

Ladies' Home Journal

Ladies' Home

FEBRUARY 2014

HOW TO
WAKE UP
WITH
MORE
ENERGY

THE PRIVATE
LIFE OF
DIANE
SAWYER

NO MORE
CLUTTER
CLEVER
WAYS TO
ORGANIZE
YOUR
STUFF

THE
SECRET
TO GREAT
SKIN

SHORT
HAIR
IS HOT!
FIND THE
CUTEST CUT
FOR YOU

GET HEALTHY
AND BLAST
BELLY FAT
IN JUST 6 WEEKS

"MY SISTER
IS MY
BEST FRIEND"
READERS SHARE
SWEET STORIES



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“I’ve always been curious. I keep a list of people I’d love to have lunch with.”

Diane Sawyer



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It's comfort food season! Don't curl up for a Netflix marathon without one of these super stews.



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Puppy crush She thought she wasn't a dog person—but just look at that face!



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You'll love this Our six-week plan for a healthier heart—and a lot less belly fat.

ON OUR COVER Diane Sawyer
Photographed by Alexei Hay

THIS MONTH IN NOTES (PAGE 9) How **Travis Stork** stays energized on *The Doctors*, **Jennifer Nettles** goes solo, sweet love stories (and good advice!) from **celebrity couples**, and more ...

Shine

YOUR MOST BEAUTIFUL SELF



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• **Keep Your Skin Happy This Winter** Doctor-approved tips—and the best new products—to help you stay soft, smooth and sexy.



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Cut It Out Our favorite trend right now? Punchy perforated details on skirts, jackets and accessories.

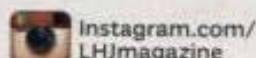
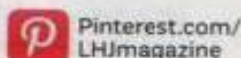
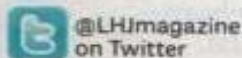
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Let's Be Friends

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This. Is. Awesome! No one thought I had the guts to jump out of an airplane—especially me.

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WE WANT TO HEAR FROM YOU
Tell us what you think of the *Journal*! Email us at TalkBack@LHJ.com.



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• **On The Cover**