

SELF

3,437
Freebies
Inside!



**Toned Abs, Butt,
Everything!**

Sculpt Sexy Curves

**THE
7-MINUTE
TRICK**

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Don't Waste Another Dime
At the Beauty Counter

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CANCER ALERT**
News That Could
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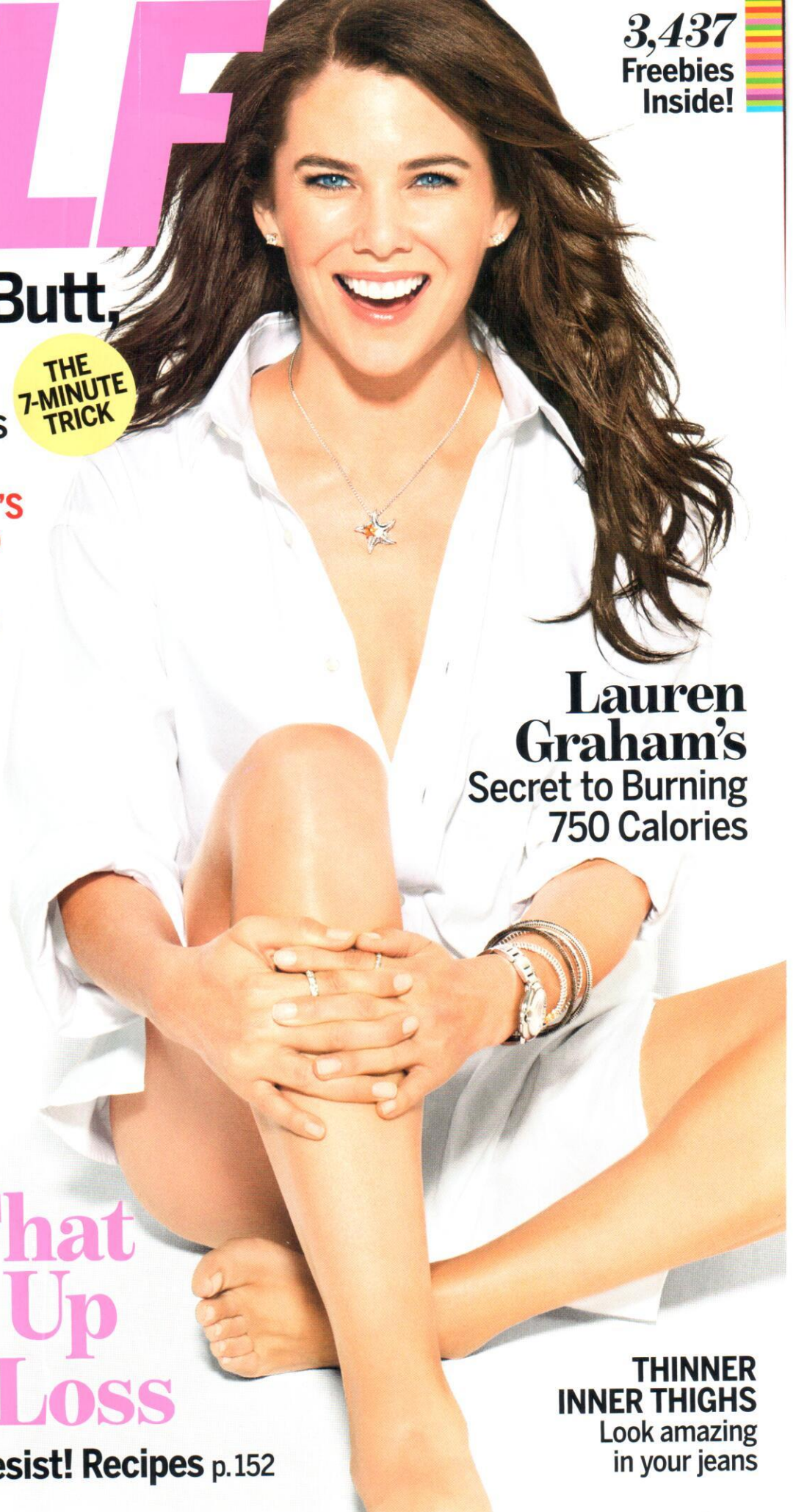
**4 Surprisingly Simple
Happiness Boosters**

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Speed Up
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**Lauren
Graham's
Secret to Burning
750 Calories**

**THINNER
INNER THIGHS**
Look amazing
in your jeans



Help the cause while you...

work

From the heart

Pink Hope pendant, \$65; Swarovski.com. Proceeds to the Libby Ross Breast Cancer Foundation.

Hour hero

Phoebe BCRF watch, \$298; Coach.com. 20% to Breast Cancer Research Foundation.

Tie one on

BCRF silk scarf, \$68; Coach.com. 20% to BCRF.

Pencil it in

Day-Timer Pink Ribbon Planner, \$46; DayTimer.com. 2% to 5% to BCRF.

Lend an ear

Vintage Alhambra earrings, \$4,400; VanCleave-Arpels.com. 10% to BCRF.

You nailed it

Nailwear Pro Nail Enamel in Pink Power, \$3; Avon.com. 100% to Avon Breast Cancer Crusade.

So charming

Love Charms 2-in-1 Bracelet, \$24; Chicos.com. \$10 per sale to Living Beyond Breast Cancer.

On your toes

Eddie Ballet Flats, \$178; ToryBurch.com. 15% (up to \$15,000) to BCRF.

relax

Warm fuzzies

Nautica BCA pink robe, \$75; Nautica.com. \$30,000 to Sleep In for the Cure.

Book 'em

Read Pink collection, \$8 each; Penguin.com. \$25,000 to BCRF.

Quick draw

Bicycle Pink Ribbon Deck, \$4; BicycleCards.com. 15 cents per sale to BCRF.

Keen tee

Warriors in Pink Victory Tee, \$20; FordCares.com. 100% to Susan G. Komen for the Cure.

Burn notice

Donna Karan Limited-edition Cashmere Mist candle, \$25; Macys.com. \$5 per sale to BCRF.

Stash your stuff

Mandy in Twirly Birds Pink Bag, \$65; VeraBradley.com. 10% to the Vera Bradley Foundation for Breast Cancer.

Soft touch

Hand Relief, \$22; Aveda.com. \$4 per sale (\$270,000 maximum) to BCRF.

Flower girl

Pink Hope and Courage Bouquet, \$50; Teleflora.com. 15% to BCRF.

Jaunty python

Kara Ross Trinity bag, \$3,125; KaraRossNY.com. \$781 per sale to BCRF.