



APRIL 2007 GOODHOUSEKEEPING.COM

Good Housekeeping

"I LOST 102 lbs!"

No pills. No surgery. How 5 women dropped the weight-FOR GOOD

HATE CLUTTER?
QUICKIE ORGANIZING
15-minute fixes

INSTANT CALM
16 STRESS-BUSTERS

Is Your House Making You Sick?
OUR ROOM-BY-ROOM DETOX GUIDE

SINGLE BEST WAY TO GET YOUNGER SKIN
(No doctor required)

WHEN YOUR TEEN'S IN TROUBLE
HOW TO KNOW WHAT TO DO

SPICY
Fast & Furious
Autumn 2007 #1

CARMEN TEDDER
AT 124 LBS.

AT 236 LBS.

Apr-07