THE BRIT **POP GODDESS** BEHIND "ANYTHING COULD HAPPEN," "BURN," AND "I NEED YOUR LOVE" WITH CALVIN HARRIS PLAYS DRESS UP IN SHEER STYLES AS UNFORGETTABLE AS HER HITS.

PHOTOGRAPHED BY KATIE L. CONNOR
FASHION DIRECTOR: AYA KANAI

Pretty in Peach

Dress, bra, \$595, shoes, Gucci; necklace, thin bracelet, Hearts on Fire; earrings, wide bracelet, Carolina Bucci; double-finger ring, Simon G. Jewelry; ring, Sutra





Beauty Bar

Navy nails topped
with gold accents
look super luxe.
Try Chanel Le Vernis
Nail Colour in
Blue Satin (\$27),
and press teeny
gold charms into
your top coat.

Girl Talk

HAVE YOU ALWAYS WANTED TO BE A SINGER? No, I wanted to be an actress, which is weird because I come from an absolute non-performing-arts family. My mom worked in a supermarket, and my stepdad drove a truck. I've met a lot of American families who are very encouraging and supportive.

But my mom was busy thinking about how she was going to afford to pay for everything from rent to school to dinner. Supporting something unrealistic just didn't happen.

YOUR ALBUM DEALS WITH A BREAKUP. WHAT HAS HEARTACHE TAUGHT YOU? To be in the present moment. A lot of the despair in breaking up with someone is thinking about how you're going to cope in the future. "What's going to happen to me? Who am I going to find next? What am I going to do without him?" But not being completely present prevents you from being happy and alive.

As soon as you stop relying so heavily on what happened in the past, you end up being able to deal.

ANY RELATIONSHIP REGRETS? I [used to] put men on a pedestal. They'd be everything. I decided to remedy that, and that's why I'm single now. I've realized I don't need a guy. I've got amazing,

awesome, stupid friends in the best way possible. I don't rely on a guy for anything. I've got amazing,

HOW DID IT FEEL TO PERFORM FOR THE ROYAL WEDDING? It was the first time I'd done something so completely otherworldly. It's not an everyday occurrence. It really made me have extreme

gratitude for what I did, how I'd gotten there, and the people around me.



Gypsy Woman

This page: Dress, Blumarine; brief, Wren x The Lake and Stars, \$95; bracelet, Simon G. Jewelry; rings, Pomellato
Opposite page: Sweater, Salvatore Ferragamo; pants, Sportmax; shoes, Christian Louboutin; headband, Fleet Ilya, \$414; ring, Etername



Beauty Book

Sex up a girlie
dress with
a glossy nude lip.
We love Dior Addict
Fluid Stick in Kiss
Me, \$35, dior.com.

Smokin' Laces

Dress, Stella McCartney



a leg up

Dress, Elizabeth and James, \$465; sneakers, Vision Street Wear, \$65; chain bracelet, Lip ring, chain ring, black ring, Ann Dexter Jones Design; bangle, Zales, \$150; spiral ring, Meira T; dagger ring, Mayson, \$475

HAIR: Harry Josh at harryjosh.com. MAKEUP: Brigitte Reiss-Andersen at The Wall Group. MANICURE: Julie Kandalec using Chanel La Vernis. See page 262 for shopping information.

READY

MY LIPS

Nothing changes how you look and are perceived faster than a swipe of lipstick. Model Robyn Lawley tries on the latest shades and has a total spring beauty awakening.

BY LONI ALBERT PHOTOGRAPHED BY LEE BROOMFIELD STILL LIFE BY JON PATERSON
FASHION EDITOR: JAMES WORTHINGTON DEMOLET

SCORE YOUR PERFECT SHADE

TOP ROW Laura Mercier Shimmer Lip Colour in Caramel, \$24; BareMinerals Marvelous Moxie Lipstick in Call the Shots, \$18; Avon Ultra Color Lipstick in Dream Fuchsia, \$8; Tom Ford Lip Color in Coco Ravish, \$48; Maybelline New York Color Sensational Vivids Lipstick in Electric Orange, \$7.50 **SECOND ROW** CoverGirl LipPerfection Lip Color in Divine, \$6.50; Revlon Super Lustrous Lipstick in Siren, \$8; Sephora + Pantone Universe Radiant Rush Matte Lipstick, \$18; Rimmel Kate Moss Lasting Finish Matte Lipstick in Kiss of Life, \$5.49; Estée Lauder Pure Color Envy Sculpting Lipstick in Defiant Coral, \$30 **THIRD ROW** Smashbox Be Legendary Lipstick in Pout, \$20; Nars Lipstick in Mind Game, \$26; Dolce & Gabbana Classic Cream Lipstick in Devil, \$33 **BOTTOM ROW** CoverGirl LipPerfection Lip Color in Temptation, \$6.50; Korres Mango Butter Lipstick in Frost Pink, \$18; Nars Lipstick in Funny Face, \$26; NYC New York Color Expert Last Lip Color in Candy Rush, \$2



SEXY
DARING
CONFIDENT
FEARLESS
HOT

LIP COLOR

CHERRY BOMB

The smoky lip—a maraschino stain that's deeper in the center than at the edges—is a new take on red, says James Boehmer, director of global artistry for Nars, who created these looks. Apply color (we love Nars Satin Lipstick in Afghan Red, \$26) to the center, and blend outward.

Blazer, Salvatore Ferragamo; lightning bolt necklace, ShyLee Rose; bar pendant necklace, Mayson, \$215; earrings, Meredith Marks Designs; bra, stylist's own



BOLD
TRENDY
FRESH
OUTGOING
ADVENTUROUS

LIP COLOR

ORANGE BLOSSOM

Your natural lip color can give this true orange a pinkish cast. Preserve the neon effect by first filling in lips with matching liner then swiping on lipstick, says Boehmer. Try Make Up For Ever Lipliner Pencil in Bright Orange, \$19, and L'Oréal Paris Color Riche Extraordinaire Lipcolour in Orange Tempo, \$10.

Bathing suit top, Robyn Lawley Swimwear, \$179.95; star pendant necklace, Hearts on Fire; peridot pendant necklace, Mayson, \$385; triangle pendant necklace, Shylee Rose



CHIC
SOPHISTICATED
POLISHED
MODERN
NATURAL

LIP COLOR
SULTRY SIENNA

Apply this tawny neutral (Estée Lauder Pure Color Envy Sculpting Lipstick in Decadent, \$30, complements all skin tones) straight from the tube then press concealer all the way up to the edges of your lip line with a triangular makeup sponge. This reverse lip-liner trick creates a crisp line of demarcation between your lips and skin—an important step with neutrals, says Boehmer.

Shirt, Marc Jacobs; bra, Cacique, \$38.50; choker, Kristen Elspeth, \$310; necklace, Shylee Rose



EDGY
COOL
BADASS
FUN
PLAYFUL

LIP COLOR

PUNK-ROCK PINK

Matte lip textures, especially light colors, shine a spotlight on rough, chapped textures, says Boehmer. Buff lips with a textured cleansing cloth (like Olay Regenerist Micro-Exfoliating Wet Cleansing Cloths, \$6), let a rich lip balm absorb for two minutes, then tissue off before applying color. (On Robyn: Nars Velvet Matte Lip Pencil in Paimpol, \$25)

T-shirt, What Goes Around Comes Around, \$300;
necklace, Shay Accessories, \$195



GIRLIE
INNOCENT
FLIRTY
SENSUAL
SWEET

LIP COLOR
WILD ORCHID

Give this fuchsia finish an extra jolt of sexiness by adding lots of shine, suggests Boehmer. On the back of your hand, mix two parts lipstick (try Lancôme Rouge in Love in Violette Coquette, \$28.50) to one part clear gloss, then apply with a lip brush.

Shirt, Jessica Simpson Collection, \$59; purple stone pendant necklace, Tacori, \$290; chain necklace, Ariel Gordon, \$545; earrings, Zales

HAIR: Zaiya Latt for Stephen Knoll Salon
MAKEUP: James Boehmer for Nars Cosmetics
MANICURE: Nail Technician Honey for Exposure NY
MODEL: Robyn Lawley at Wilhelmina New York
See page 262 for shopping information.



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LOVE LUST & OTHER STUFF

EDITED BY MARINA KHIDEKEL

TURN HIM ON WITHOUT SAYING A WORD

Cheeseball one-liners? So passé. Upgrade your flirting game with the *no-liner*. Get (and keep) his eyes on you without uttering a syllable.

TRY THE SQUEEZE-BY

It's a move so easy, even the wittiest wallflower can pull it off. When you see someone cute in a crowd, squeeze by him on the way to the bar. Instead of rushing past, maintain eye contact with him and smile. We're so conditioned to avoid eye contact with strangers that a deliberate (and sexy) glance is a clear invitation...and a come-on.

GIVE LIP SERVICE

We swear this sorta-cheese move is legit. "When I'm getting hit on by someone cute at a bar, I start to bite the end of my straw...or lightly suck on it," says Amy M., 22. If the next drink isn't on him, you didn't find your Mr. Big, you found your Stanford Blatch.

LEAN IN

Lure him in like a boss. When your guy goes to the bathroom, settle the bill with the waitress. When he realizes the check's taken care of, he'll get the silent message that you're one confident, powerful chick. Cue the 'Yoncé'....

PLAY IT SMART

Grab a napkin and a pen from your purse, and start a game of tic-tac-toe. Then wordlessly pass it over to him. Worked in third grade, works today.

—LAUREN PANARIELLO

SEX RECIPES

get cooking and get served!

We present to you a sizzling list of sexy recipes, because sometimes it's more fun to be pinned up against the fridge than fumbling around inside it. Dish up one saucy course, or go for the full menu if you've really got an appetite....

BY ALYSSA SHELASKY



prep work

butter the chicken: "I always give my bird a generous butter massage before I put it in the oven," said the legendary Julia Child. Why? "I think the chicken likes it—and more important, I like to give it." We're with you, girl. Anything that you plan on, um, *consuming* later in the evening needs to be prepped, and

this includes your guy, so massage his brains out. Pour some lotion or oil into your hands and rub him down, focusing on commonly ignored areas that feel especially tasty when touched: behind his ears, his hairline, the backs of his knees, the nape of his neck, and his feet. And don't forget—you deserve a buttering too!

COCKTAIL HOUR

The purpose of pre-dinner drinks is to lubricate guests socially (and tonight, in other ways too). Some adult refreshments:

DIRTY MARTINI

Best served before the evening even starts

INGREDIENTS

Gin (liquid courage!)	needs to bring to tonight's occasion is "you and your hard... liquor." Indulge in a little sexy back and forth to give him a taste of what's in store for him and to whet his (sexual) appetite.
X-rated words	
Your trusty cell phone	
Send him a NSFW text, instructing him that all he	

STRAIGHT-UP MARTINI

Making out against a wall is hot in that throwback, kissing-by-the-high-school-lockers kind of way.

INGREDIENTS

His back	a makeout sesh, but do your best to keep it PG.
Your living-room wall	
A quick hit of nostalgia	You're just getting started, and the goal is to leave him shaken, not (yet) stirred.
Throw him against the wall and enjoy	

WET MARTINI

It's not what you think (we're not there yet!).

INGREDIENTS

His/her tongue	and not messy and wet.
His/her lips	Sometimes, a deep and, yes, sort-of-sloppy kiss is super-hot. So once you're together at last, devour each other like it's the last kiss of your lives and not just the first kiss of the night.
A pinch of gusto	
This is about kissing and the general misconception that kissing needs to be neat and tidy	

finger foods

Good chefs aren't afraid to use their hands (to, you know, knead and stuff), so let your fingers (and arms and legs...) do all the work.

Sliders

SERVES 2

INGREDIENTS

His hands
Your lacy thong
A substantial amount of squeezing

Facing each other, take his hands and slowly guide them to your butt, over your jeans. Then slip them under the fabric, onto the bare skin of your behind. All guys are obsessed (just ask Kimye), and there's something so primally sexy about grabbing one. With lots of nerve endings, your cheeks are a very sensitive body part often overlooked in foreplay. Being manhandled can make for a take-me-now moment—but don't succumb just yet....

Dueling Dragons Sushi Roll

SERVES 2

INGREDIENTS

Your limbs
His limbs
Ample floor space
Ideally, a shag rug (but any rug will do)

Pull him to the ground in a sexy but still physical kind of way. **1.** Once you're both down, kiss him like crazy—on his head, cheeks, and neck, rolling around on the floor like it's an R-rated gymnastics class. **2.** Encourage him to kiss you everywhere too. Roll and wrestle a little (*who's on top? Me! Now you! No, it's me again!*) until you're both out of breath...or slightly injured. **3.** All that on-the-floor action will heighten the anticipation of what's to come. (Because let's be real. No one fills up on sushi.)

Raw Bar

SERVES 2

INGREDIENTS

His tongue
His hands
Some pillows
Your utter relaxation

Time for the dinner guest to treat the chef. **1.** Lie back, put some pillows under you for easier access, and enjoy a few minutes (or more!) of pre-dinner bliss focused around—what else?—your oyster. **2.** And because we're still in the finger-foods category, encourage your partner to use his hands along with his tongue: the dual sensations of his licking and touching (and tickling and rubbing and pressing) are especially indulgent.

TONIGHT'S WINE PAIRING

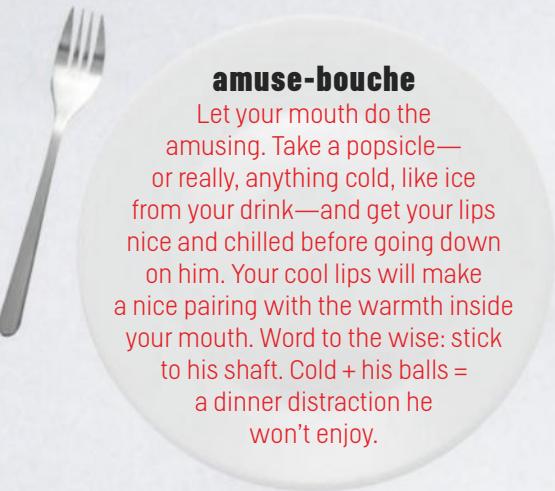
There's a delicious wine called Troublemaker (\$20) that's a deep, rich blend of Syrah and Grenache....It's perfect for tonight's brand of mischief. Cheers to that!

TOAST WITH THIS!

FILTHY FIZZ PROSECCO (OR WHATEVER BUBBLY YA GOT) PLUS A HEALTHY SPLASH OF CAMPARI.

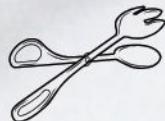
amuse-bouche

Let your mouth do the amusing. Take a popsicle—or really, anything cold, like ice from your drink—and get your lips nice and chilled before going down on him. Your cool lips will make a nice pairing with the warmth inside your mouth. Word to the wise: stick to his shaft. Cold + his balls = a dinner distraction he won't enjoy.



SALAD COURSE

Who said veggies are boring? Big carrots, cool cucumbers, spicy chiles... quite stimulating if you ask us. Get ready to untie your apron....



STRIP STEAK SALAD

For this course, prepare to strip your guy down to his tenderloin:

Your fingertips

His clothes

The *Magic Mike* soundtrack

1. You'll want to take your time undressing him, slowly but aggressively.

2. Remove his clothes, item by item, touching his skin, while moving to whatever mood-setting music makes you feel the sexiest.

3. The pivotal component of this recipe? Make him feel like a million bucks by letting him know just how much you're enjoying this feast for the eyes.

entrées

No more fooling around. Flip over the table and sink your teeth into your most empowered and uninhibited sexual self. (It's what's for dinner!)



Surf 'n' Turf

Listen up. There's something called the Coital Alignment Technique, and many sex-experts say it's the most mutually arousing position of them all.

INGREDIENTS

Plenty of eye contact
The motion of his ocean

1. Imagine your body is a surfboard and your man is lying on it, stomach-down. From there, have him

move a few inches up your body so that his penis, which usually points up, is now pointing down. (Take a second to visualize that.)

2. Once you're in position, start having sex that way, with your guy thrusting down and inward, then up and outward. This provides for a powerful physical connection plus major clitoral stimulation. Rock back and forth, and enjoy riding the waves.

The Whole Enchilada

Every good hostess has a go-to dinner-party recipe, one that she knows will impress her guests with her prowess in the kitchen. Let this be yours.

INGREDIENTS

Flattering lighting (but you'll want the lights on!)

A yoga stretch or two—this one requires some flexibility

1. Have him sit upright with his legs straight out in front, and straddle him.

2. As you lower yourself onto him, slide your knees out so that they're behind him, and then lie back onto his outstretched legs. This gives him full access to all your spiciest parts: your clitoris, your breasts, your hips...the whole enchilada. Warning: you'll both be sweating during this move.



TOAST WITH THIS!



THE FRENCH FLING POUR LILLET (BLANC OR ROSÉ, BOTH CHIC AND UNDER \$20!) OVER ICE. GARNISH WITH AN ORANGE TWIST.

Pasta Puttanesca

In Italian, *puttanesca* means slutty. That's not a bad thing—this bold pasta dish is one of the most popular plates in Italy. Our twist on it is perfect for when you're feeling ready to let loose your inner lady of the night.

INGREDIENTS

Your sexiest 'tude
His full surrender

1. Take charge: make him keep his hands above his head, and tell him he's not allowed to move them until you say so.

2. Then lick and stroke up and down his body until you feel like getting on top.

3. Once you're on him, caress your breasts, tummy, and clitoris, swatting away his hands...until you decide he can finally touch. Once you're done with him, he'll feel like cooked spaghetti—in a good way.



