

SELF

FREE VIDEO
INSIDE
Work out
with Jillian!

**Skin
That
Glow**
Best way
to get
it—zero
products

14 Day Slimdown

- Flatter Abs
- Tighter Tush
- Leaner Legs

**Your trainer:
Jillian Michaels**

**Burn
More
Calories**
In just
24 minutes

7 Simple Rules to Healthy Eating

+

01-01-2014

SELF (US)

ST. SEBASTIAN'S COLLEGE

REG/OFFICE, LESLIE BELLOSILLO 25

LEGAY QUINTO MALATE MANILA

Recipes

**The mind
trick that
boosts
self-esteem**

**Make
2014
your
year!**

Sporty Chic
Fashion designers
get in the game

**Tame toxic
work stress &
feel happier
every day**



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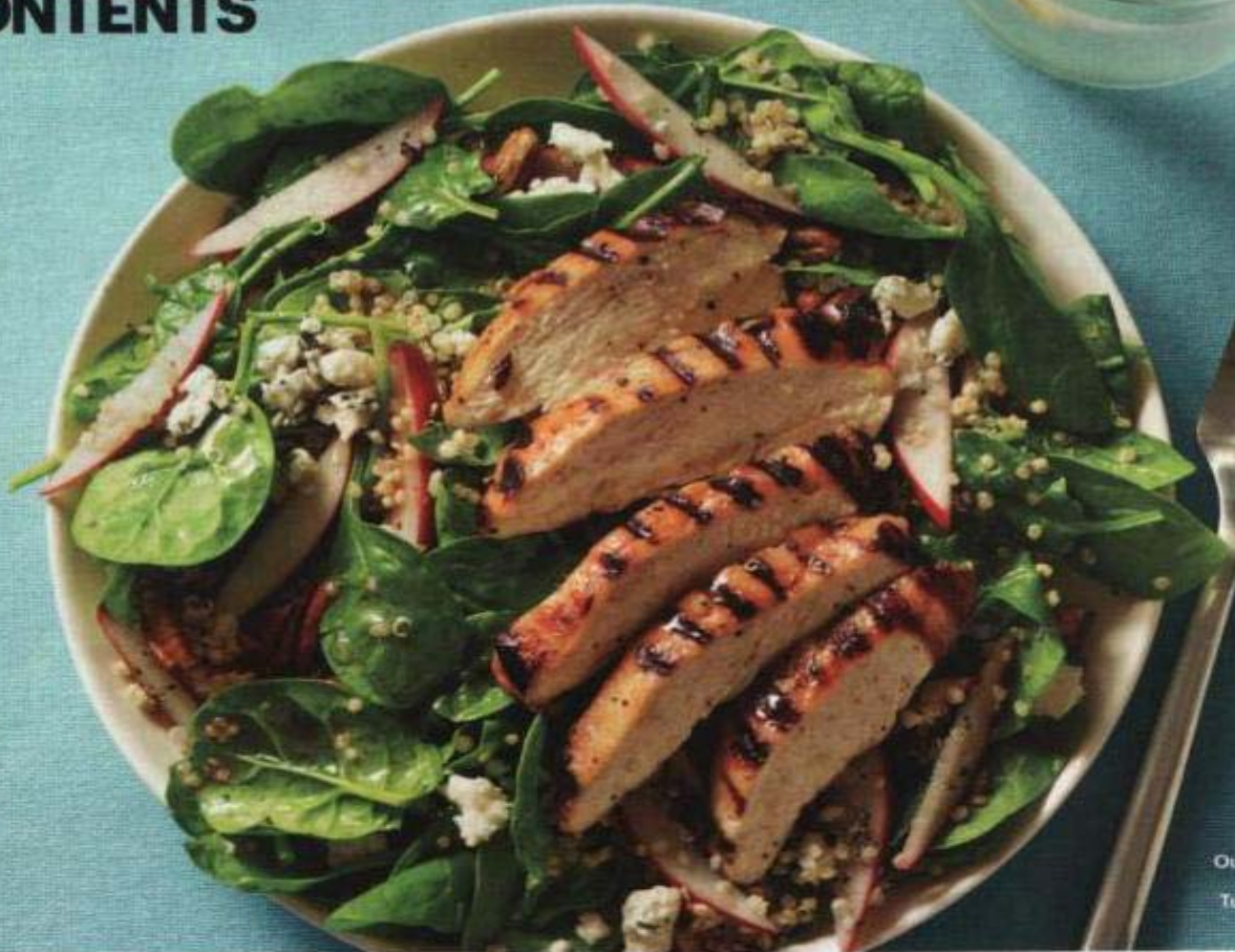
GET EXCITED
Jillian Michaels's 14-Day Slimdown is here, page 68. Do it in style: Sports bra, Marika. Pants, Elisabetta Rogiani. Watch, Swatch. Sneakers, Nike

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COVER

Photograph by Chris Craymer in Los Angeles. Creative director, Cynthia Searight; fashion director, Evyan Metzner; hair, Chloe Francke; makeup, Amy Oresman for Neutrogena Cosmetics; manicure, Barbara Warner for Chanel.

CLOTHES Top, sports bra and pants, Lululemon Athletica. Earrings, Hearts on Fire. Necklace, Tiffany & Co. Watch, Raymond Weil. See Get-it Guide.

GET THE LOOK Hair, Tresemme 7 Day Keratin Smooth Heat Activated Treatment, \$7. Makeup, BareMinerals Blush in Swoon, \$19