

# More December 2006/January 2007 Issue Highlights

## -More Editors Available for Interview-

### SHARON STONE IN THE DECEMBER/JANUARY ISSUE OF *MORE*

**Plus Health Made Easy(ish); Wearing Winter Whites; Midlife Career Ruts; 10 Things to Know Before You Change Your Life**

#### **WHO ARE YOU AT WORK?; pg. 68**

Aside from getting fit and being more organized, does your long term to-do list (or your extended New Year's resolution) include "get out of a rut at work?" Are you sick of playing the "good girl," "best friend" or office crisis manager? If so, check out columnist Mary Lou Quinlan's guide to reevaluating your workplace persona and transforming yourself into the professional you want to be.

#### **SHARON STONE: STILL FIERY AT 48; pg. 90**

Our favorite sexpot movie star is, these days, also a humanitarian, single mother of three. How she does it: passion, humor and work, work, work. With her newly released film, *Bobby*, and a suburban drama co-starring Justin Timberlake due out in January, Stone discusses with *More* her constant rediscovery. *"A woman should have many faces through her life, not just one face, not just one hairdo, not just one way. You want to keep rediscovering what's fun for you."*

#### **THE WHITE ALBUM; pg. 96**

White may seem innocent, but it sure pushes our style buttons. With looks from corporate workday to country weekend, check out how model Vendela Kirsebom creates her own spotlight in radiant winter whites. Here you'll find some of the most elegant, yet practical, ways to incorporate white into your wardrobe, allowing you to bask in the glow all season long.

#### **10 THINGS TO KNOW BEFORE YOU CHANGE YOUR LIFE; pg. 107**

*"Reinvention isn't a trend, it's a revolution."* After reinventing herself at 52, Susan Crandell, a founding editor of *More*, has compiled a list of the 10 things she wish she knew before quitting her job and reimagining her career. After interviewing dozens of others who took the plunge, Crandell now shares some of the key lessons she learned in hopes of guiding women who are interested in reshaping not just their lives, but the very concept of midlife.

#### **HEALTH MADE EASY(ish); pg. 120**

When it comes to improving your diet and well being, we all know that a complete lifestyle overhaul just won't work. Instead, try some of these little age-proofing tips that are bound to have big results. By changing some of your daily habits, you can gradually help your heart and bones and prevent everyday aches and pains without giving up the things you love. From memory foods and meditation, to wine and relaxation, these small but potent steps will leave you looking and feeling your best.

#### **About *More***

Launched in September 1998, critically acclaimed *More* magazine is the only lifestyle publication that celebrates women in their 40s and 50s. Designed to make today's 40+ women look and feel better than ever, *More* features successful women who are still turning heads and making news. Each issue covers beauty and fashion shown on models who are over 40, and *More's* articles on health, relationships, travel, and money are angled toward a seasoned, sophisticated audience. *More* is published 10 times a year by Meredith Corporation. Its circulation of 1.1 million reaches a readership of 4.4 million. *More* was recently named 2006 Magazine of the Year by *Ad Age* and also landed on the publication's "A List" of Top 10 magazines in 2003 and 2005. Also, *Adweek* named *More* to its 2006 "Hot List" and *Media* named *More* the "Best Women's Lifestyle Magazine" of 2004. Visit [www.more.com](http://www.more.com).

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