SECOND HELPINGS!

It is scientifically proven that the more sex you have, the more you'll want. So go ahead and double-dip. You wouldn't want to leave your guest hungry.



morning-after scramble

You had a hell of a feast, and now you're hungry for a morning-after scramble: hot bodies, cheesy cooking, his peppermill, and a swat of a spatula. Combine, flip, sizzle, feed, lick, twist the sheets, wake the neighbors, grab a coffee, go again...then start dreaming of tonight's dinner.

dessert

Another gem from Julia Child, who we're starting to think threw some epic "dinner parties" of her own: "I think every woman should have a blowtorch." Don't have one? That's okay. Here, we're working with a different type of fire....

Ladyfingers If you're both feeling a little fatigued from the meal, this move should perk things right back up.

INGREDIENTS

Your thumb and index finger
A sexy smirk
(because you know how good this feels for him)

1. With your thumb and index finger, make an okay sign around

the head of his penis, then stroke downward.

2. Repeat quickly with your opposite hand, then take it from the top. It's a sweet little treat for his most sensitive part, just enough to tide you over until you're ready for....

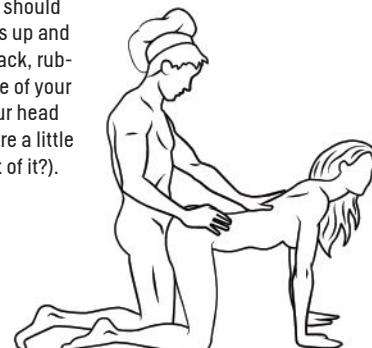
Petit Fours The key to having a positive doggie experience is to make sure it's just as much about you as it is about him.

INGREDIENTS

His hands
A soft surface
His sexy voice

1. Before, during, and after, he should run his hands up and down your back, rubbing the nape of your neck and your head (why not score a little massage out of it?).

2. Tell him to whisper what he's doing to you, as he's doing it. Puppy love's got nothing on this bitching move.



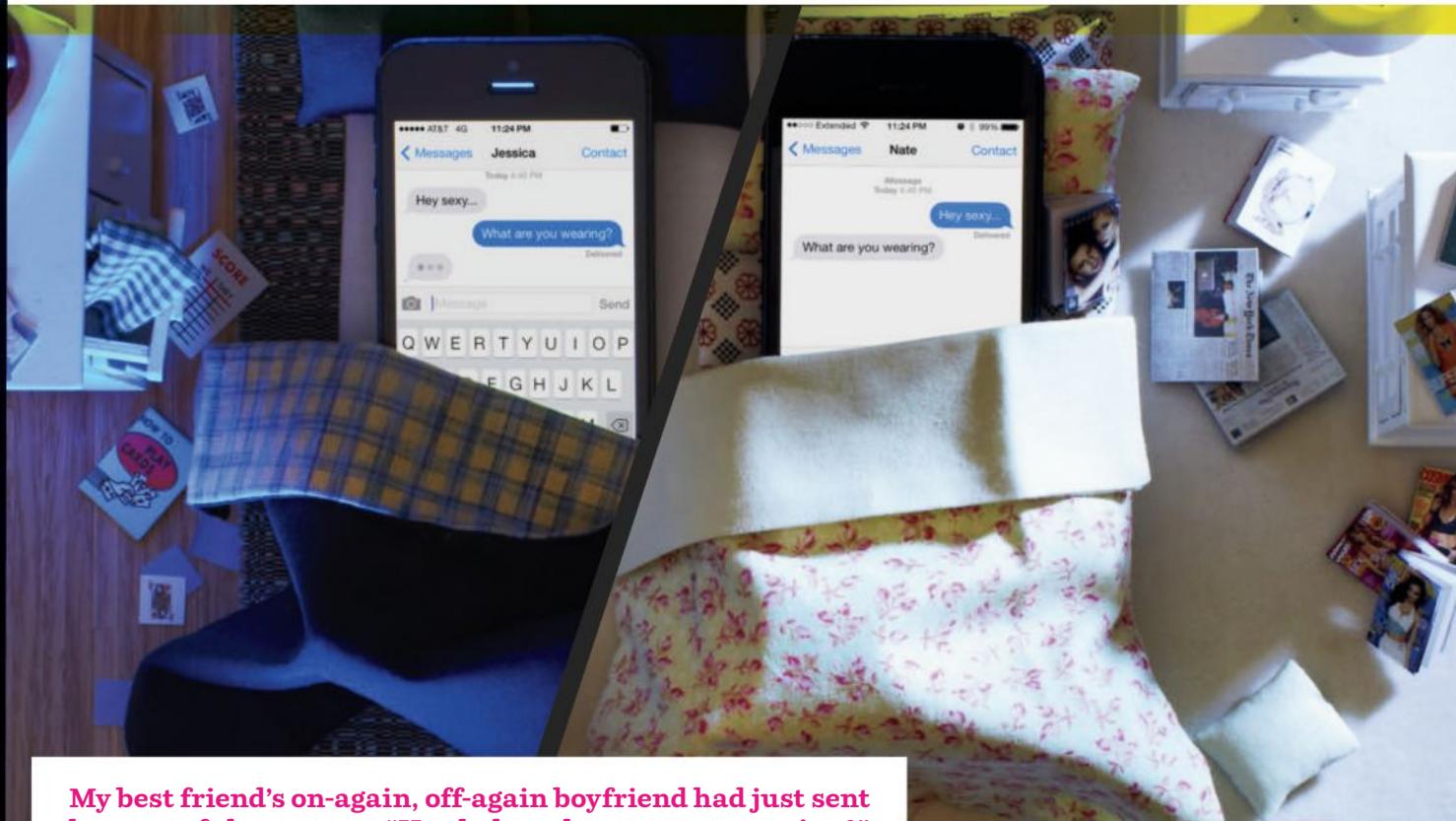
TOAST WITH THIS!

THE MINX MIMOSA
2 PARTS VODKA
TO 1 PART ST.
GERMAIN, WITH A
GRAPEFRUIT TWIST.
SHAKE ON ICE,
AND SERVE.



I AM THE SEXT WHISPERER

Forget Snapchat, this is real life. Your 4-point plan for getting him hot via smartphone. **BY DREW GRANT**



My best friend's on-again, off-again boyfriend had just sent her one of those corny "Hey babe, what are you wearing?" messages. After getting her blessing to mess with him, I decided to beat this guy at his own game. So as a joke, with her by my side, I started sending her BF some sexy messages.

"I'm wearing pigtails and nothing else," I replied on her behalf. "What are you going to do about it?"

We spent an hour playing what amounted to an X-rated Choose Your Own Adventure. "Okay, so he's pulling your hair while doing you doggie-style," I'd read from her phone. "Do you think we should go with 'Oh god, don't stop' or 'I'm flipping you over for a spanking, cowboy'?" We might have been laughing, but actually, it was pretty hot. Okay, it was really hot. Obviously, the guy thought so too. Later

that night, he called my friend long-distance for the first time in months and engaged in some pretty intense verbal stimulation.

That experience launched what has now become a full-blown side job as a sexting Cyrano de Bergerac. I've made it my mission to help jaded friends and strangers come out of their shell and embrace their sexuality. As luck would have it, I'm in a long-term relationship with an amazing man who "doesn't believe in texting" as a way to convey any sentiment (he's more ana-

log, so our dirty deeds are usually conveyed either by smoke signals or letters sent by carrier pigeons). But that doesn't mean my gift should go to waste....It's my duty to pay my sextpertise forward. I've coached dozens of prominent, self-assured Don Juans (and Juanitas)—from *New York Times* journalists to Emmy-nominated actors, prominent magazine editors to Wall Street wunderkinds—and I've learned that there seems to be a direct correlation between having game in person and totally lacking it in the digital sphere.

When I tell people I'm a sextpert, most assume I'm talking about naked selfies and Snapchat. But

while sexting can involve a quick pic, it's not a requirement (and it's safer without one). Sure, men are visually stimulated creatures, but a recent study revealed that women are twice as likely to sext as men are. So if you want to sext and you want the sexting to be sexy, you'll have to take charge. The trick is to send a clear signal that you want in on some virtual foreplay but to still make your message ambiguous enough that you can claim innocence of any dirty intentions. Here's how.

1 PAINT A SNAPCHAT WITH YOUR WORDS

So you get the sense that he's definitely down. Now what? I counsel against sending nudie pics. If it happened to Rihanna and Scarlett Johansson, it can happen to you! Plus, revenge porn is a big problem in this country, and you don't want some disgruntled ex exposing your boudoir shots all over the World Wide Web. Once you've been dating for a while, a naked pic or two may be fine as a memento. But for new sexters, just the thought of sex with you should be enough to get a guy hot and bothered. If your crush is bugging you to send pics, try painting a picture with words instead.

GUY: You're naked? PIXXX, please.
YOU: I would, but it might ruin my bid for the next mayoral campaign! Also, I just dropped my cell into this bubble bath I'm slipping into. Looks like I wasn't supposed to get the screen wet...

(Note: Using the word *wet* in this context should be enough to get his mind racing. If it doesn't, his imagination might be malfunctioning.)

2 CUT THE CUTESY EMOJI

There are enough crossed signals when you're trying to convey emotions via text—why complicate it with a bunch of random icons? It's hard for anyone to get hot for a winking panda and a couple of pink hearts. Best-case scenario: He thinks you're doing an impression

"I'VE MADE IT MY MISSION TO HELP JADED FRIENDS COME OUT OF THEIR SHELL AND EMBRACE THEIR SEXTUALITY."

4 FIGURE OUT YOUR SEXT GOALS

I once spent two hours at a late-night after-party coaching a TV actor as he tried to phone-seduce a woman he'd recently slept with. Their messages were getting pretty hot and heavy, but we were also hitting the 3 a.m. mark and their banter showed no signs of slowing down. Sure enough, come 4 a.m., this lady was under the mistaken impression that the guy wanted to meet up for a repeat performance at his apartment. By then, he was too tired to continue the hanky-panky IRL. Extracting himself from the situation wasn't pleasant.

HER: I can be at your house in 20 minutes.

HIM: Um, actually, I have to get up early tomorrow. Want to take a rain check for next weekend?

HER: I have to go out of town, it's my Nana's birthday.

HIM: :-(

3 LET YOUR FREAK FANTASY FLAG FLY

I find that the old trick to combat stage fright works doubly well for sexting. I just imagine the recipient in his underwear. And instead of the cute guy who asked for your number at the bar, you're texting with Ryan Gosling in *Drive*. Or Mr. Darcy. Eric from *True Blood*. (Whatever gets you going.) The fun part of sexting is to be aggressive, not passive, so don't worry about what a "nice guy" would think. Believe me, even the nicest guys appreciate some naughty. Need a reference point? Turn to an inside joke between the two of you, like how obsessed you are with *Game of Thrones*. Just play it confident and direct the convo. He'll take the hint.

GUY: You look so hot naked.
YOU: I look even hotter when I'm wearing nothing but my white robes, surrounded by my pet dragons.
GUY: Is that from GOT? Will you marry me?
YOU: Dracarys!!

The girl felt rejected and misled, and he never heard from her again. The lesson? Don't dive into the digital dance of depravity without first deciding what you want the end result to be. Do you want to meet up that night for some nooky? Just looking for a sext buddy? It's all good, but having a clear idea of what you want to get out of the experience makes it easier to set boundaries and avoid that awkward 4 a.m. rejection. Let's try again.

GUY: Wow, you can really put your legs behind your head? When can I see this? U busy right now?

YOU: Actually, it's going to take me a while to untangle. Tomorrow? I can show you all the tricks I learned that summer interning at Cirque du Soleil...

Okay, you're in control; you've set the scene. And if I've done my job right, your texting fingers have a busy night ahead.

Drew Grant is a staff writer for the *New York Observer*.

SEX Q&A

NO-BS RESPONSES
TO QUESTIONS YOU CAN
ONLY ASK COSMO

My labia are darker than the rest of my skin down there. Is that normal?

A Yes! Just like nipple pigment, it's very normal for labia to come in a variety of shades.

"It's not like we go around looking at other women's labia all the time, so we measure ourselves against porn," says sexologist Jill McDevitt, PhD. But "the bodies we see in porn aren't representative of the entire population." IRL, labia come in different colors *and* sizes. Sometimes, the labia minora extend past the labia majora, while other women have one lip that hangs lower. If you feel like a dose of NSFW reality, check out LargeLabiaProject.org for user-submitted photos. And give your labia some love—because the world would be a total freaking bore if we all had the same generic, nondescript fembot sexy bits.

Fifty shades
of red. And pink.
And mauve. And...

Q **What's the deal with light choking? Why are people into this...and does it really make sex better?**

A There's a big difference between light choking (keyword: *light*)—which might mean grasping your partner's throat and applying gentle pressure—and what's known as erotic asphyxiation: the dangerous practice of choking a partner during sex to cut off oxygen to the brain—which can kill you. PSA: Never attempt the latter. People get off on light choking, says McDevitt, because it's about "relinquishing power or deriving pleasure from controlling your partner"—sort of like spanking. Communication is key: Everyone should be sober and in control of their impulses, and you should be able to shout out "Goop!" (or whatever safe word you establish) if you're not comfortable.

Q **I'm looking into getting an IUD, but I heard it can fall out during sex or stab the guy inside me. Is this true?**

A Nope. He's penetrating your vagina, not your uterus, which hugs your IUD in place. "There's a small risk that your uterus can contract and push out an IUD, but this isn't triggered by sex," says Katharine O'Connell White, MD, chief of general obstetrics and gynecology at Baystate Medical Center. IUDs have two strings that extend from the uterus into the cervix. If cut too short, those could poke him, but most gynos know to cut them long and tuck them around the cervix so they stay out of his way.

Q **I mostly wear tight pants, and my lady parts can get pretty...murky. What can I do to keep my goods fresh?**

A Ladies running through fields of lavender in old-school douche commercials might suggest otherwise, but real-world vaginas aren't meant to smell like flowers, says every gynecologist, ever. Like a fine vintage bordeaux, "the idea that your vagina needs to breathe is real," says Dr. White. A slight odor and some clear discharge are normal, but if you're dealing with excess or foul-smelling discharge downtown, you may be suffocating your oak barrel. Luckily, there's an easy fix for that: Just go commando when you're lounging at home "to give your vulva a chance to recover," says Dr. White. And make sure even your raciest La Perla thongs have cotton-panel crotches—they're the most breathable. Ultimately, "the vagina is like a self-cleaning oven," says Dr. White. "Just let her do her thing."

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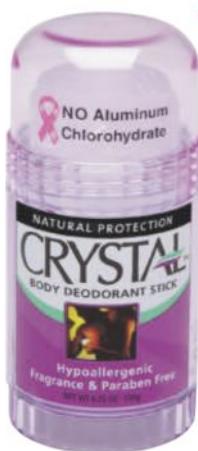
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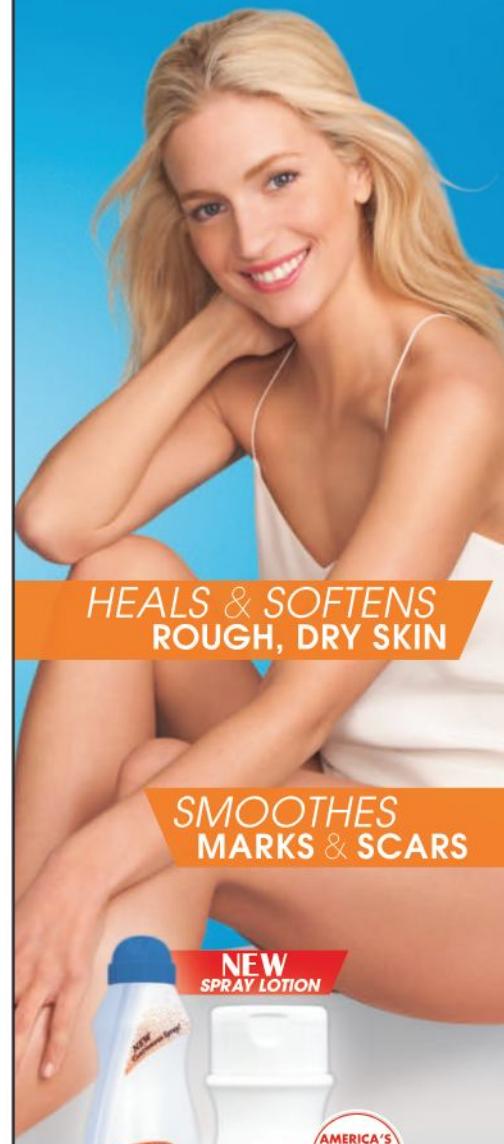
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ASK HIM
ANYTHINGLOVE ADVICE
FROM OUR GUY GURU,
KY HENDERSON

Q My new man is hot, sweet, and awesome in bed. But he's not the sharpest tool in the shed. I can't imagine having a smart conversation with him about news and politics. Should I just cut ties now?

A Whether you admit it or not, I suspect you've already decided what to do. So you want me to say either that it's cool to date a guy with whom you have no intellectual connection...or that it's fine to break up with a nice guy because he doesn't keep up with current events. I don't think there's a wrong move as long as you're honest with yourself. If you want something long-term (or he does), end it and move on. If you're happy having fun in a relationship with no long-term potential, keep seeing him and stop worrying about his IQ.

