

Ladies' Home Journal April 2007 Issue Highlights

SHERYL CROW IN THE APRIL ISSUE OF *LADIES' HOME JOURNAL*

Plus Is It Stress or More Serious?; 5-Minute Makeup Miracles; Secrets to More Energy, and More

SHERYL CROW: IN FULL BLOOM; PAGE 108

Missouri-native Sheryl Crow, 45, survived a painful breakup, a battle with breast cancer and after cocooning with family and close friends, reemerged last summer with a new resolve, touring with John Mayer in support of her new album, *Wildflower*. She opens up about her diagnosis, depression and the nutrition plan that fortified her immune system. And her advice for better living? "Eat salmon and not a Big Mac, read something that will expand your mind and not tabloids." Also, don't miss Crow's list of personal favorites – from choice for President, to guilty-pleasure TV, to mood music.

BOB AND LEE WOODRUFF: A LIFE IN THE BALANCE; PAGE 120

Fourteen months ago, ABC News anchor Bob Woodruff was gravely wounded in Iraq. His struggle to recover was more harrowing than Lee, his wife, and their children could ever have imagined. In *Ladies' Home Journal's* exclusive excerpt from their new book, *In An Instant*, the couple share the details of their private miracle.

"OH IT'S PROBABLY JUST STRESS;" PAGE 146

Or maybe it's not. Sometimes, serious medical conditions can be mistaken for stress—even by doctors—with dire consequences. *Ladies' Home Journal* explores which symptoms are particularly likely to signal an underlying medical problem and five doctor-recommended tactics, such as keeping a symptom diary, revealing what you fear, among others, to make sure your physician takes your health concerns seriously.

FACE FORWARD; PAGE 40

Wish you could amp up your best feature—whether it's your eyes, lips or cheeks? Now you can plump your lips, define your brows, and more, with the right makeup brushes, colors and expert tips. Log on to www.lhj.com/beautyvideo to join Beauty Director Patricia Reynoso behind the scenes at our photo shoot.

ALLERGIES. AT YOUR AGE?; PAGE 156

First-time allergies in adults are on the rise—and they often don't go away like the ones you get as a kid. Find sweet relief from food, drug, and insect bite allergies, environmental allergens, and poison ivy, oak and sumac. Clip and keep our "sneeze and sniffle relief chart" to match the level of your symptoms with the most-effective medicines.

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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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