

LIFE & STYLE

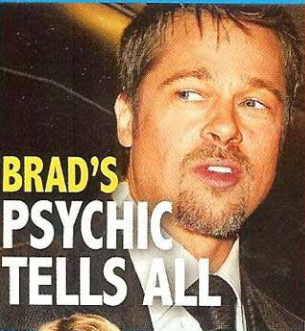
Life & Style WEEKLY

ONLY \$2.99

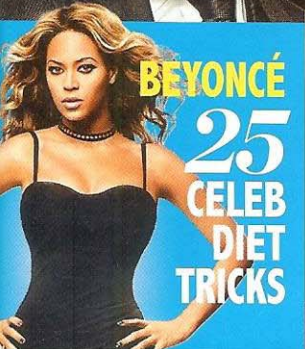
SANDRA'S REVENGE ON JESSE



BACHELORETTE'S SEXY SECRETS



BRAD'S PSYCHIC TELLS ALL



BEYONCÉ 25 CELEB DIET TRICKS



KHLOÉ: 'WE PICKED OUT A NAME'

MARIAH: FINALLY! I'M PREGNANT

BABY NEWS

- Inside Mariah's \$100,000 nursery. And it's pink!
- Khloé: 'My fertility trick'
- Weight gain, cravings and bedroom secrets

20 **CELEB DIET**
secrets

TO SURVIVE IN THE LAND OF AMERICA'S MOST BEAUTIFUL BODIES, STARS TRY ALL THE SLIMMING GIMMICKS — FROM THE EXTREME (MASTER CLEANSE) TO THE SENSIBLE (PORTION CONTROL). HERE'S AN INSIDER'S GUIDE TO WHAT REALLY WORKS FOR THEM

12 **MEAL SERVICE**
MELANIE BROWN
gets slinky with delivery from Freshology. Once a week, she allows herself a junk food day.