Q My boyfriend is fascinated by my butt and really wants to have anal sex. I am so not into it—I feel like it would just be all pain, no pleasure. How do I get him to leave my butt alone?

A You obviously shouldn't do anything you don't want to do, and anal sex can be extremely intimidating. But you shouldn't just assume it would be awful. Plenty of people—men and women—enjoy it because they've educated themselves and know how to do it. You could and should start very modestly (think fingers and lube) and see how you feel before getting more ambitious. It may sound ridiculous, but anal sex really can be a way to build trust, increase intimacy, and yes, get off. That being said, here's how to make him drop it altogether: tell him what he gets to do to your butt, you get to do to his first.

Q When one of my big-mouth friends was a little drunk, she marched up to my boyfriend and said, "So I heard you're amazing at giving oral!" He blushed, but I was really embarrassed. Now I'm worried he thinks I tell my friends everything about our sex life.

A Let me get this straight: You're upset because your boyfriend found out you tell people he's great in bed. Now that you've read that sentence, is there now at least a part of you that

thinks, *Oh. Right. That's actually not a big deal?* I really hope there is. Your boyfriend may have blushed because he was caught off guard or because he had no idea how to respond. ("Why yes, I am amazing at giving oral. Would you like me to demonstrate?") But he wasn't blushing because he was mad. Sure, some guys are more protective of their privacy than others, but pretty much any guy would be flattered to know that his girlfriend says such nice things about him. To ease your mind, offer a simple apology: "I'm sorry about that. I guess I got a little carried away singing your praises." He'll tell you there's no need to be sorry...and then proceed to brag about this until he dies.





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Q I have a huge crush on a friend of a friend I always see on Facebook, but I don't know him in real life. What's the best way to hit on a guy via social media?

A By using your connection. Are you not comfortable telling your mutual friend that you noticed this guy and would like info about him? Maybe he is in an LTR and therefore not someone you should be Poking on Facebook or anywhere else, maybe he's a jerk, or maybe he's single and you're his type. The mutual friend could even introduce you via a group message: "Hi guys, I know you both love to hike, so I figured I'd connect the two of you." There, done. If for some reason having the mutual friend help isn't an option, then you'll need to say hello yourself. Send him a friend request if you haven't already, and after he accepts—trust me, he will—write him a message explaining that you have a mutual friend and you'd noticed a photo he was in and wanted to ask him where it was taken or what he was doing in it. He should be able to take it from there.

Q I had a really great first date with a guy, but then over the course of the next month, we kept playing phone tag and not being able to hang out due to my work trips, his vacation, and other commitments. Now he's stopped calling. Is he just not into me? If he really liked me, wouldn't he keep trying?

A You had a great first date together, then he spent an entire month trying to see you again... and you don't think he was into you? Not sure that makes a whole lot of sense. Guys may wait for women indefinitely in movies based on Nicholas Sparks novels, but in real life, men do have limits. From where you sit, you may have been playing a game of phone tag, but to him, it may have felt like you never made yourself available and therefore weren't all that interested. In addition, one date with you, no matter how great it was, probably wouldn't have prevented him from going on other dates while you were out of town or otherwise unavailable, so maybe he met someone else and started dating her seriously. Point is, no one is at fault here. It just sounds like the timing didn't work out. If you want to try one last time for date two, stop waiting for him to call and call him yourself. You've got nothing to lose.

Q I always, always bring condoms with me when I go out. Some guy made a comment to me about it, implying that I was a slut. Do all guys think like that?

A Nope. Many guys wouldn't think twice about your carrying around condoms. Others might have a knee-jerk reaction in which they judge you for having them but immediately realize they're being idiots, because having condoms on you just means you're smart, safe, and in control. Last, there are unfortunately sad, repressed, insecure havers of small penises who, yes, would think you're a slut. (Okay, the small-penis thing is just my hunch.) But if you think about it, anything that makes a guy imply that you're a slut is good, because then you'll know that instead of effing him, you should tell him to eff himself.

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HOW NOT TO Date Your Roommate

The roommate hookup, like an office affair, is often born out of boredom, curiosity, and proximity. And it could easily go awry. Heed these tales of housemate hookups gone bad before you start a roomie relationship.

BY GABY DUNN

I banged my fist on the door. Behind it, I could hear a female voice giggling. "Are you in there, Sean*?" I yelled. I heard him shush her.

Oh, hell no, I remember thinking before I broke down his wooden bedroom door in a rage, slamming my whole body against it. The night ended with the girl storming out of the house in tears and Sean leaving to sleep at a friend's.

So how did I get to this unattractive moment? Sean and I had moved in together as roommates but quickly became more. By this point, we had split for a second time, deciding to be just roommates yet again (I'd broken up with him after hearing he was interested in another girl). Our other roommate was hosting her birthday party in the living room. I came in from outside and asked if anyone had seen Sean. There were uncomfortable glances exchanged. "What's up?" I asked. Everyone's eyes seemed to sweep over Sean's closed door.

That's when the world stopped. "Is he in there with a girl?" I asked. I don't remember if someone actually told me or if the silence clued me in, but I freaked out. How dare he bring someone into his room during a party he knew I was at? How dare he be with someone else in our home? In front of my face? What did she have that I didn't? How could he be so thoughtless?

WHEN we'd first met on the student newspaper in college, I thought Sean was a brilliant genius and incredibly handsome. We'd signed a lease thinking our seamless ability to write and edit together would translate into a chill living situation. When we started hooking up soon after, we debated breaking the lease but decided we could casually date while living together. Because we were idiots. We spent the next two years hooking up on and off and making each other's home life a living hell.

For a while, it was nice to have someone to kiss and cuddle so nearby. We never had to take long train rides or brave Boston's snowy streets to see each other. We never fussed over who would spend the night at whose apartment. The sex was readily available and plentiful. We'd play house, cooking for each other and watching movies on the couch.

Soon though, Sean and I started fighting all the time. Because we lived together, the relationship was immediately all-or-nothing, do-or-die. If we sound intense, it's because we were forced to be. "The fact that roommates are so intimately in each



other's space accelerates the relationship," says Andrea Syrtash, coauthor of *It's Okay to Sleep With Him on the First Date: And Every Other Rule of Dating, Debunked*. "You may skip some necessary steps toward finding out if someone is right for you." Sean and I were like Pauly Shore and Stephen Baldwin in *Bio-Dome*, forced to be together 24/7 with nowhere to escape. We fought about things that other couples don't until years down the road: the dishes, the



THINKING OF HOOKING UP WITH YOUR ROOMMATE?

ASK YOURSELF THIS...

DO YOU

truly like him or are you just bored and he's nearby and convenient?

HOOKING UP

with a roomie can make your living situation stressful and awkward. Worth it?

IF THINGS

break down, are you prepared to move out quickly (and in a huff)?

STILL WANNA DO IT?

KNOW THESE TRUTHS

You will have to see this person

when you look like garbage, when you're wearing your retainer or pooping. They will be there, they will know, and it will not be sexy. There will be no mystery left.

When you first start dating someone,

you're not always exclusive, but you're also not living together and seeing him date other people. Have the conversation early on about whether or not you're exclusive.

Create your own space.

Have your own room, and spend time apart outside the apartment and especially inside it.

Don't let having a hookup buddy

at home keep you from looking for love elsewhere. It can make you lazy about finding a real relationship if you have easy sex waiting at home like a frozen pizza.

Take it slow.

Don't jump to acting married. Go on dates outside the apartment, and pee with the door closed.

laundry, the vacuuming. These were the kinds of arguments a long-term couple can survive and a new one shouldn't be having.

Bedding your cohabitor seems like an obviously terrible idea, and yet for some, it's like putting chunks of meat in front of a hungry lion. You watch your roomie towel off after a shower or cook shirtless and your mind wanders. You're around him all the time, you get along, he's there waiting when you get

home from an awful date. It just seems inevitable. Especially on TV shows like *New Girl*, where Zooey Deschanel's Jess hooked up with her roommate Nick after seasons of sexual tension. But I didn't go *awww* along with the rest of the fans. I cringed. Because I know firsthand the idea is bad-news bears.

Beth S. came to that same realization when she found herself hiding naked in her bathtub, clutching her clothes to her chest. The 21-year-

old student and her roommate Matt had become hookup buddies after she moved in with him and his sister. They'd agreed to keep their sexy romps a secret to avoid his sibling's disapproval. But one day, his sister came home early while Matt and Beth were getting hot and heavy with the door carelessly open. Matt threw Beth her boots and belt. She raced to the bathroom and crouched in the tub for 20 anxious minutes while his sister



"When Zooey Deschanel's Jess hooked up with her roommate Nick after seasons of sexual tension, I cringed, because I know firsthand the idea is bad-news bears."

moved around the apartment. "I felt like the lover of a cheating husband," she says. "I felt awful."

That's because roommate relationships can go from hot to awful in accelerated dog years. With Sean, there was none of the magical mystery or healthy boundaries of a fledgling romance. We saw each other in the morning, hair askew and breath afoul. We saw each other after bad days when we needed time alone to unwind and *not* someone to fling our frustrations at, but that's exactly what happened. Even when Sean and I were "broken up," we acted out in each other's faces, turning the apartment into a toxic place. I snuck new paramours out the second-floor window to avoid confronting him downstairs. One time, I returned from a date, and he was irked by how good a time I'd had. It soured my mood.

Yet even though we desperately needed to split, we could never make it stick because of our sheer proximity. We were fighting and torturing each other, but we were still attracted to each other. We'd run into

one another on the way to the bathroom and fall back into bed. We'd simply forget all the reasons we were so incompatible. Had we been two people just seeing each other, we could've quickly discerned that the relationship wasn't working, but I let a lot of deal breakers—Sean's thoughtlessness, his hatred of my friends—slide because I didn't want the drama of moving out or to feel uncomfortable in my own home.

Maybe my experience has made me cynical. Kat N., 25, has dated *only* her roommates, and it's worked out well for her. During college, she dated her dormmate. After that, she moved to L.A. and dated her roommate there. Roommate hookups are "the joke of my life," she laughs. It's also worked out for Mary W., 26, from L.A., who fell head over heels for her roommate while she was living with him and (yikes!) her then-boyfriend. The fallout of that heated hookup caused her to lose friends and sanity, but she's still with the roommate to this day.

But both women acknowledge that to date

your roommate is to dive headfirst into a relationship, which doesn't work for everyone. So if you're on the brink of a roomie relationship, what do you do? A cost-benefit analysis, says Syrtash. "If you're convinced this person is the potential love of your life, the risk may be worth it," she says. But the stakes are high. "The cost may be that you have to move suddenly and expensively or you're accelerating the dating process in a way that's unnatural." So if you just want a hookup and think your roommate looks sexy in sweatpants, you

may want to reconsider.

For 24-year-old Lea I., her hookup cost her a happy living situation. The grad student in Ithaca, NY, started cuddling innocently with her roommate, even though they decided it wouldn't get serious. At one point, they agreed to stop hooking up, but like with Sean and me, it didn't last. One morning, she saw him come in after he'd slept at another girl's house. Then he brought the new girl over to have sex.

"It was miserable to feel like I couldn't be in my own apartment," Lea says. When they'd argue about it, "we'd have nowhere to go at the end of the night, so often it would end with me, in exhaustion, curling up in his arms." To end their dramatic relationship, Lea had to move out.

Syrtash says this kind of trauma can be avoided by having an open discussion before you do the deed, however unsexy it may be. "It's the last talk you'll feel like having, but you need to be open," she says. "Establish that this is a little risky, and talk about boundaries and expectations. If it doesn't work out, make a commitment in advance to respect each other."

As you know, Sean and I were anything but respectful in the end, and breaking down his door was hardly my finest moment. By the time we finally broke up, which took his moving out of state, we were utterly burned out on each other. We were like raw nerves, bristling at the mere mention of the other's name. To this day, I wish we never happened. ■



WHAT TO DO IF IT DOESN'T WORK OUT

Give the person space.

Living together doesn't mean you have to be up on him 24/7 asking where he's been and who he was with.

Find activities for yourself outside the house.

Don't bring someone new home.

That's just mean. If you've started dating someone else, go to his place in the beginning.

Do your chores.

Passive-aggressive hairs in the tub or dirty yogurt spoons in the sink don't send a very mature message.

Look for a new place to live.

If you're uncomfortable in your own home or making someone else miserable, it's going to get worse before it gets better. Break the lease.

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GET WHAT YOU **REALLY** WANT

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your guide to the male brain

What He Really Says About You to His Friends

BY JEFF WILSER

Let's start with what he's not saying: your name. At least in the early stages of dating, guys will refer to you only with epithets like Elevator Girl, Yoga Girl, or Tinder Girl. (Dude logic: Why give women names? It humanizes them.) After that, everything is context-specific. **Here's what he's saying about you if...**

...it's just a HOOKUP

Brace yourself: I won't sugarcoat this. "I'd say something like, 'She sucks a mean d*ck,'" says Jim, 32, a consultant. He quickly clarifies, **"That's meant as a compliment.** I'd be ecstatic if a girl said I was an oral-sex champ. But I wouldn't say anything vulgar if there was long-term potential."

...he's SMITTEN

"I think she's The One," says no guy, ever. Men don't talk like that unless they're Ryan Gosling in a rom-com. If we have strong feelings for someone, we'll say almost nothing. So if you bump into one of his friends who hasn't heard much about you, it's not (necessarily) a deal breaker.

...he's being SCHMOOPY

Sometimes we do share our feelings. **This could get us mocked.** "My friends made fun of me for how often I mentioned a girl," says Charlie, 23, a film editor. "At that point, I flipped to macho posturing: 'Oh, like you wouldn't hook up with her?!" It's true: We still haven't left ninth grade.



...he's not into THE SEX

Trick category! **This never really happens.** Unless a sex move lands us in the ER, we think every woman's good in bed. Writer Chris, 33, evokes the classic metaphor: "Sex is like pizza, and there's no bad pizza. That's because men don't need emotion to orgasm; we just need friction."



IS HE SMARTER THAN A FIFTH GRADER?

Just because guys get older doesn't mean they grow up. We asked 10- and 11-year-olds and guys in their 20s and 30s about love. What they came up with proves there have been at least a few children left behind. See if you can tell boy from man(child).

- 1 "You have to live together before you get married. Otherwise, how will you know if you shower at the same times or if someone farts in their sleep?"
- 2 "I'M ONLY EVER GETTING MARRIED TO A SUPERMODEL."
- 3 "I like having a girlfriend because there's someone else to take care of me besides my mom."
- 4 "When two people like each other enough, they give up and stop looking for someone better."

CLOCKWISE FROM TOP RIGHT: NBC/GETTY IMAGES; RON BATZ/DRFF/EVERETT COLLECTION



...ANYTHING BAD whatsoever happens in the relationship

"She's crazy, man," Matt, 31, a comedian, admits to having said. Men love this line. It's the Swiss Army knife of relationship talk. Most of the time, it's a way to avoid the fact that he may be at fault too. Admitting that would cross the line into therapy.

Jeff Wilser is the author of *The Maxims of Manhood* and coauthor of *It's Okay to Sleep With Him on the First Date: And Every Other Rule of Dating, Debunked*. Follow him on Twitter @JeffWilser.

...he CHEATED

Depends on the dude. If he's guilt-ridden, he'll say something like, "Shit, I really screwed up," and unb burden his guilt over bourbon. If he's less sensitive, he'll make it about what the girl did wrong ("she doesn't do it for me anymore").

5
"The downside to having a girl-friend is that you have to carry way more stuff. Girls have too much stuff."

7
"I would have a girlfriend, but I get yelled at enough as it is."

9
"NOBODY CHOOSES TO BE IN A RELATIONSHIP. YOU GET TRICKED INTO ONE."

10
"I think all women are beautiful and need to be told that more often. But I really only like brunettes."

6
"WE HAVE UNTIL WE'RE, LIKE, 40 TO FIND THE ONE."

8
"There's no such thing as an age difference, really. A teenager can have the mind of a 20something or a 20something can have the mind of a teenager."

—LAUREN PANARIELLO

1. Kid 2. Man 3. Man 4. Man 5. Kid 6. Man 7. Man 8. Kid 9. Kid 10. Kid

the Cockiness METER

There's only one way to guess what's in a guy's boxer briefs: by how cocky he is. **The smaller the package, the bigger the braggage.**

(After all, when's the last time you heard Michael Fassbender talking smack?) A breakdown of how he acts versus what he packs...

3" to 4"



The only thing you'll feel between your legs is the seat warmer in his Porsche convertible. This guy acts like he's packing an Evian bottle in his Levi's, so expect him to flash some platinum at a pretentious restaurant, which segues nicely into his discussion of the seven-figure salaries at his elite law firm (Douchebag, Toolface & Schmidt?). Honestly, the only thing you're gonna want to ride is his Carrera.

5"



This guy's just short of average (5.6"), so he'll serve up girl porn to make his almost shortcoming a non-deal breaker. He wears tee shirts so revealing, we'd swear they were part of the Lululemon recall (nice triceps though), and he **peacock**s his intellect at bar trivia nights, hoping his other assets will make his smaller member seem like the whole, er, package. P.S. He definitely plays the "If I ignore her, she will come" game when he's interested.

6.5"

A

Like A-Rod at a random 'roid test, this guy is just happy to get a passing grade. He puts effort into his game but doesn't hustle. He'll work a group of girls like a barre class and take home anyone five beers deep. The next time a guy's swagger falls between Harry Styles' pimp limp and Andy Samberg's D-in-a-box hip swivel, know that he's a member of the fantasy footlong league.

