

Ladies' Home Journal January 2007 Issue Highlights

-Editors Available for Interview-

KIRSTIE ALLEY IN THE JANUARY ISSUE OF *LADIES' HOME JOURNAL*

Plus Stress Shortcuts; Real-Women Makeovers; Your Best-Ever Decluttering Guide

KIRSTIE ALLEY: FAB ACTRESS; pg. 64

Fat Actress no more, Kirstie Alley reveals how she's keeping the pounds off and her new romantic plans. "When I find someone who I'm really, really interested in, I am not having sex with that person for at least six months," she says. "I take sex seriously, and if you think you might want to spend the rest of your life with someone, six months is a drop in the bucket." In addition, five lucky readers have the chance to make their New Year's resolutions stick! *Ladies' Home Journal* and Jenny Craig are giving away a year of food, diet advice and support to those who enter at lhj.com/videocontest.

REAL-WOMEN MAKEOVERS; pg. 26

In this mother-daughter beauty bond, we took three real-life twosomes and treated them like queens and princesses for the day at a New York City spa. These pairs came to us looking good, and with subtle hair and skin makeovers, left looking great! With tips on skincare, hair color, and make-up application, you're sure to learn a thing or two about looking and feeling your best.

MIRACLE GROW FOR YOUR MONEY?; pg. 40

Think you don't need help tending your financial garden? Hiring a financial adviser may be the smartest money move you can make. The metamorphosis from saving to investing is a stumbling block and lack of knowledge is the biggest barrier. In this month's Money Matters, *Ladies' Home Journal* explains the complexity of women's financial issues and how a financial adviser can help make sure you're moving in the right direction.

WEIGHT LOSS GUIDE: PICK THE PLAN THAT WORKS FOR YOU; pg. 90

You've just emerged from the two biggest food extravaganzas of the year and now's the time to do something with those holiday pounds. Because a diet is only good if you find it doable, we've given you lots of new strategies and approaches to choose from. Whether you choose to eat more and weigh less or fight fat with fiber, *Ladies' Home Journal* has your ideal weight loss plan. With tips on healthy exercise and avoiding the snack trap, we'll help you stick to your plan and drop those unwanted pounds.

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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