Ladies' Home Journal September 2007 Issue Highlights

Wynonna Judd and the Heartbreak of her Broken Marriage; 6 Feel-Good Ways To Stop Stress; Look 10 Years Younger; How Much Debt Is Too Much; and more

WYNONNA JUDD – PAGE 142
At 43-years-old, Wynonna Judd has lived a life full of high drama and pain, although nothing like this latest chapter. In March, while at Shades of Hope rehab center, Judd's husband Roach was arrested and later indicted on three counts of aggravated sexual assault and battery against a minor under the age of 13. In this exclusive interview in the September issue of *Ladies' Home Journal*, Judd opens up about her marriage crisis, how she's hanging on to hope – and what she's telling the children…and herself. "I still have my moments. I still struggle with wanting to save people. It's that thing of, if I can't save myself I want to save someone else because it helps me to release serotonin in my brain and feel happy. And I realize that is so arrogant."

SIX SURPRISING STRESS CURES YOU'VE NEVER HEARD – PAGE 26
When the customary cures for stress don't cut it—think bubble bath, meditation and restful music—try six surprising and unconventional stress solutions from our September issue. We explain why watching a scary movie, becoming a queen of denial and going to physical extremes may sound wildly improbable, but are in fact scientifically sound and genuinely effective solutions. These tips are mantra-free, fun and easy!

LOOK 10 YEARS YOUNGER…IN JUST 10 MINUTES – PAGE 56
Why is it that after 40 your tried-and-true beauty routine just doesn't cut it anymore? Have your brows and lashes become thinner and your dark circles darker? *Ladies' Home Journal* teaches you that with the right products and techniques, big eyes, high brows, defined cheekbones and pouty lips can be yours again with tips from our eight-page feature sectioned by skin, cheeks and jawline and lips. Plus: Make over your makeup bag! Tips on what to toss and what to add.

SECOND ANNUAL HEALTH BREAKTHROUGH AWARDS – PAGE 184
Last year, *Ladies' Home Journal* launched the annual Health Breakthrough Awards to honor the outstanding doctors and researchers that toil, often in obscurity, to find new ways to diagnose and treat diseases and injuries. From fashioning a neurally-guided prosthetic arm to developing an improved way to target radiation treatment, this year's winners were chosen through a nationwide search of over 80 medical organizations and hospitals. Each of our awardees has transformed his or her field—and our lives—as a result.

HOW MUCH DEBT IS TOO MUCH? – PAGE 122
Have we become a nation of see-it-buy-it consumers with reckless, undisciplined spending habits? Not entirely, but millions of cash-strapped Americans are flirting with financial disaster by using credit cards just to make ends meet each month. We report on how you can head off trouble with tips that include the "50-30-20 ratio," negotiating a better deal, focusing on the future and replacing credit with debit and no-balance cards.

The September issue of *Ladies' Home Journal* is available on newsstands August 14th.

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