8"

(or bigger)

Welcome to the world of big D swagger. He's got Jay-Z's sexy nonchalance (surfboard, indeed) and Jon Hamm's free-balling bravado. He'll flirt with a few one-word sentences and head nods, then take you back to his place to unleash the Kraken. After one round of wrestling his snake, you'll also be strutting with some serious swagger...or maybe that's just your bruised cervix.

—L.P.



Jon Hamm's ham is the stuff of legend.

A woman in a bright pink dress is vacuuming a carpet in a living room. She is barefoot and wearing a gold bracelet. The room has a blue patterned sofa, a white lamp, and a blue vase with flowers in the background.

“I'M A STAY-AT-HOME WIFE”

AS TOLD TO RACHEL BERTSCHE

JEN WILLIAMS,
32, TRADED IN
HER TRADITIONAL
CAREER FOR DAYS
SPENT WALKING
THE DOGS, MAKING
THE BEDS, AND
BEING A “PROFES-
SIONAL WIFE.”

I NEVER PLANNED TO BE A STAY-AT-HOME WIFE.

After graduating college, I got my master's degree in library science and quickly landed a job at a library. At first, I thought it was what I'd wanted. I was never the girl who could sing or dance or act or do sports. I was the good student...the reader. That was my identity. But over the course of the six years I spent at a public library in Nashville (where I live), my workload tripled...and my salary didn't. I went from being a librarian to being a librarian/volunteer coordinator/PR person. Those changes would have been a lot easier to stomach if I'd gotten a raise. I asked my boss for one, but to no avail. Instead, I was stuck with the same pay and working exactly one hour less than full-time, which meant no benefits.

During my time at the library, I married my husband, Keith, who works 60 hours a week (at least!) as a computer programmer. His long hours meant most of the housework fell to me. To be honest, I never minded chores. Walking the dogs, doing the laundry, making the beds...it all appeals to my domestic side. I truly enjoy it. But trying to keep up with two workloads—in the office and at home—was too much. Keith and I used to sit down to dinner at 10 p.m. and eat some disgusting meal out of a box. We were grumpy and sluggish and gaining weight because we didn't have time to make real food. Sure, I could have hired a housekeeper. But why work at a job I hated, making just enough to pay someone else to do the work I loved?

Keith and I discussed it and agreed that we could get by on his salary. We'd been anxious to sell our condo, and we decided my time was better spent adding value to our home. So last October, I quit my job. A generation ago, being a homemaker was an unremarkable choice. Nobody batted an eye at a woman who chose to forgo a traditional career in favor of cooking and cleaning. Now? Not so much. I do feel judged sometimes. People think I sit around eating chocolates and watching soap operas all day. "You must get your nails done so much," they say. Staying at home when you don't have kids is so unusual, it's almost scandalous.

When I told my mom, she understood. The person I was most concerned about disappointing was my mother-in-law, but she wasn't judgmental. I did have a friend who gave me a hard time about it because he thought it was a bad idea for me to "tie myself to a man like that." He said I was setting myself up to get screwed if my marriage failed, since I will have been out of an income and out of the traditional workforce, making it harder to get a job should Keith and I split. He told me I would be a "downtrodden housewife." I told him I didn't want to live my life in fear of "what if?" That I was married now, and I had to believe that was going to last. (My friend did later apologize.)

Still, "What do you do?" has become the hardest question to answer. "I keep the home" is apparently not a valid response. "But what do you *do*?" people will say.

I do everything it takes to make a household run. On a typical day, I get up between 9 and 10—the luxury of a stay-at-home schedule!—and I walk our two

dogs, make the beds, and do a load of laundry. Then I clean whatever room is on my schedule (Monday is bathrooms; Friday, I change the sheets and clean the bedroom). After the cleaning is done, the laundry goes in the dryer, and I take an hour of me time—surfing the internet, reading blogs, returning e-mails, or responding to comments on my own blog, where I post book reviews and interior design ideas. After lunch, I usually work on a home-improvement project, like putting up trim or painting the bedroom, or I run errands or groom the dogs. When I was working, we paid a groomer \$140, more than I made in a day. This way, we're actually saving money. There's more than one way to add to your worth.

By 3 p.m., I'm thinking about dinner—what to make, what ingredients I want to use up. I run to the grocery store if necessary. Dinner is on the table by 6:30. Instead of eating microwaved meals, Keith and I are eating roasted chicken breast with bruschetta tomato topping, melted buffalo mozzarella, and balsamic reduction (and I'm losing weight since we're eating less processed junk). After dinner, Keith usually has to work from home, often until 1 or 2 a.m. Since I don't have to be at an office the next day, I stay up with him. We get to enjoy each other's company instead of passing out at the end of the day because we haven't had a moment's downtime.

Last week, Keith and I were at an open house. We met a couple, and the usual small talk ensued. They asked in my direction: "And what do you do?"

"I was a librarian," I answered, trying to avoid my usual long explanation. "Now I'm getting our home ready to sell." It's the truth, if not the whole truth.

I don't think I'll ever go back to an office job. If I get bored, maybe I'll take on a part-time gig or volunteer. Or maybe we'll have kids, and I'll be a stay-at-home mom, a role people seem to understand more easily (we haven't decided if or when we'll have children).

For now, we're happy with this setup. We spend time together and are both doing what we love. And believe it or not, I haven't had my nails done in six months. ■



Jen Williams

Love, Lust & Other Stuff

WHEN YOUR **MOM'S** **NOT PERFECT**



On *Pretty Little Liars*, Hanna's mom wants to help but ends up hurting her.

In an age when so many women call their moms their BFFs, **Mother's Day** can feel fraught if you have a **rocky relationship** with yours. Here, three women open up about their **complicated bonds** with the most **important woman** in their lives.

“MY MOM WAS AN **ADDICT**”

VINA MILLS, 25, singer, Atlanta, GA



When I was a little girl growing up in Detroit, my mom worked long hours so I didn't get to see her much, but I adored her. Everyone on my street would say, "Your mom is so pretty," and I was proud of the way she dressed and made sure her hair was perfectly curled. My dad watched me and my two siblings, but when he died when I was 8, my mom started to unravel. I was

crushed when she would hit us or pick fights for no reason.

My dad's mom, who had started taking care of us, blamed her behavior on drugs. "When she's like that, just don't pay her any attention," she told me. Around that time, **my mother would disappear for days**. I didn't fully understand what was going on until I was 10 and spotted her standing in a group on a corner in my Detroit neighborhood that was known for drugs and prostitution. My jaw dropped, and I started to cry as I thought, *Oh no! She's one of them now*. It was such a shock.

For the next few years, she would show up every month or so for short visits. Even though my grandmother loved us as best she could, it was hard growing up without a mom.

I was lonely and wanted a mother to take me shopping for prom dresses or talk to me about boys. Once when I was 16, I learned she was in rehab and tried to see her. I was devastated when the lady at the front desk said she didn't want any visitors. The sting from my mother's rejecting me was the worst feeling I have ever experienced.

In the meantime, I tried to focus on developing a career as an electric soul singer, and writing songs became a way to work through my feelings. I made a decision that **I would follow my dreams and not let my past make me a bitter person and drag me down.**

I've since moved to Atlanta, but on a trip to Detroit for a show three years ago, I got a taste of my mother's love that I've longed for my entire life. She came to my performance and said, "Vina, you were amazing! I'm so proud of you." When she started singing some of my lyrics, my eyes welled up. It felt incredible knowing I had made my mother happy.

I haven't seen my mother since, but I still call her every few months and try not to get my feelings hurt if she rushes me off the phone. What helps me is trying to understand her demons. I don't think anyone chooses to abandon her kids. I think she was insecure and sought approval from the wrong people and just got addicted to cocaine. **I pray for her and try to find a soft place in my heart that lets me forgive her.** I also tell myself that I went through this so I could touch other people with my music. My experience with my mother made me stronger so I can help others be stronger too.

—AS TOLD TO SARAH ELIZABETH RICHARDS

"MY MOM IS ANOREXIC"



GABRIELLE HURWITZ, 22 (left),
college senior, Orinda, CA

On Thanksgiving when I was 11, my three sisters and I joined my parents and grandparents at the table for pumpkin pie. Before we did, I overheard the adults quietly saying that my mother's anorexia was flaring up again. I had read about anorexia before, but I never knew my mom struggled with it.

At five feet two, my mom is naturally petite. But in the two years that followed that night, she began to look scarily thin. She started working out every day, and her already size-0 clothes would be falling off her body. She replaced meals with nutrition bars and would fill up on baby carrots before dinner so she didn't have to eat with us. The changes weren't just physical; she had completely checked out mentally. **A dull stare replaced the twinkle in her eye that I had always loved. I rarely saw her smile anymore.**

It was obvious to everyone that something was seriously wrong, but it wasn't obvious just how bad things were until I found her diary when I was 14. I knew I shouldn't have read it, but I did, and written on the pages were her darkest thoughts—she was suffering a deep depression and was thinking of harming herself. I ran to show my 15-year-old sister, normally the levelheaded counterpart to my roller

coaster of emotions. She read the first few words and burst into tears. We called my mom's therapist in a panic, unsure if our mother was going to try to take her own life.

At this point, my mom's anorexia had spiraled completely out of control. **Her body was starting to shut down, and her doctors warned her that if she didn't get immediate treatment, her heart would stop.** So as I entered eighth grade, my mom checked into an inpatient eating-disorder treatment center. In the five months she was gone, I spiraled into my own depression. I came home and took three-hour naps before sleeping 10 more hours each night. I started self-harming, and my self-esteem plummeted. My mom always told me and my sisters that we were beautiful, trying not to let her disease affect our self-image. But I still wondered: **If my mom thought of herself as fat at a size 0, how did she really see me, a size 12?**

Even after my mom came home, she continued to struggle, and so did I. In high school, I worried about her constantly, always scared she'd go away again. As I watched her avoid meals, I ate more to compensate. I started hating my body, looking at myself in the mirror and imagining where a plastic surgeon would draw incision lines for a tummy tuck and lipo. I ordered diet pills from an infomercial, desperate to lose weight. When my parents began going through a messy divorce, I turned to food to cope and hated myself for it.

The fall of my freshman year in college, all my fears were realized as my mom went back into treatment. I felt helpless and alone, falling back into my depression. But it was my mom who refused to let me drop out of a prestigious university and move home. It was she who told me that my only chance at a

happy life was to start focusing on myself. I made an effort to redirect all my negative thoughts about my weight into things that actually made me happy. I threw myself into my schoolwork and internships and spent my junior year abroad in Paris. I began to make a future for myself—a healthy one.

My mom is doing better now. She has gained some weight but will always struggle with her body image. And yes, I still have issues too, but I don't resent or blame my

mom. I know her anorexia has affected me (and I do worry about passing on my own issues to my future kids), but I think it has also helped make me stronger. I'm working on having a healthy relationship with food and trying to love my body, and my friends and I have a strict no-fat-talk rule. My past may have included unhealthy attitudes about my body, but I'm working hard to make sure my future doesn't.

—GABRIELLE HURWITZ

“MY MOM IS THE PARTY MOM”

DANIELLE LEE*, 26, PR executive, Chicago, IL

My friends think my mom's wild-child antics—doing shots, making out with my sister's friends, telling raunchy sex jokes—are hilarious. But they make me cringe. How am I supposed to respond to texts saying, "We were out and saw your mom riding a mechanical bull"?" Even though my mom is 57, she's still 17 at heart.

Her refusal to be a grown-up hasn't always been easy for me. Sometimes, I think it's a miracle I'm alive. My dad wasn't in the picture and my older sisters were out of the house, so it was mostly my mom and I when I was growing up. Once during a vacation to Mexico when I was 15, she paid a random local guy to watch me and my friend while she danced inside the cages at a sketchy bar. During middle and high school, she never gave me a curfew, and my friends' parents were baffled that I could stay out all night or have friends sleep over during the week. I'd brag that I had the cool mom, but I was jealous of the structure my friends had. I didn't always like being in charge of myself, and I wanted my mom looking out for me.

I don't think my mom has a clue just how much she embarrasses me, even though I've told her how I feel about her antics. Once when

my friend posted a picture of the novel *A Good Man Is Hard to Find* on Facebook, my mom replied, "A hard man is good to find!" That was humiliating enough, but it really upset me when she insisted on wishing my ex a happy birthday on his wall. When I told her she was being disloyal, she said, "You're not the boss of my social media. He and I are still friends."

I've accepted that she's never going to change, and I try not to be mad. She's a good person; she just doesn't have any filter. But sometimes my having to be the adult causes friction. She gets her feelings hurt when I won't do tequila shots with her and accuses me of being judgmental. Then I feel guilty and sad that we're not closer.

People who know my mom tell me I'm an apple from a different orchard, which I guess isn't a bad thing. I've had to learn to be responsible at a young age. I'm also proud that I've been completely self-sufficient since college because she couldn't help me financially. (She's remarried now, and I feel lucky that I don't have to worry about her around the clock.) Still, it annoys me when my friends say, "Your mom is more fun than you are." It's easy for them to say because she's not their mom. She's mine and she's not perfect, but I will always love her anyway.

—AS TOLD TO S.E.R. *Name has been changed.

Forgiving an Imperfect MOM

When someone hurts you—especially someone who was supposed to protect you, like a mom—forgiving can feel like admitting that what she did was okay. But it's not.

Forgiveness doesn't even have to include making up—it can be

something you do to free yourself from bad energy and heal. When you forgive, you feel less angry, anxious, and depressed, maybe because you're no longer passively accepting what a person did to wrong you. If you're ready to forgive, start here.

1.

FIRST, LET YOURSELF BE PISSED or sad or whatever you feel about what happened. Feel all the feelings, then make the choice to move forward.

2.

THIS IS THE HARDEST PART:

Try to think about what happened in that person's life that caused her to act the way she did. For example, if your mom didn't take care of you or drank too much, maybe her parents did the same to her and she didn't know how to do any better. You're not making excuses for her. You're just trying to see all sides of the story.

3.

LET GO OF THE BAD FEELINGS, and if possible, do something nice for the person, even if it's just Liking an Instagram pic or smiling at her. It would be great if she apologizes, but even if she doesn't, it doesn't matter. You're doing this for you.

4.

FINALLY, THINK ABOUT whether there's some bigger lesson in your pain. Maybe it's knowing how to help someone else or using your pain in your art. Try to see this as something that has made you stronger, because that's exactly what it is. —S.E.R.

ONLY HAVE
10 MINUTES?

I ONLY
NEED 7.

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Our fastest formula yet has two powerful
gels to get rid of even the toughest
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HOT & HEALTHY

EDITED BY SARA AUSTIN
AND LIZ PLOSSER

IF YOU DO
ONE THING FOR
YOURSELF
THIS MONTH...

CALM DOWN AND FEEL BETTER

That crick in your neck may not be from sleeping funny. It could be from your bonkers workweek, the stack of unpaid bills, or the big fight you had with your BF. "Insomnia, GI issues, and aches and pains are often physical cues that you're stressed out," says Howard Schubiner, MD, director of the Mind Body Medicine Program at Providence Hospital in Southfield, Michigan, and author of *Unlearn Your Pain*. Try this stuff to relax.



AT HOME

Turn up the heat: When people took a hot bath daily for eight weeks, it helped them manage anxiety better than prescription meds did, a study in *Complementary Therapies in Medicine* found. No tub in your tiny pad? Even warm footbaths can help.

AT THE GYM

Try cycling. Hitting the bike for 20 to 30 minutes could improve your mood for up to 12 hours, according to a University of Vermont study. Researchers suggest that adding positive stress—like cycling—into your routine helps you deal with not-so-positive stress later on.

AT WORK

Remember to breathe. Deep breathing lowers your heart rate and relaxes your muscles. To ensure you're doing this throughout the day, Dr. Schubiner recommends taking two slow breaths every time your phone rings or before you respond to an e-mail.

EVERYWHERE

Take it easier on yourself. Studies link stress and self-esteem in a way that creates a vicious cycle. When you're worried, you feel bad about yourself...which makes you more stressed. When you start to beat yourself up, pretend you're an objective observer, suggests Dr. Schubiner. Say, "This is the stress talking. There's no need to beat myself up!"

—ALEXANDRA ENGLER

THE GYM AS FOREPLAY

Working out for 20 to 30 minutes right before sex leads to more desire, arousal, and orgasm satisfaction for all women...and even more so for those taking antidepressants, reports a new study. Exercise boosts your sympathetic nervous system, which controls genital stimulation (and which SSRIs like Lexapro and Zoloft suppress). Delay your post-Power Yoga shower until after sex so your body doesn't lose the revving effects.

SOURCE: TIERNY LORENZ, POSTDOCTORAL FELLOW AT INDIANA UNIVERSITY'S KINSEY INSTITUTE



GROSS but important DISCHARGE

Normal undie-evidence is generally white or clear-ish and odor-free. Not what you see? Read on.

SOURCES: LINDA FAN, MD, ASSISTANT PROFESSOR AND DIRECTOR OF GYNECOLOGY AT YALE OBSTETRICS, GYNECOLOGY AND REPRODUCTIVE SCIENCES; VIRGINIA JENKINS, WOMEN'S HEALTH NURSE PRACTITIONER IN NYC

if it smells...

FISHY

You're probably getting a whiff of bacteria overgrowth, aka bacterial vaginosis (BV). Antibiotics or Rx gel will clear it up.

if you see...

YELLOW OR GREEN

It could be BV or trichomoniasis, a common but rarely-tested-for STI... or more serious, gonorrhea. Either way, see your doc.

if you notice...

