

SHAPE YOUR LIFE

# SHAPES

**FLAT ABS WITHOUT CRUNCHES**  
p.198

**NO GYM NECESSARY!**

## GET A BODY YOU'LL LOVE

BY MAY 31

**FREE!** Workout cards  
**FREE!** Exercise download

**Ditch the guilt! Eat that cake & STILL lose weight**

**SEE RESULTS FAST!**  
**20 MINUTES TO SLIM**

**HOT MAMA! JENNY MCCARTHY**  
"I used to weigh 200 pounds" p.65

**PLUS** The best new... Don't spend \$5...

\$4.99 U.S. \$5.99 Canada  
May 2009 Shape.com  
Display until April 27, 2009

**A FEW OF MY FAVORITE THINGS**

Chanel Soft Touch Eyeshadow in Platine and Silvery (\$29 each; [chanel.com](#)) "They complement my eye color without making me look overdone."

Tom's of Maine Natural Sensitive Care Deodorant (\$5; at drugstores) "I'm allergic to all scents, so I love this fragrance-free deodorant."

Nana's No Gluten cookies (\$25 for 12; [healthycrowd.com](#)) "I have one at night with tea. They're wheat-, dairy-, and sugar-free and delicious."

John Varvatos Goldtone Aviator Sunglasses (\$125; [johnvarvatos.com](#) for stores) "They're Jim's, but I wear them too."

Who Would You Be Without Your Story? by Byron Katie (\$18; [amazon.com](#)) "I want the world to know about Katie. She's amazingly spiritual and enlightening."

Stella McCartney Eco Sateeta Boots (\$845; [stellamccartney.com](#)) "When I wore these to Sundance with Jim, I got about 20,000 compliments."

MAC Lipglass in C-Thru (\$14; [maccosmetics.com](#)) "I like the nude shades because wearing color would call attention to the fact that I have no lips."

Crest Toothpaste (\$4; at drugstores) "I'm a Crest girl. I take very good care of my teeth every day."

**YOUR GUT** admission, to be a "good is follower." But Evan suffer a then slip into (when he diagnosed with something in s. "The only between Evan volta (whose denied claims autism) is that le to revive Jenny. "When said there was leided to listen other than an authority figure, for once," she says. "I knew we would be able to fight this thing." And she's kept believing in herself ever since. "I just want to continue to tell my story and to teach parents. Anyone who wants to listen, great, and anyone who doesn't, fine. That's how I move forward."

REPORTING BY CLAIRE CONNORS

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