

LADIES' HOME JOURNAL OCTOBER 2006 ISSUE HIGHLIGHTS

-Ladies' Home Journal Editors Available for Interview-

**DR. PHIL AND WIFE ROBIN MCGRAW
IN THE OCTOBER ISSUE OF *LADIES' HOME JOURNAL***

***Plus* Rescuing Rosalie;
Megan in the Morning; How to Spot Insurance Scams;
Beauty That's Skin Deep**

THE PICTURE OF HAPPINESS; pg. 106

In an exclusive excerpt from her new book, *Inside My Heart*, Robin McGraw talks about her 30-year marriage to Dr. Phil. She writes about everything from breaking up with him while they were dating to accidentally getting stuck in the trunk of his car and admits, "The man who put me in the trunk of his car is the same man who, when I was at my lowest after having lost both my parents, looked me in the eye and said, 'I will never leave you. You are not alone.'" Dr. Phil talks with *Ladies' Home Journal* about his reaction to his wife's book, "I didn't know she didn't like that leather jacket until I read the book! But look, I don't know much about fashion."

RESCUING ROSALIE; pg. 124

The final installment of this two-part series recounts one family's trying journey to help their now 17-year old daughter Rosalie recover from drug abuse and depression after having run away. The struggle begins when her parents discover drug paraphernalia. As Rosalie's story unravels, her parents try to put together the pieces and determine the best way to help her, going from a mental institution to a wilderness program. Look for a Good Morning America segment on this *Ladies' Home Journal* feature on September 13.

MEGAN IN THE MORNING; pg. 116

Megan Mullally dishes about her big post-Will & Grace project, a self-titled daytime talk show. Though her Will & Grace days may be behind her, they are not far from her mind. When asked whether she missed her former TV persona, Karen, Mullally admits, "I loved her. I would have played that character 'til I dropped dead in my Blahniks. And by the way, she may not be dead yet! Nobody's ever had the stones to keep their sitcom character alive in some other context. It's a crazy idea and it's so wrong, it just might be right!"

HOW TO SPOT INSURANCE SCAMS; pg. 66

Since 46 million Americans are uninsured, many fake discount plans are popping up. Discount insurance plans resemble HMOs, but differ because they require the customer to pay medical bills upfront. *Ladies' Home Journal* provides tips on choosing a legitimate discount plan for you and your family.

BEAUTY THAT'S SKIN DEEP; pg. 40

What's the state of your skin? *Ladies' Home Journal* Beauty Director Patricia Reynoso finds out first hand and shares her experience with the VISIA Complexion Analysis. This system uses a camera and computer to assess the skin's appearance and helps a dermatologist determine the perfect skincare regimen for your complexion.

About *Ladies' Home Journal*

Founded in December 1883, *Ladies' Home Journal* has been inspiring, informing and entertaining women for 123 years. Published monthly by Meredith Corporation (NYSE: MDP), *Ladies' Home Journal* has a circulation of 4.1 million and a readership of 13.5 million. The magazine's interactive online companion, www.lhj.com, has 1.8 million unique visitors and 20 million page views each

month.

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