CLUMPS

A cottage-cheese-like texture usually means a yeast infection. If you spot it before you're in pain, an OTC miconazole cream can help.



RELAX, SPANX WON'T CRUSH YOUR OVARIES

Body-shaping garments compress skin and fat, *not* organs, contrary to recent claims linking the style staple to scary digestive and bladder problems. There's zero research backing those claims. A little discomfort is totally normal—it's shapewear, not sweatpants.

SOURCES: AMY ROSENMAN, MD, DIRECTOR OF UROGYNECOLOGY AT UCLA MEDICAL CENTER, SANTA MONICA; LAUREN STREICHER, MD, ASSOCIATE PROFESSOR OF OBSTETRICS AND GYNECOLOGY AT NORTHWESTERN UNIVERSITY'S FEINBERG SCHOOL OF MEDICINE

Thanks for the Beyoncé bod, Spanx.



BY MARISSA GAINSBOURG



ASK DR. ASHTON

Q I'm a lesbian. Would I ever need birth control?

A Maybe. Hormonal birth control doesn't only prevent pregnancy, it can also help manage painful periods, PCOS, acne, and endometriosis. Plus, the Pill lowers the risk for ovarian and uterine cancers. Gay women should ask their doctor about contraception as well as screening for STIs—they spread when you have sex with women, men, or both.

SOURCE: JENNIFER ASHTON, MD, AN OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS

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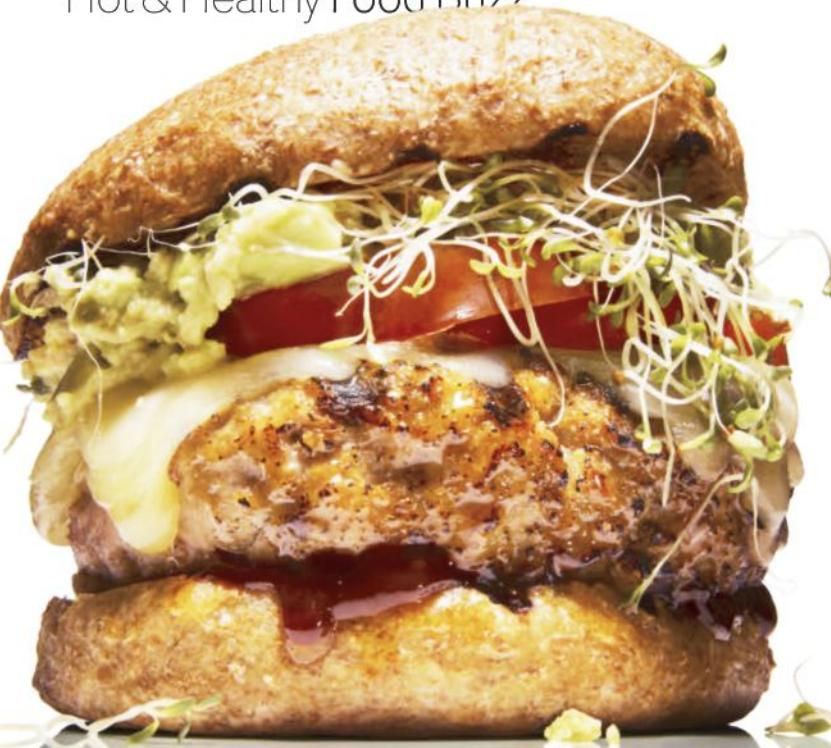
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WHICH BURGER SHOULD YOU ORDER?

Summer's cookout fave has a million varieties these days. But are the alterna-burgers really that much healthier? We grilled registered dietitian Alexandra Oppenheimer to find out.

—ASHLEY ROSS

↳ **Turkey**
150 calories*
SATISFACTION FACTOR
★★★★☆

Check for the words *white meat* or *ground turkey breast*. Dark meat in a patty can add 100 calories!

Salmon
175 calories
SATISFACTION FACTOR
★★★★★

It's high in good fats. Use fillers like oats and low-fat yogurt, not bread crumbs and mayo.

Veggie
230 calories
SATISFACTION FACTOR
★★★★☆

Start with a whole grain like quinoa, then add beans or a slice of Swiss cheese to amp up protein.

Bison
270 calories
SATISFACTION FACTOR
★★★★☆

Naturally lean bison meat can be dry. For a juicy patty, cook on medium heat for 15 minutes.

Beef
281 calories
SATISFACTION FACTOR
★★★★★

Ground chuck is high in sat fat. Get a cut that's 90 to 95 percent lean to slash 6 grams of fat.



TAKEOUT MAKEOVER

Delivery just got healthier, thanks to the free app Zesty (zestyapp.com). You look up a menu and see only the dishes that pass muster with an RD—so no cheese fries temptation. Plus, check fat and calories, and find gluten-free or vegan options. It's in San Francisco now and coming to more cities soon. —J.G.

Warm It Up!

People who ate a **warm oatmeal breakfast** felt fuller four hours later than those who had cold oat cereal, a new study found.

The meals had the same calorie count, but hot oatmeal has a stick-to-your-ribs soluble fiber called beta glucan that slows digestion to keep you feeling full until lunch. —JESSICA GIRDWAIN



What 3 O'Clock Slump?

A 160-calorie, high-protein snack is tops for controlling afternoon munchies, say researchers at the University of Missouri at Columbia.

Try this winner. —J.G.

3/4 cup nonfat Greek yogurt swirled with 1 teaspoon each cocoa powder and chia seeds, topped with **1/2 cup** raspberries (156 calories, 19 grams protein)



SOURCE: KEREN GILBERT, AN RD IN GREAT NECK, NY

COUNTER CLOCKWISE FROM TOP LEFT: OLIVIA BENOIT/THE LICENSING PROJECT; CASEY BROOKS/THE LICENSING PROJECT; JON PATTERSON/STUDIO OF FOOD STYLIS: JAMIE KIMM, PROP STYLIS: SARAH DAWN HAMILTON; CALORIE COUNTS ARE BASED ON A 4-OUNCE BURGER.

ZERO CALORIES
AND TOTALLY DELICIOUS
NOW THAT'S A
TEA PARTY

Crystal
Light.

#TINYWIN



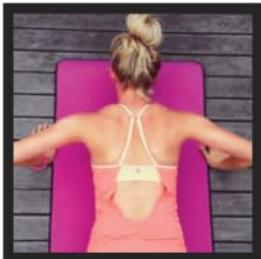
Every tiny win deserves a celebration.
Like delicious zero calorie *Crystal Light*.
A SIP IN THE RIGHT DIRECTION

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INSTA-MOTIVATION



@AdamRosante
Trainer Adam Rosante posts inspiring mantras, pints of beer, and yes, the occasional selfie (#Drool).



@LornaJaneActive
The fit women in chic gear will make you want to do push-ups.
Or online shop.



@TaraStiles
The super-stylish celeb yogi exudes Zen as she holds poses around the world.



Which is better for weight loss: cardio or strength?

GET IN THE POOL!

Let the Medicare crowd have their aquarobics. Trendy fitness classes—think Spinning, boot camp—are popping up in pools. Not just easy on your joints, water workouts are legit: H₂O is 784 times denser than air, so anything you do in it tones and gets your heart rate up fast. Try these moves in any pool to get your burn on underwater.



LEGS AND BUTT

Hold on to the gutter or a ledge, and kick your feet as quickly as possible for as long as you can.

CARDIO

Go to the shallow end, and run from one side to the other. Make it harder by racing a friend.

ARMS

Swim a lap, then do three incline push-ups and three triceps dips using the ledge or a gutter for support.

ABS

Dunk a towel, then grip each end. Now make figure eights with it, twisting your torso to make the loops at your sides.

SOURCE: JOEL STAGER, PHD, DIRECTOR OF THE COUNSEL-MAN CENTER FOR THE SCIENCE OF SWIMMING AND PROFESSOR OF KINESIOLOGY AT THE INDIANA UNIVERSITY AT BLOOMINGTON

LIZ IS LOVING...



If you're a friend of mine, you're getting one of these happy-hued pillows for your next birthday. On your bed or a desk chair, they give a subtle workout nudge. The shop rolls out a fresh batch of pillows—including ones with new get-up-and-move messages—every six months. **\$64 and up, alexandraferguson.com**

breathe

WAKE UP
WORK OUT

Perfect for your yoga-loving BFF.

LET GO

A Weights have an edge. As you recover, you torch calories at an elevated rate for an hour after lifting—and your resting metabolism is up to 9 percent higher for three days. Swap in 25 minutes of strength training for cardio three times a week and you'll burn up to 2,400 extra calories a month. That's eight pounds in a year without changing your diet.

SOURCE: WAYNE WESTCOTT, PHD, DIRECTOR OF THE FITNESS RESEARCH PROGRAMS AT QUINCY COLLEGE, IN QUINCY, MASSACHUSETTS



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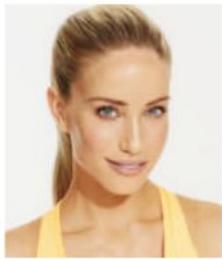
FITNESS

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Jessica Alba, Julianne Hough, Stacy Keibler, and Alicia Silverstone

BEND AND SNAP

1 Stand with feet wider than hip-width apart, holding a 5- to 15-pound dumbbell in each hand. Turn both feet 45 degrees to the left, then stick out your right hip. Do a biceps curl with your right hand, keeping the dumbbell at shoulder height while letting your left arm hang straight toward the floor.

2 Keeping your eyes on your right hand, stretch your left hand to your left ankle and extend your right dumbbell toward the sky. Do 15 reps, then switch sides.

Too hard?
You can ditch the
dumbbells.

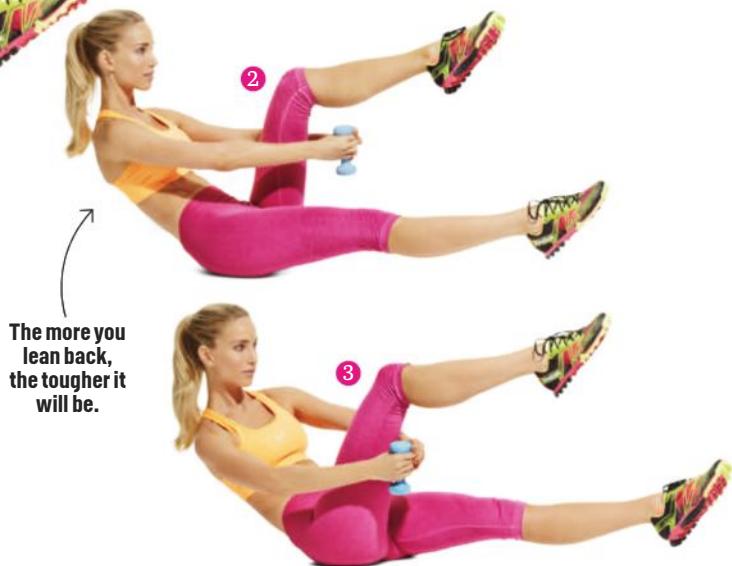


GET YOUR FIGURE EIGHT

1 Grip dumbbell with both hands, and sit on your butt on the floor with knees bent. Lift your feet about a foot off the floor, straighten legs, and lean your torso back to make a V shape.

2 Raise up your left leg, and pass dumbbell around your outer leg and back to the center.

3 Without stopping, pass dumbbell under your right leg and back to center to complete a fluid figure-eight movement. That's one rep; do 25.



DRAWBRIDGE

- 1
- Keep your legs as straight as possible.

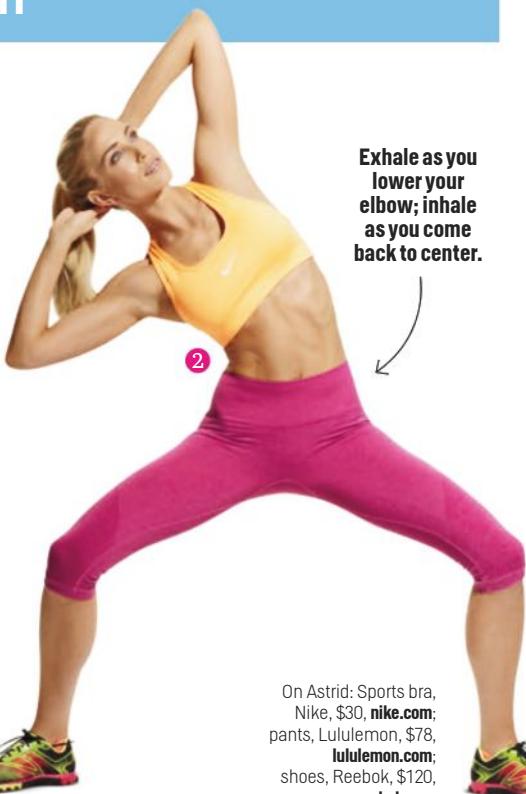


- 1 Sit on the floor, balancing on your left hip and left forearm with feet stacked together and slightly off the floor, right arm extended straight toward the sky.
- 2 Inhale, then as you exhale, crunch your straightened legs and right arm so they're close to touching. Do 10 to 25 reps, then switch sides.



STANDING CRUNCH

- 1 Stand with feet wider than shoulder-width apart with toes turned out. Bend knees to get into low-*plié* position, then put your hands behind your head, keeping elbows wide.
- 2 Holding *plié* and keeping your chest up, lower your right elbow toward your right knee, then repeat to left. That's one rep; do 25.



Exhale as you lower your elbow; inhale as you come back to center.



On Astrid: Sports bra, Nike, \$30, nike.com; pants, Lululemon, \$78, lululemon.com; shoes, Reebok, \$120, reebok.com

Gear That Keeps Astrid Going



GO-TO HOODIE

"I love a great hoodie or wrap to go to and from appointments. I have this **Lululemon Scuba hoodie** in half a dozen colors." \$108, lululemon.com



BEDTIME TRICK

"I have to be up at the crack of dawn. I spike my evening water with lavender **doTERRA essential oil** to sleep soundly." \$28, doterra.com



CAPRI ME

"Three-quarter-length leggings are the most flattering on me. The ones at **Fabletics**, a subscription workout-clothing site, aren't saggy or see-through." \$32 and up, fabletics.com



SKIN SMOOTHER

"After a long outdoor run or a strength workout, I'll take a hot shower and apply **Egyptian Magic** cream all over." \$37, drugstore.com

—LIZ PLOSSER

PHOTOGRAPHED BY PERRY HAGOPIAN
FASHION EDITOR: CATHERINE PERIDIS



THE RISE OF THE E-CIGARETTE

They say it's nicotine without the health risks. We say...not so fast there. **BY COURTNEY RUBIN**

DEVOTED PARLIAMENT LIGHTS
fan Megan Drumhiller, 23, first tried e-cigarettes because her boyfriend was trying to quit and because sometimes, especially during Michigan winters, smoking outside was a pain.

But Drumhiller didn't quit cigarettes—and now she's hooked on e-cigs too. "The flavored liquids make it a fun thing you don't associate with smoking," says the Saginaw Valley State University junior. She loves caramel vanilla and double rainbow, which tastes like gummy bears.

THE IT ACCESSORY

Once a celeb affectation, e-cigs are now mainstream, sold at gas stations, corner stores, and even e-smoking

bars. Last year, Americans spent more than \$1 billion on e-cigs, with three-packs of some brands going for \$27 and batteries for \$22 a piece.

Most work like this: A heating element, often a coil, vaporizes a nicotine-laced liquid, producing a fine mist. **Inhaling it delivers a buzz thanks to a hit of nicotine**—one of the most addictive drugs—without the carcinogens, smell, or taste associated with tobacco. Jenny McCarthy raves in her commercial for Blu e-cigs that you can puff away "without guilt." An e-cig "doesn't make my hair smell, my teeth turn yellow" and "I don't get the stink-eye from others."



E-cigs may also have potential as an effective smoking-cessation aid. Smoking is arguably the worst thing you can do for your health, causing cancer, heart attacks, strokes, and more. And e-cigs are as likely to help smokers wean themselves off regular cigarettes as other methods like nicotine patches, according to a study in *The Lancet*.

"They are certainly a better alternative to smoking tobacco, which is the leading cause of preventable death in the U.S." says tobacco epidemiologist John Spangler, MD, a professor at the Wake Forest School of Medicine.

BUT ARE THEY SAFE?

Lots of people are trying to figure out the answer to this question. Last fall, 48 state and territorial attorneys general wrote to the FDA asking for more regulatory controls. Their concern: Although labels show nicotine levels, "we don't know exactly what's in them—there's no FDA oversight ensuring purity or safety," says Dr. Spangler.

Nicotine doesn't cause cancer, but it does affect the heart, raising your pulse and blood pressure. And since no studies have been done on the long-term health effects, we don't know how safe (or harmful) e-cigs are.

That's a problem, because more and more teens are picking up e-cigs. The latest CDC report showed that e-cigarette use in middle and high school kids doubled in 2012. The trend worries experts, who fear e-cigs might be a gateway drug to regular cigarettes. "Kids who otherwise wouldn't take up smoking may be lured by e-cigarettes' tempting flavors and healthy reputation," says Erin Sutfin, PhD, who studies tobacco control at the Wake Forest School of Medicine.

The bottom line: If you're trying to quit smoking, e-cigs might be an option—ask your doctor about them. If you're not a smoker, don't pick up e-cigs until there's more info on the risks. No one wants to get hooked on an expensive habit that might be a health hazard.

