

# SALE



**KELLY OSBOURNE**

Exactly how she lost 70 pounds!

**THAT'S LIKE HALF A PERSON!**

**Clear Skin, Amazing Hair**  
Cheap products you gotta try

**5 Minute Abs**

A bit flatter every day!

**Lose Weight For Good!**  
The magic formula

**18 Quickie Recipes**

Foods that rev up your metabolism

**WE CALL IT NATURE'S LIPO!**

**Sex you'll both want to repeat**

**MELT FAT with this snack**

**+ FLATTERING SWIMSUITS**  
that help you out

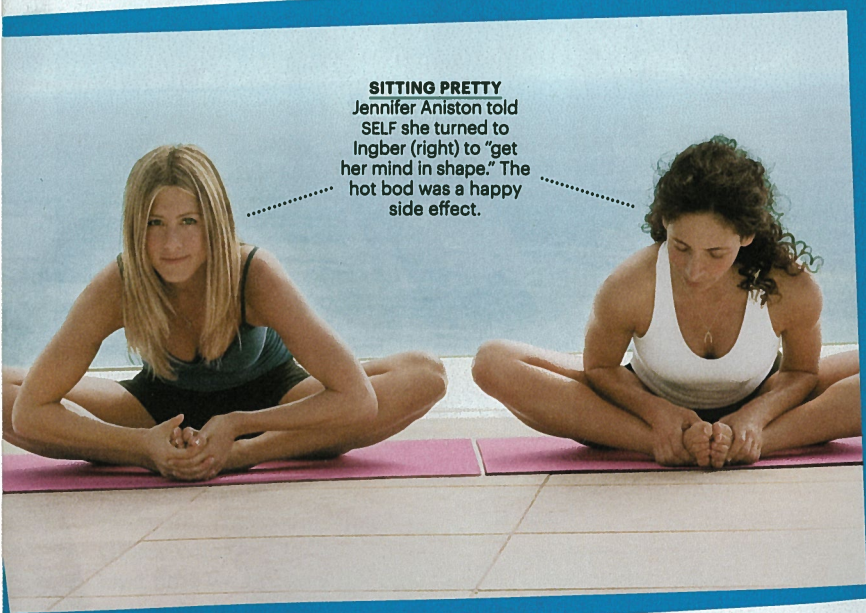
**More cash & more fun, p.158**

## focus. and get stuff done.

**Overwhelmed? (Don't answer that.) Meditation will help. Stay with us here....** By Zahra Barnes

Stop picturing all those chanting yogis in their groovy hemp pants. Meditation is now fully mainstream. In fact, docs these days are prescribing it to treat problems as diverse as anxiety and emphysema. Some benefits are obvious—you may be calmer, more positive and in tune with your emotions. But here is a surprise: Meditation can even help you multitask, a study from the Information School at the University of Washington finds. Participants who were taught how to meditate for about two hours a week for two months stayed on task better than nonmeditators did, letting them juggle several assignments without getting thrown by distractions. Plus, they were less forgetful. Zen, we're coming for you!

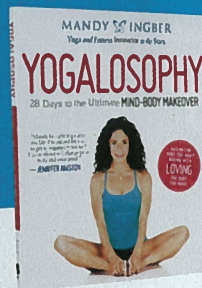
**IN THE ZONE**  
Regular meditation can alter your headspace, helping you gain new perspective.



**SITTING PRETTY**  
Jennifer Aniston told SELF she turned to Ingber (right) to "get her mind in shape." The hot bod was a happy side effect.

## Give it a try!

OK, we've convinced you that meditation is a good idea, but now you're wondering how on earth to start. Turn the page. Mind/body guru Mandy Ingber will baby-step you through it on your to-go tear-out cards.



**WIN IT!**  
Enter for a chance to score a copy of Ingber's new book, *Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover*. We've got 25 up for grabs at [Self.com/prizes](http://Self.com/prizes).

NO PURCHASE NECESSARY. To enter and for full rules, go to Self.com. Promotion begins on April 22, 2013, at 12:01 A.M. ET, and ends on May 1, 2013, at 11:59 P.M. ET. Open to legal residents of the United States who are at least 18 years of age at the time of registration. Odds of winning depend on the number of entries received. Sweepstakes ends 4/30/13. Prizes awarded on 4/30/13. Approximate retail value of each prize: \$201. Sponsor: Conde Nast. © 2013 Conde Nast. FROM TOP: ARTHUR BELEBEAU, SHERYL NIELDS, STILL LIFE; DEVON JARVIS.