Your Skin
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Adult Acne Deserves Adult Treatment

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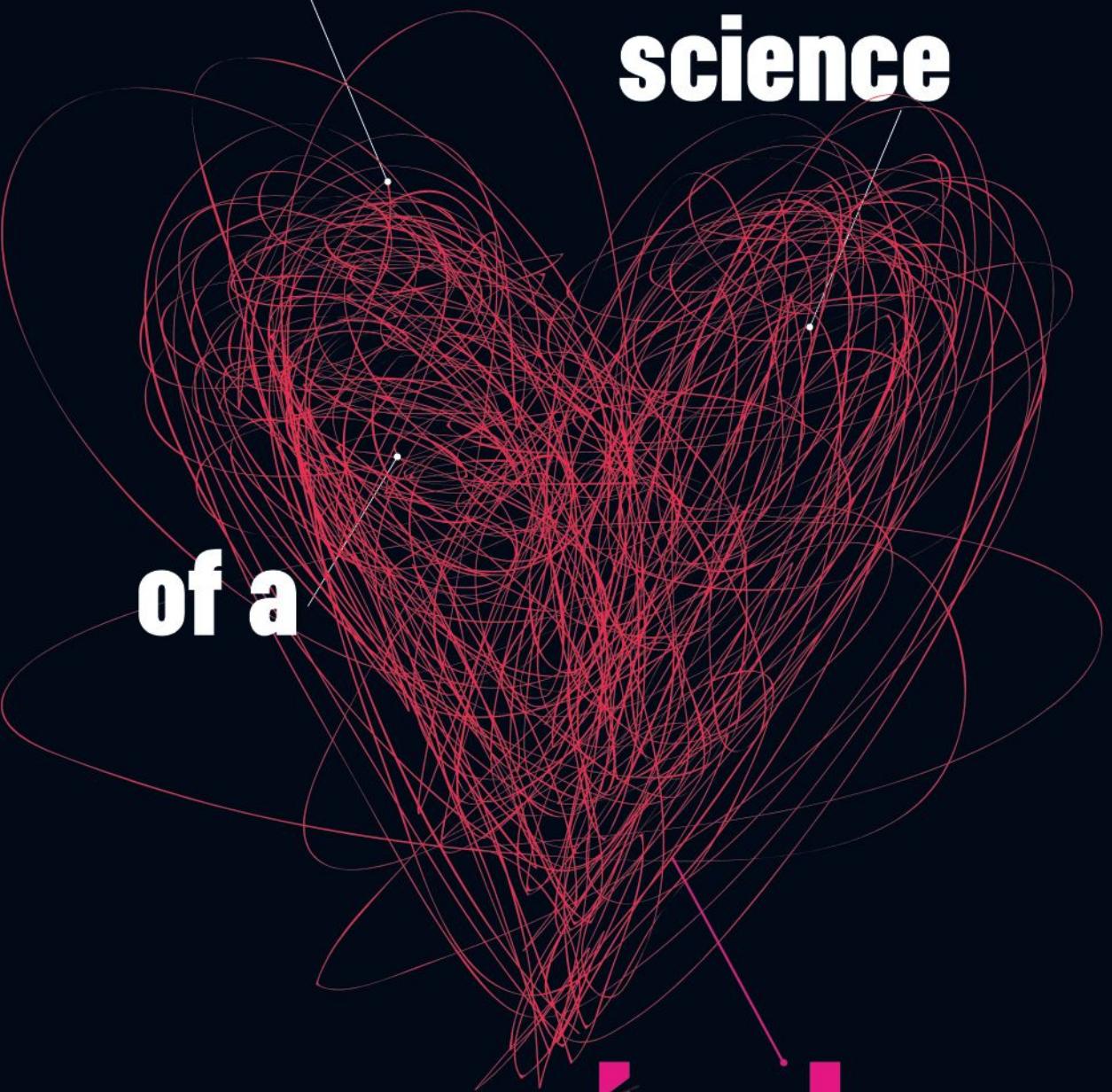
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the science of a **broken heart**

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WHEN LOVE FALLS APART, SO CAN
YOUR MIND AND BODY. USE THIS
HEALTHY PLAN TO REBOUND.

BY NICOLE CATANESE

Nobody
craves carrots after
a breakup.



W

hat are you supposed to do when a two-year relationship, cohabitation, and the promise of happily ever after come to a sudden halt? The night he left, my entire world—and heart—shattered. I replayed our demise instead of sleeping. Liquids were all I could manage to get down. The sadness that consumed me every second of every day was so sharp and intense, it felt like I needed to pop a Tylenol.

It wasn't in my head. When researchers at the University of Michigan asked recently dumped folks to look at pictures of their exes (cruel!), brain images showed activity in the same areas responsible for physical pain. Translation: A broken heart can be as excruciating as a broken bone. And it can be even harder to heal. "As you mentally replay where it went wrong, you trigger parts of the brain associated with unpleasant emotions and distress, and physical pain doesn't typically do that," says Naomi Eisenberger, PhD, associate professor of social psychology at the University of California at Los Angeles. It doesn't help that coping with heartbreak often involves destructive behavior and harmful substances (eating junk, doing drugs, overdrinking).

The truth is, it'll hurt no matter what we or all your friends say. But planning your comeback can give you positive direction when you feel lost. Here are healthy ways to take the edge off.

• **Talk about it. A lot.**

Don't fight the urge to repeat every detail. Putting negative experiences into words (out loud or on paper) is a proven coping mechanism. "Those who report less emotional pain with breakups seem to have more activity in the prefrontal area of the brain, the area responsible for processing, so stimulating it could help suppress negative emotions," says Eisenberger. But there is a point when too much talk takes you

to a dark place, so if it's been a month and you still want to relive every gory detail, it could help to meet with a therapist who can give you guidance as you work through things.

• **Get back on Tinder.**

"A rebound relationship is the fastest way to put a Band-Aid on a broken heart," says Louann Brizendine, MD, a neuropsychiatrist at the University of California at San Francisco. Even if you're

not that into it, she says, "we get a dopamine and oxytocin rush from the physical presence of someone else, which helps ease the withdrawal of those chemicals after a breakup." Can't bear the thought of sexual contact? That's okay. "Even close social contact with a friend, like a hug, can trigger the release of opiate-like neurochemicals," she says. Laughter works too!

• **Hit up happy hour.**

But make two drinks your limit. "For the first two hours after having a drink, there's a large dopamine release in the

brain, which can help decrease anxiety, so having a cocktail at a bar is a great way to get you out and socializing," says Dr. Brizendine. Too much alcohol sets you up for a dopamine crash that night and the next day.

• **Get up if you can't sleep.** "After a breakup, your body pumps out huge amounts of adrenaline," says Dr. Brizendine. "In this aroused state, the stress hormone cortisol is switched on and can't be turned off, messing up your circadian rhythm." Instead of tossing and turning, write about your fears, sadness, and anxiety for 20 minutes, says Arthur Markman, PhD, professor of psychology at the University of Texas at Austin. It'll help silence



your mind, which can make you feel calmer.

• **Buddy up for meals.**

Because of your body's stress response, your appetite is either nonexistent or you can't stop carb- and sugar-loading. Neither solo Seamless nor starvation is healthy, so eat with friends, says Markman. "Behavior is contagious, so spending time with people who make healthy food choices will increase your motivation to do so too."

• **Turn on happy tunes.**

It's a scientific fact that you'll want to listen to Edie Brickell's "Circle" on repeat. We're drawn to weepy songs after a breakup because they match our mood. Instead, listen to music that matches the upbeat mood you *want* to be in. Happy music can not only improve your everyday outlook, it can also help alleviate serious anxiety and depression.

• **Sweat it out.** When you're sad, think of movement as medicine. "Opiates are powerful pain reducers, and exercise increases these neurochemicals in the brain," Eisenberger says. A regular gym date can bring order to your topsy-turvy world. Plus, getting stronger mentally and physically will repair your shaken confidence. It worked for me. After a month of working out, my waist was more defined, my butt was more sculpted, and quite a few pounds were gone. But more important, my self-loathing and grasping to control what I could not was gone too.

HOW I GOT A revenge body (and healed my broken heart)

Regular exercise activates feel-good endorphins that are just as powerful—if not more so—than antidepressants.

So NICOLE CATANESE went on a one-month sweat-him-out-of-my-system crusade.

week one

A FEW WEEKS AFTER D-DAY, I got out of the fetal position, squeezed myself into my Lulus, and pedaled like crazy at a Flywheel cycling class. For one hour, I didn't think about what my ex was doing or what I could have done to keep it from falling apart or stalk his Instagram. Plus, as I walked home, **the closest thing to a smile I'd had in weeks spread across my face**, no doubt because the same endorphins acting as a painkiller for every "hill" I'd just climbed were flooding my brain and soothing my heart.

week two

I'VE NEVER BEEN MUCH OF A YOGI. But **yoga can decrease symptoms of depression, anxiety, and stress**, all of which I had. Unlike the runner's high, which elevates feel-good endorphins, yoga instigates the release of GABA, the same calming neurotransmitter that antianxiety meds boost. At Pure Yoga's Ki Power Vinyasa class, a martial arts and hot-yoga hybrid, I assumed all I'd think was *When did it go wrong? and I'm going to die alone.* But my mind was more consumed by the heat and the moves than by my self-pity. And it made me wonder: *If I can do this, can't I do anything?*



week three

I BOOK A SESSION WITH A TRAINER. As soon as Equinox trainer Ben Hart walked into the gym, **I knew I was in trouble: He was crazy cute.** He was the first guy since my ex who I'd had any verbal or physical contact with. Before that moment, I hadn't wanted to be near a member of the opposite sex ever again. But it felt good to be in the vicinity of testosterone. At the end of a muscle-quivering hour, he said, "You're an animal." It was the best compliment I'd heard in a long time.



Hottest
revenge
body ever.
Vintage
Reese,
remember?

week four

MY CONFIDENCE AND MY ASS HAVE NEVER BEEN HIGHER. So I go way out of my comfort zone: dance classes. First, I plié to Bon Jovi at Chaise 23's Ballet Bungee. Then, at Bari, a hybrid of dance and strength moves, **I watch my biceps pop with each arm raise.** Dance is a wonder drug, says Carl W. Cotman, PhD, director of the Institute for Memory Impairments and Neurological Disorders at the University of California at Irvine. It can increase levels of the growth factor BDNF, shown to kick-start new brain cells. The more room memorizing a dance took up in my brain, the less space I had for him. So I kept dancing...and it felt amazing.

PROMOTION



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COSMO HOT LIST

HOT PRIZES

HOT HAPPENINGS

HOT STUFF



STEP INSIDE THE BEAUTY CLOSET WITH NIVEA

With summer right around the corner, why wait to firm up your beauty routine? Check out NIVEA's ad in this issue for easy, get-gorgeous tips and tricks for summer-ready skin—including how to moisturize and firm your skin with NIVEA Skin Firming body care products.

Visit NIVEAusa.com to learn more about how you can get firmer, more toned skin in as little as 2 weeks! Let the countdown to summer begin...

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“MY BREASTS (ALMOST) RUINED MY LIFE”

After spending her teens and most of her 20s debilitated by body-shame and self-hate, Kelly R.*, 29, took action to correct her deformity and change her life.

I'D ALWAYS KNOWN MY
breasts were weird, but I remember the moment it hit me just how abnormal they were. In eighth grade, I glanced at my best friend as she was changing into her bikini. She had the most perfect boobs—full and symmetrical. My breasts looked nothing like that. Mine were tiny, asymmetrical, and spaced far apart, and while everyone else's had a round shape, mine were pointy and narrow with no underboob and enlarged, puffy areolas. Every time I looked in the mirror, I was disgusted.

To cope with my shame, I convinced myself I was a late bloomer. Even in college, I held out hope that I'd have a growth spurt and get a normal body. One night when I was 19, I Googled *weird boobs* and found pictures of women with breasts like mine. I learned my affliction had a name: tuberous breast deformity (TBD). (It's a congenital abnormality where breasts

don't develop normally; the cause is unknown.) It was official—I was deformed. I was so sickened, I didn't Google it again for eight years.

I became a master at hiding my misshapen breasts with heavily padded bras (no tops fit right without one underneath). I never let anyone—not my mom, sisters, or best friends—see me topless

“
I GOOGLED
**WEIRD
BOOBS**
AND FOUND
PICTURES OF
WOMEN WITH
BREASTS
LIKE MINE.
MY AFFLICITION
HAD A NAME....
”

after age 12, even though I'd seen them (their breasts were normal).

My feelings of inadequacy made me fixate on other women's breasts—not in a sexual way but in a longing way. The image of Phoebe Cates taking off her bikini top in the movie *Fast Times at Ridgemont High* has been seared in my brain since I was 15. It was meant to be a teenage boy's fantasy, but it was mine too. She was so confident and carefree—everything I was not. I felt cheated out of something basic that every other woman takes for granted, and I was angry and ashamed.

My deepest bouts of depression came after college, when I realized my breasts weren't going

ON NEWSSTANDS NOW!



WELCOME TO THE BIGGEST BEAUTY MONTH EVER!

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KELLY, BEFORE Her congenital condition is called tuberous breast deformity.

AND AFTER Two surgeries later, Kelly says, "I've lost my crushing inhibitions."

to change. Until that point, I'd felt insecure only about my chest, but soon I felt like every part of me—my personality, my intelligence—was lacking, like I had to just accept whatever hand was dealt to me in terms of jobs or guys because I was damaged goods. One week, when I was 26, I called in sick (I work in fashion) for three days because I couldn't get out of bed. I just lay there and cried—I didn't leave my place for five days. When my friends and family tried to help me, I pulled away even further. Therapy didn't work—I was too ashamed to tell anyone my secret.

My dating life was disastrous. I felt undeserving of love or happiness. Why would someone want to be with me when he could have other girls who were the full package? So I'd have sad, meaningless one-night stands—I could be less inhibited during sex if I knew I never had to face those men again.

Inside, I've always been a sexual person, but my deformity suppressed that side of me. There are basic parts of a relationship that are routine for

couples that I could never enjoy: having sex with the lights on, taking a shower together. Instead, I kept my bra on during sex, and the few times a guy managed to coax it off, I felt so humiliated, I wanted to die.

EVERYTHING CAME TO A HEAD in July of 2011 when I was 27. I was diagnosed with polycystic ovary syndrome—my body lacks adequate progesterone, a hormone directly linked to fertility. I was devastated. Not only did I not look like a "real woman," but I may not be able to have kids either. (It's crazy that in 27 years, not one doctor, not even my ob-gyn, ever acknowledged my deformity—now I realize most doctors have never heard of it.) I gave myself a choice: keep hating your body or find a way to rise above your insecurities.

For the next two months, I devoted all my free time to finding plastic surgeons in New York who had experience correcting TBD. Since so few surgeons know about the condition, many treat it like a regular breast augmentation and simply insert an implant, which

just leads to a larger, tube-shaped breast—the results are horrific. To truly correct it, a surgeon needs to first score the constricted tissue, rounding out the lower part of the breast. And since there are different degrees of severity of this deformity, sometimes elements of a breast lift or reduction are involved. Sometimes it takes two surgeries, not one. I was becoming more informed, but there was a problem: money. There was no way I could afford to pay for the procedure on my own (I knew it could cost well over \$20,000). I became a regular on TBD message

boards and learned that most U.S. insurers don't cover corrective surgery because they consider it cosmetic (unlike in the UK, where the cost is often covered for women).

Finally lucky enough to be able to choose any doctor, I spent weeks looking at before-and-after photos and found a leading plastic surgeon when it comes to correcting TBD: Adam Kolker, MD. He has developed new surgical techniques that help patients achieve the most amazing results I'd ever seen, and he trains other surgeons in TBD correction too. Turns out, I needed two operations. In the first, Dr. Kolker implanted tissue expanders (inflatable, temporary implants) to stretch my muscles and skin to make room for the real implants. It was incredibly painful but worth it. I finally had breasts! Three months later, I had a final corrective surgery with silicone implants. My results were better than I'd ever imagined. My new breasts were normal in shape, symmetrical, and natural looking. I couldn't believe it was me.

At 29, for the first time, I feel beautiful. My body no longer holds me back from being the person I was meant to be. I want to share my story to get the word out that this isn't just a cosmetic condition. TBD can destroy a woman's self-esteem and her ability to live a happy life. If even one woman finds comfort in knowing she's not alone or learns that this can be corrected, telling my story will have been worth it. ■

66
I FELT
CHEATED
OUT OF SOMETHING
BASIC....I WAS
ANGRY
AND ASHAMED.

PROMOTION

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LIVE IT UP!

WRITTEN AND EDITED BY HELIN JUNG

IS IT
CINCO
DE
DRINKO
YET?

This is more than
Taco Tuesday.
For Cinco de Mayo,
we go all out.
Required: Margaritas
and a gang of
lovable señors
and señoritas. Let's
party, people.





BUST OUT THE BOTTLE OPENER

We might be a little fuzzy on the reasons we celebrate (turn to page 253 for more insight), but if there's one thing we know, it's this: Cinco de Mayo is guaranteed to bring the fun.

MAKE A 'RITA (OR SEVERAL)

At its heart, a margarita is a three-ingredient cocktail:

2 + 1 + 1
PARTS SPIRIT PART TRIPLE SEC PART CITRUS SEC



THE TOLOACHE

Julian Medina of NYC's Toloache combines hibiscus puree with blueberries.



THE CLASSIC

Naren Young of NYC's Empellón restaurants just needs tequila, agave nectar, and lime juice.



THE SUNRISE

Still working on your mixology skills? Grab a bottle of Izze Clementine, and add tequila. So easy.



Oh, You're So Fancy With Your Margarita

Get creative with these tips from Kyle Ford, cocktail and spirits expert for Rémy Cointreau.

ADD FRESH FRUIT

Water-melon and pineapple are always great. Play with combos like strawberry and basil or mint and cucumber.

SURPRISE YOURSELF

Muddle two slices of red bell pepper and some raspberries for your margarita. The flavors will play unexpectedly together.

SALT ON, SALT OFF

Salt half the rim so guests can opt out. To salt, take a slice of orange and rub over half the rim, then dip rim into salt.



IF YOU'RE LAZY!
Bud Light Lime Raz-Ber-Rita, budlight.com



TRY THIS TEQUILA
Tequila Avión Silver, tequilaavion.com



Piñata, \$14.95,
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Mix in tiny plastic nips with candy to make your piñata extra festive.



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the grown-ups
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Nothing accompanies a buzz better. On Cinco, there's no such thing as calories.

Sombrero, Fiesta Accessory Kit, partycity.com

Queso Fundido With Mushrooms

At NYC's Empellón restaurants, Alex Stupak's queso fundidos never go wrong. "It's a copious amount of melted cheese. How can that be bad?" Stupak says. Pair your queso with a hot, soft tortilla and make dreams come true.

Guacamole

Mash 4 ripe avocados and mix with 2 stalks finely chopped celery, 2 chopped serrano chiles, 3 tablespoons lime juice, and 1/4 chopped red onion. Season to taste. Add cilantro if you like it. Courtesy of Josef Centeno of L.A.'s Bar Amá

Mexican Street Corn

Yes, Mexicans do corn differently. Nico Sanchez, of Meso Maya in Dallas, makes his with mayo, sour cream, queso fresco, lime, and cayenne pepper.



Squeeze the limes for your drinks ahead of time. The juice tastes better after chilling for a bit in the fridge.

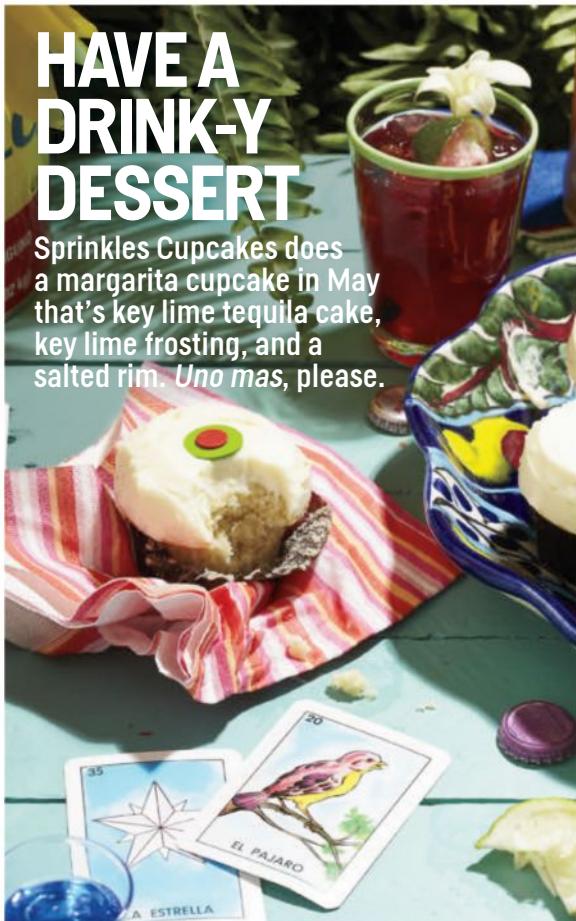
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Live It Up!



what is cinco de mayo, really?

Surprise! It's a legit American holiday. It dates back to May 5, 1862, when Mexican troops defeated the French in the Battle of Puebla. Mexican-Americans began celebrating the day as a triumph of freedom and democracy.

The fight happened elsewhere, but we love having the party in the U.S.A.

Party Props

Because your beer needs an outfit too. Celebrate with these festive ideas.



Even more wow!

TOWN HOUSE



Add a little flair with all our Town House® cracker varieties.

Live It Up!

COME FUN RUN WITH US!

This is for the ones who pick sneakers for the colors. These aren't races but good times made better with music, friends, and a little sweat. Ready, set, go on, girl!

THE COLOR RUN



SO...WHAT IS IT? They call it the happiest 5K on the planet for good reason: Runners get showered in paint powder at every kilometer. By the end of the run, everyone is covered head-to-toe in Technicolor fairy dust. This year, The Color Run will host events in nearly 100 cities.



What Will You Wear?

START WITH A WHITE TOP, then make like Carrie Bradshaw and add a tutu. Wigs, high socks, headbands, and bandanas are great too.

PUT YOUR HAIR IN A BRAID. The paint ends up making the braid look super cool.

DRESS UP WITH YOUR FRIENDS. If the whole group coordinates, the pictures look even better.

OKAY, GOOD TO KNOW

» Never run before in your life? You're not alone. More than half the runners are first-timers. » The paint powder washes out, but don't wear your nicest kicks. » When you're running through the powder, try to keep your mouth shut—harder to remember than you think. » If you wear contacts, be prepared to toss them. » Put your clothes straight into the laundry (separate load)!

It will feel like a carnival. You can expect bubbles, hula hoops, dance contests, and music. Everyone gets a packet of color when she's done, then throws her color packet into the sky to crowd-create a huge cloud of color.





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Live It Up!



P.S. CELEBS LOVE IT

Vanessa Hudgens, Seth Rogen, and Carmen Electra are fans.

ELECTRIC RUN

2

What Will You Wear?

BRIGHT, BOLD LEGGINGS AND FLUFFY BOOTS.

Will you go for ones with stripes, smiley faces, or blinking LED lights?

WEAR SOMETHING THAT LOOKS GOOD IN THE DARK.

Think neon, glow gear, and body paint. If it glows, glitters, or lights up, you'll fit right in—and look amazing under all the black lights.



OKAY, GOOD TO KNOW

» If you're sensitive to sound, steer away from speakers or bring earplugs. » Have water and something to snack on, like a granola bar. » You'll run through darkness, so your senses get a chance to relax and reset.



AT THE FINISH LINE

Get ready to party and dance the rest of the night. People wearing the most creative costumes get pulled up onstage!

RUN THE WORLD

I did a 10-mile Rock 'n' Roll run in Nice, France (there are 30 races across North America and Europe). Here's how I made sure I felt fab on race day.



COSMO'S DOING IT TOO!

Editor Liz Plosser crushes a Rock 'n' Roll run in France.

SIP H2O. Sluggish follows thirsty. On the plane, drink at least eight ounces of water an hour to combat dehydration and jet lag. (Bonus: No puffy face when you land.)

CARRY ON YOUR SNEAKERS. You can buy a toothbrush or clothes wherever you go (shopping!), but you can't replace your perfectly broken-in running shoes.

TIME YOUR LANDING.

Get there at least 24 hours prerace to help you get over jet lag. Do a short run that day to reset your body clock and shake off race jitters. —LIZ PLOSSER

WANT MORE INFO? FIND IT AT THECOLORRUN.COM AND ELECTRICRUN.COM.

Sarah K. says:

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YUMMY
identity crisis
in my **MOOUTH!**



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Good Food, Good Life

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(APRIL 21–MAY 21)

TAURUS

Get a sneak peek at what to look forward to...
and what to watch out for this month.

BY AURORA TOWER ➔ @AuroraAstro

Miranda Cosgrove
May 14, 1993

BIRTHDAY GIRLS

Adele
May 5, 1988

Lena Dunham
May 13, 1986

Gabourey Sidibe
May 6, 1983

STELLAR GIFTS Fiercely loyal, you're known for going the extra mile for your friends.

BLIND SPOTS You're resistant to change when it's not part of your grand plan.

FASHION FAVES Feminine silhouettes play up your flirty and fun personality.

INDULGENCE You know good quality when you see it, so you'll splurge on classics you'll treasure forever.

SEDUCTION STYLE You like to be wooed. Cue the flowers, candles, and chocolate!

THIS MONTH The Full Moon lunar eclipse on May 14th will bring magic into your love life! A spontaneous trip could be what you need to stir things up. Look for an opportunity at work that others have missed—you'll stand out.

YEAR AHEAD Exciting things are in store for you this year as your personal and professional goals crystallize and, due to your hard work, are within reach. Find a routine now, so you're ready for June and August, when your romantic life takes flight!

GEMINI

(MAY 22–JUNE 20)
FOCUS ON: Wrapping up old projects. Life will get super social when the Sun moves into your sign on the 21st. Run your errands now, so you can play later! **YOUR MANTRA:** Be original. You'll have a spark of genius on the 15th, which will help you execute a great idea you'd put on hold. **DON'T BOTHER:** Getting frazzled over a tiff with a needy friend. It'll blow over if you stay calm. **POWER OF ATTRACTION:** You and your guy are connecting on an emotional level big-time. Embrace his sensitivity and your chemistry in the bedroom will sizzle!

CANCER

(JUNE 21–JULY 22)
FOCUS ON: Girl power! Celebrate your supportive friends by inviting everyone over for a spring garden party with mint juleps and finger sandwiches. **YOUR MANTRA:** Move on up. Impress a VIP at work on the 18th with a fresh idea. It'll be a critical step in your career. **DON'T BOTHER:** Shopping up a storm now. An event is around the corner that will be worth saving for. **POWER OF ATTRACTION:** You may be impulsive when it comes to love this month! If you're single, push yourself to say hi to that handsome stranger. You'll both be psyched you did.

LEO

(JULY 23–AUG. 22)
FOCUS ON: The corner office. Opportunities will strike near the 6th! It's your moment to shine, so say yes to unexpected offers. **YOUR MANTRA:** Shift your mindset. You're good at seeing the big picture, but zooming in and paying attention to the details will bring a new perspective. **DON'T BOTHER:** Second-guessing yourself. Trust your instincts and you'll be golden. **POWER OF ATTRACTION:** Trying new spots, either in town or during a getaway, will be worth the effort. A guy you never expected that you'd fall for will sweep you off your feet.

TAURUS

Your Love Matches

SCORPIO

The sizzling chemistry (fueled partly by your mutual love of naughty talk) has you enjoying endless hours together in bed.

PISCES

Creativity and romance get both of you going, so seeing plays or concerts together will make things even more passionate.

VIRGO (AUG. 23–SEPT. 22)

FOCUS ON: Thinking outside the box. Instead of isolating yourself to solve a problem, get input from others and you'll have an aha moment. **YOUR MANTRA:** Steal the show! You are naturally modest, but if you're assertive about expressing yourself on the 12th, when Mercury shines in your career house, you'll be a big hit. **DON'T BOTHER:** Taking on the world. Focus on one thing at a time and you'll see real results. **POWER OF ATTRACTION:** You're surging with sexual energy. Where you normally get shy and pull back, this month, go with your impulse to experiment.

LIBRA (SEPT. 23–OCT. 22)

FOCUS ON: The bottom line. Financial matters are in the spotlight this month, so don't put off dealing with any important paperwork. **YOUR MANTRA:** Let love in! Things are about to change...for the better. Be open to new connections, especially on the 11th, when you'll be your most irresistible. This could be the start of a brilliant new chapter for you. **DON'T BOTHER:** Feathering your nest. You love pretty things in your home, but this isn't the month to invest. **POWER OF ATTRACTION:** Fireworks will fly this month as Venus and Mars face off. Your old rules don't apply. Open yourself up to bliss.

SCORPIO (OCT. 23–NOV. 21)

FOCUS ON: Your partnerships. This is a key month for your love and business affairs alike! Strengthen your alliances by making transparency a priority. **YOUR MANTRA:** Out with the old. Refresh your routines for a fresh and valuable perspective. Walk to work a different way, change up your playlist, skip your neighborhood spot for something farther afield. **DON'T BOTHER:** Gossiping. Your words could come back to haunt you. **POWER OF ATTRACTION:** The 3rd will be the best date night of the month! Don't feel pressured, no matter what you do. This night will be pure magic.

SAGITTARIUS (NOV. 22–DEC. 21)

FOCUS ON: Making a good impression. This month, you're going to be in demand and zipping from place to place, so put on your best LBD and work the social whirl! **YOUR MANTRA:** An apple a day keeps the doctor away. Don't let your being busy derail your good habits—stay calm and keep eating your fruits and veggies. **DON'T BOTHER:** Wallowing. You're a rock star. Why bring yourself down? **POWER OF ATTRACTION:** The 15th is an electric day for love! Go on a blind date, or say yes to an invitation. Love may bloom. Already taken? Sparks will fly with your guy in a way they haven't in a while.

CAPRICORN (DEC. 22–JAN. 19)

FOCUS ON: Creating your brand. Focus on one social-media platform and step it up, sticking to topics close to your heart. People will notice and respond in ways that will (happily) surprise you! **YOUR MANTRA:** Channel your inner warrior. You might face some unexpected opposition, but stay confident and you'll triumph. **DON'T BOTHER:** Getting carried away on the 10th. Yes, you'd look cute dancing on the bar, but maybe don't. **POWER OF ATTRACTION:** This is an intense month for love. Be patient with your partner even when his emotions run high—put his passion into play during naked time!

AQUARIUS (JAN. 20–FEB. 18)

FOCUS ON: Clearing the clutter. Feeling torn in two different directions? Make a list so you can prioritize. Even crossing off two items will lighten the load. **YOUR MANTRA:** Follow your heart. No need to listen to the peanut gallery. This month, your instincts are spot on. **DON'T BOTHER:** Provoking a friend on the 2nd, when Mercury gets tangled with Saturn. Bite your tongue and let this one go. **POWER OF ATTRACTION:** It's all about quality over quantity. A few meaningful dates will yield better results than ADD dating. A guy you were unsure of may impress on a second date.

PISCES (FEB. 19–MARCH 20)

FOCUS ON: Exploring your creative streak. Take a writing class, or do some experimenting in the kitchen—it will reinvigorate your soul! **YOUR MANTRA:** Clear eyes, full heart. Set new goals when optimistic Jupiter and practical Saturn make magic on the 24th. With the cosmic momentum, they'll become a reality. **DON'T BOTHER:** Leaving travel plans to the final second. It will be a logistical nightmare! **POWER OF ATTRACTION:** Someone in your life deserves a second look. You'll be blown away by the chemistry between the two of you when you do. #NoMoreFriendZone

ARIES (MARCH 19–APRIL 20)

FOCUS ON: Creative and fun saving solutions. Transform your pad into a nail salon for your gang. Make it BYOB (bottles of polish and vino), and queue up the chick flicks on Netflix. **YOUR MANTRA:** Play the long game. Instant gratification is nice, but make decisions based on their viability over time. **DON'T BOTHER:** Bullying others into doing things your way. Diplomacy and reason will win the day. **POWER OF ATTRACTION:** The 31st is one of your sexiest days of the year and a perfect time to get frisky outdoors. Get your blood pumping on a hike, and then find a secluded spot for some fun.



Jamie Dornan
May 1, 1982

The Taurus Man

LOVES A passionate and motivated woman who speaks her mind.

HATES Manipulative schemers.

DREAM DATE Listening to music while cooking dinner together, wine in hand.

WIN HIM OVER By taking it slow and being open and game for a good time.

WHAT HE'S IN THE MOOD FOR THIS MONTH...

Taurus Plan a theme party for his birthday! Roller disco or '80s prom? Have a blast making the playlist together!

Gemini If he seems a little absent this month, don't fret. He'll come back so hot for you, things will sizzle.

Cancer He and his buddies are having a friend-aissance. Follow his lead and get your ladies together.

Leo Work is stressing him out. Be ready to relieve his tension in some deliciously creative ways after-hours.

Virgo Surprise him with a naughty at-home escapade. Blindfold him, then lead him along to happy town.

Libra Make time in your schedule for some "lost weekends" this month—you two will be bed-bound and blissful.

Scorpio Trust in Bey, because it seems like your freakum dress worked. He's all about you right now.

Sagittarius He's full of energy, so take a boxing class together. It'll lead to sexy sparring between the sheets!

Capricorn Spring into action! Organize a barbecue, beer, and Frisbee Sunday with all his buds. #BestGFEver

Aquarius He's feeling nostalgic. A double date with his college bestie will turn into a very memorable night.

Pisces A game night with friends will get him going. But the real fun will be the games after everyone else leaves.

Aries He's happiest outside, so how about a camping trip for two? A snuggle under the stars will result in fireworks.

AURORA'S
FINAL WORD

The focus is on love and relationships for everyone this month, but rebellious Uranus might stir things up. Be prepared for unexpected twists and turns, especially near the Full Moon/lunar eclipse on the 14th. The more you can face the reality of what's really going on around you, the more you'll be able to address issues and make others see things the way you do.

THE NOT-SO-SOLO ACT

When Mabel goes to spend the summer at her friend's family's country estate, a gorgeous stranger spies her most secret pleasure, and she's surprised that she's not mortified but turned on....

EXCERPTED FROM *BITTERSWEET*, BY MIRANDA BEVERLY-WHITTEMORE

WHEN MY EYES OPENED THAT FIRST

morning in the cottage they called Bittersweet, shadows of tree branches danced across the beadboard ceiling in time with the glug of water in the cove below. Out the window, I could see a nuthatch hopping up and down the trunk of a red pine, chirping. The Vermont air was cool, and I was alone.

Arriving under cover of darkness had given a disappointing first impression. The house had seemed all shabby, unmatched furniture, touched everywhere with the scent of mildew; all I saw was work.

But I understood now, as I took in the shining brass beds in the morning, the crisp cotton duvet covers, and the faint scent of coffee wafting in from the kitchen, that this was a

quiet place, a country place, a place of baguettes and spreadable honeycomb, idyllic and sun-drenched in a way I had never known but of which I had long been dreaming.

Ev's bed, the twin of my own, lay empty under the opposite window, rumpled sheets cast aside. From the light and birdsong, I could guess it was no later than eight. In the nine months I had lived with Ev, I had never once seen her up before ten. I called her name twice, but there was no reply. I puzzled for a few moments over her whereabouts, before lying back and closing my eyes, willing more delicious sleep. It refused me.

I felt a hint of desire. I listened long and hard. I was truly alone. And so I (shyly, bravely) put my

hand down between my legs and felt myself grow wet. I knew there was a risk Ev might barge through the door any second, so I told myself to hold still, to move only one finger, to feign sleep. It is strange how such restrictions heighten one's desire, but there it is. Soon my fingers were buried deep, and I was in another world.

I tried to remember to listen. But there were always a few moments in which even I could not be cautious enough to subdivide my mind. I threw off the covers and felt that private wildness inside me rise up and carry me over a great, shivering chasm of joy, the only unbridled pleasure I knew.

It took time to recover myself. Afterward, I lay there, legs splayed, eyes closed, grateful for the warmth inside me, until I felt the particular





I SCREAMED. HE DUCKED.

I COVERED MY WHOLE SELF WITH
THE QUILT. I LAUGHED, HORRIFIED, NEARLY
SUFFOCATING UNDER THE DUVET.

sensation of being watched. I lifted my eyes to the window just above Ev's bed.

There, framed by wood and glass, was the face of a man.

His eyes were glazed over.

His mouth was agape.

I screamed. He ducked.

I covered my whole self with the quilt. I laughed, horrified, nearly suffocating under the duvet. Almost burst into tears. Peeked out from beneath the quilt again. The window was empty. Had there really been someone there? Oh, god. A new level of humiliation. I would never forget the look on his face—a mix of lust (I hoped) and horror (more likely). He'd been freckled. Dirty-blond hair. I could feel myself blushing from head-to-toe. When I got up the nerve, I strode to the window, wrapped in the com-

forter, and wrestled the resistant blind down into submission before dressing myself with nun-like modesty.

Ev returned an hour later, moss tangling her locks. She smelled like a child who'd been playing in the forest, and her face bloomed with a smile she was doing her best to hide. Eager for distraction, I offered to cook, but she insisted I sit at the kitchen table and let her do the work for once, a dubious allowance, since I knew that she could hardly boil water. As she bustled about the white metal cabinets, art-deco refrigerator, and dirty sea-foam green linoleum curling up at the edges, my fingers traced the once-vibrant pattern of blackberries and gingham that had protected the table during someone else's breakfasts, lunches, and dinners.

The kitchen's waist-to-ceiling panes overlooked the Bittersweet cove, so what might have been a gloomy room glittered, making it the most beautiful spot in the cottage. But I resisted the view, keeping my back to the woods and water, remembering, with fresh embarrassment, the feeling of that man's eyes upon me. He was out there, somewhere. What was to keep him from telling? The hairs on the back of my neck stood on end.

"Galway said he met you this morning," Ev mentioned, casually. My pulse began to race. That man in the window was the only person I'd seen all day. Did she know? Had he told her? Had she read my mind?

"He's pretty awkward," she said apologetically. She glanced at me, catching the expression on my face. "Was he awful to you?"

"What'd he say?" I squeaked.

Ev rolled her eyes. "Galway doesn't say anything unless it serves his own political gain." I breathed a sigh of relief as she babbled on. "Don't worry; he's only coming up weekends." She rolled her eyes conspiratorially, as if I had any idea what she was talking about. "Now you know firsthand why he's terrible with women," she chirped, as I resolved simply never to see Galway again, whoever he was, while Ev went on to tell me how ill-equipped her brothers were for any kind of love. Galway would be a bachelor forever, although she was almost positive he wasn't gay, he seemed extremely hetero to her, mostly because he was an asshole (this is how I gathered, with horror, that Galway was her brother)—and then she served me a burned scrambled egg and lukewarm, bitter coffee.

Even then, I was glad I'd come. ■



Reprinted from
BITTERSWEET: A Novel.
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To be published by Crown
Publishers, a division of
Random House LLC, on
May 13.

BITCH IT OUT!

Crazy situation working your last nerve? Vent here!



TOEING THE LINE

"Just what I want to make my train ride comfy—feet only inches from my head." —Sally M., 23



LIMELIGHT

"Gotta love a middle-aged man who isn't afraid to flaunt a lime green thong." —Emily M., 22



CRACKDOWN

"I went to a concert to shake my booty, not to see all of yours!" —Samantha J., 30



LAY-OVER

"Nobody has time for this kind of BS on a Monday afternoon." —Samantha Z., 22

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CORRECTIONS

In the April issue, on page 211, the Timo Weiland dress should have been priced at \$750.

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NO PURCHASE NECESSARY TO ENTER OR WIN. L'Oréal Paris Gift Package Sweepstakes, sponsored by Hearst Communications, Inc. To enter, beginning March 28, 2014, at 12:01 a.m. ET through May 6, 2014, at 11:59 p.m. ET, go to Cosmopolitan.com/LOréalParisGiveaway, and complete and submit the entry form pursuant to the on-screen instructions. One (1) winner will receive a L'Oréal Paris gift package including: Extraordinaire by Colour Riche; Advanced Haircare Color Vibrancy; Advanced Haircare Total Repair Extreme; Voluminous Butterfly Mascara; Infallible Silkissime Eyeliner and Youth Code Texture Perfector Pore Vanisher (ARV: \$500.00). Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of 18 or older and be a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at Cosmopolitan.com/LOréalParisGiveaway.

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Cosmo Quiz

"You are the best loser I've seen all morning."
—Sadie Saxton on *Awkward*

"Look, I don't mean to be a bitch....Well, actually I do."
—Santana Lopez on *Glee*

"Do you have some hideous-skirt convention you have to go to?" —Emily Charlton in *The Devil Wears Prada*

"It's so hard finding obedient minions."
—Blair Waldorf on *Gossip Girl*

"I am the devil. And don't you forget it."
—Stassi Schroeder on *Vanderpump Rules*

ARE YOU A SECRET BITCH?

BY ROSE SURNOW

1. Your little sister is in high school and feels extremely insecure about her looks. When she calls for advice, you...

- a. Tell her that she's beautiful and everyone feels awkward at that age.
- b. Emphasize her good qualities. She's a great speller so...that's cool.
- c. Suggest a nose, chin, and brow job, natch.

2. Your boyfriend buys you a piece of "jewelry" that looks like dried berries on a piece of twine. You immediately...

- a. Throw your arms around him and pretend to love it.
- b. Force a thank you, then compost it when he leaves.
- c. Laugh hard, then hold out your hand for the real gift.

3. Your favorite phrase is...

- a. Namaste.
- b. YOLO.
- c. I'm not here to make friends.

4. You are on a first date with a smokin' hot guy from Tinder. Heyo! When he tells you he's a middle school P.E. teacher, your response is...

- a. "No wonder you're so fit!"
- b. "Does that mean I can't order an appetizer?"
- c. Leave.

5. At your boss's dinner party, you accidentally break a Ming vase in the bathroom. Technically, there are no witnesses, so you...

- a. Come clean and offer to pay for the cost.
- b. Put on more lipstick and get back to the par-tay!
- c. Blame the housekeeper. It's almost too easy!

The Breakdown

Mostly A's JENNIFER ANISTON

You exude so much warmth, people get tan just standing near you. How are you so wonderful? It's like you were raised by strawberries. The first thing people say about you is "She is so sweet," and you're not even ugly! You're just that nice. Go forth and breed—the world needs more of you!

Mostly B's JOAN RIVERS

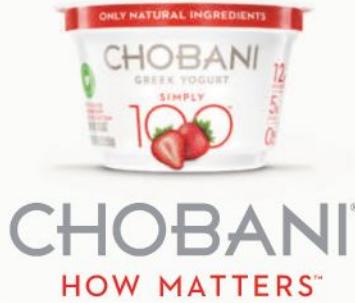
You're a sassy bitch, which is the only kind to be. You're not mean, you're mouthy—and maybe people would be mad at you if you weren't so freakin' fun. You're great to watch reality TV with, and you are the best person to sit next to at a wedding. It's like Olympia Dukakis said in *Steel Magnolias*: "If you can't say anything nice about anybody, come sit by me." Snap!

Mostly C's NAOMI CAMPBELL

You are not a secret bitch, you're a straight-up *biatch*. I don't want to get on your bad side, though, because I feel like you might mail me a horse head or something. All I'm gonna say is *maybe* try and tap into a little kindness. Or not? I don't know, whatever you think. I'm scared, bye!

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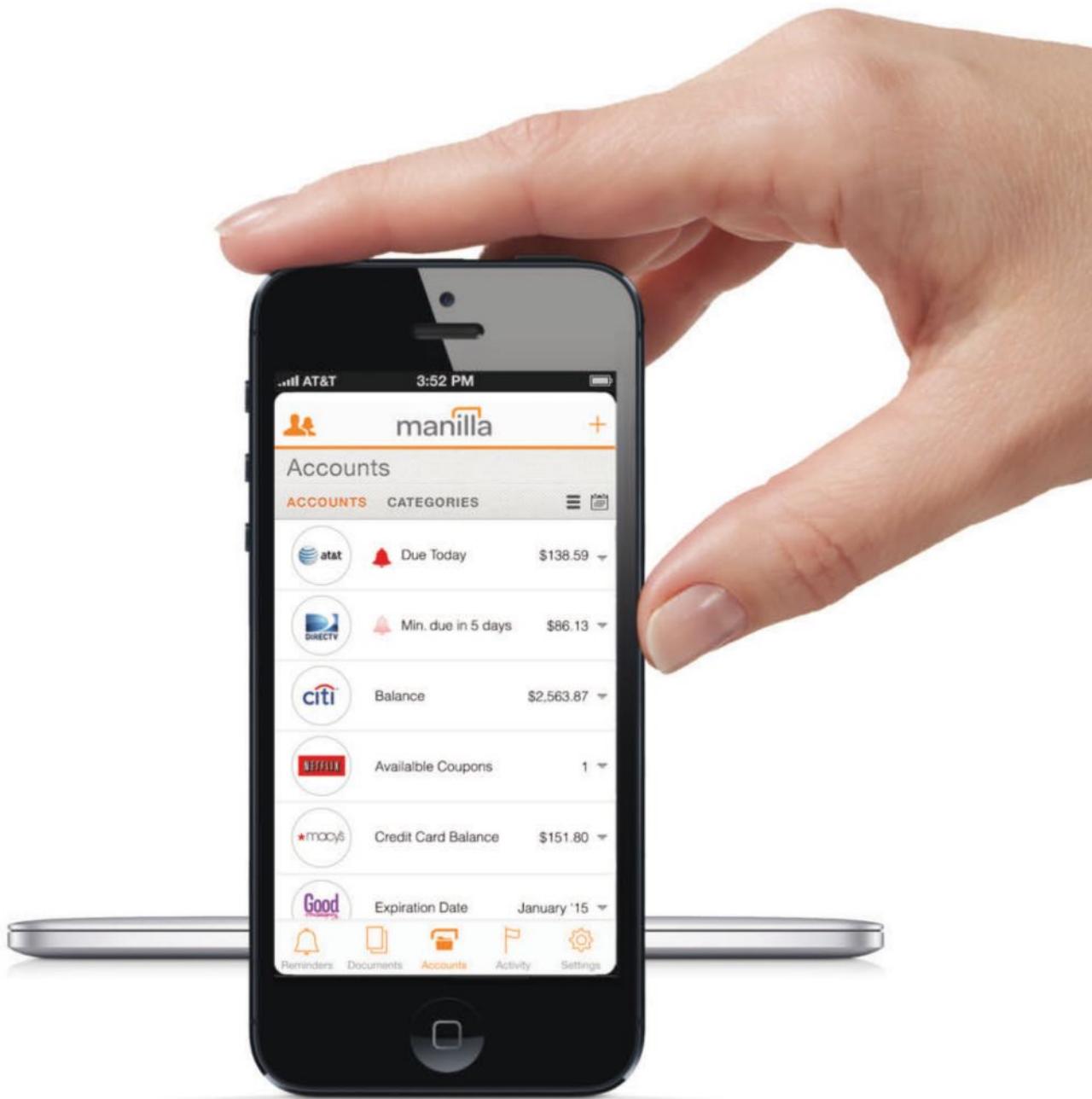


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LOOK
FOR
SPRING

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NAILS & SKIN

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the runway to show off
who you are today—and
want to be tomorrow.

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Tighten, firm and smooth the look of eyes with **Intensive Repair Eye Serum**. And when using Intensive Repair Daily Serum for face, texture and tone are improved for younger-looking skin.

Come see why 7 out of 10 women preferred these Intensive Repair Serums to the leading anti-aging face and eye serums.**

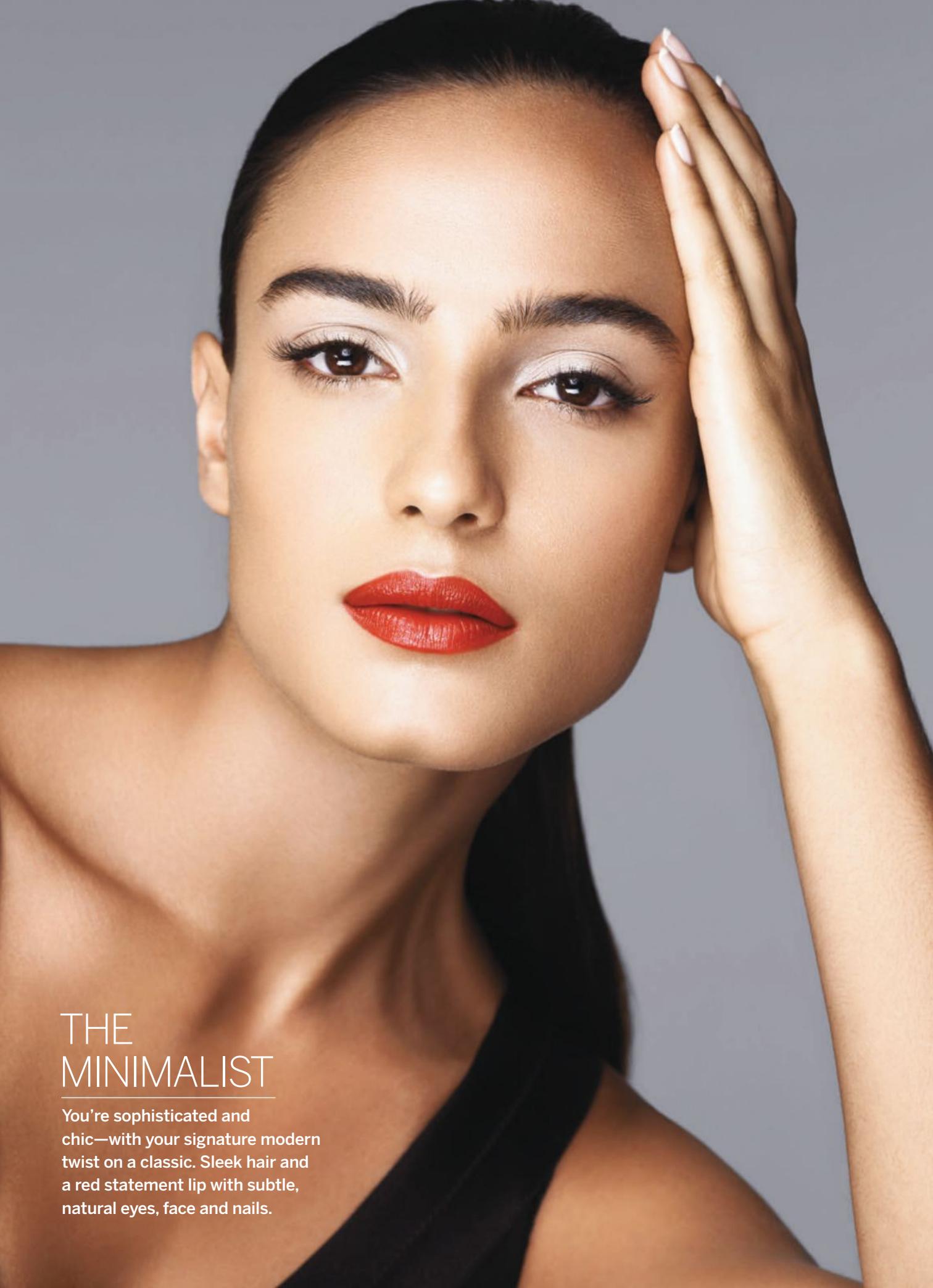
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*Based on a US home use consumer test on 104 women aged 25-65 using Intensive Eye Serum and 108 women aged 30-60 using the Intensive Daily Serum after 15 minutes of use.

**Based on a US home use consumer test on 237 women aged 25-65 over 2 weeks using Intensive Daily Serum and 102 women aged 25-65 over 4 weeks using Intensive Eye Serum. © 2014 Elizabeth Arden, Inc.

Elizabeth Arden
NEW YORK

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