

GLAMOUR



**31 Days of
Major Beauty
Freebies**

*& Secret Deals
For You On
Facebook*

The
Steamy,
Sweet

**SEX
SECRETS
OF
30,000
WOMEN**

*Go Ahead, Steal
Their Best Tricks!*

**Outrage:
The Secret That's
Killing Four
Women a Day**

*It's Time You Knew About It
(Here's How to Help)*

Ooh, Fun...
**It's Our
SECRETS
ISSUE!**

*600 Juicy Tips About
Clothes, Hair, Men
& Happiness*

**Olivia
Wilde**

*House's Hot
Doc Spills Her
Love Life Secrets*

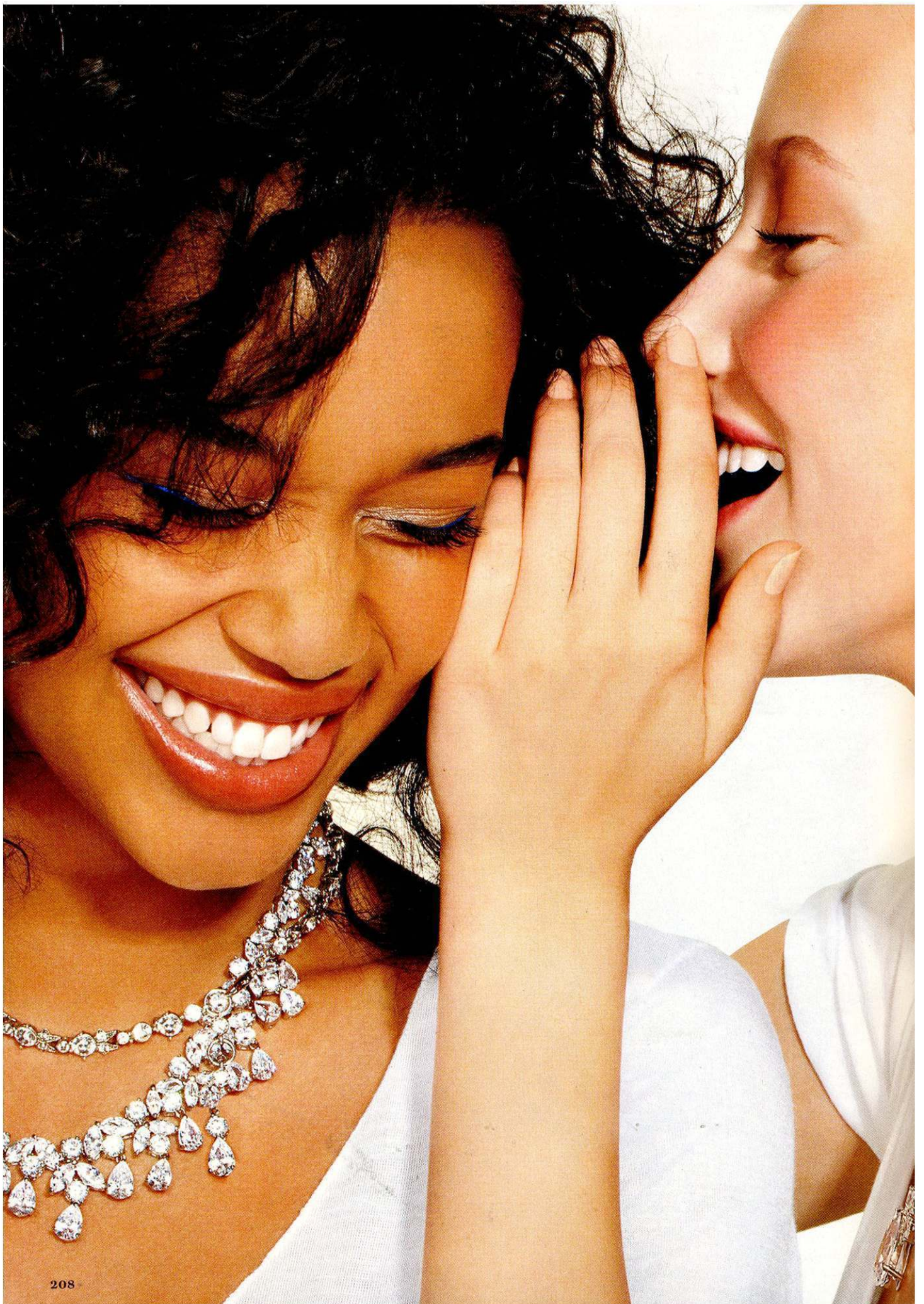
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**Flat Belly
Secrets
That Work**

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Perfect
4-Minute
Makeup

*The Step-by-Step
Secrets You'll Use
Every Morning*





WHOA!

AMERICA'S JUICIEST *secrets* REVEALED!

“Three can keep a secret if two are dead,” Benjamin Franklin famously said. Good old Ben had a point, but c’mon, telling is fun!

So, in honor of our *Secrets Issue*, *Glamour* got real women to spill their

**LIFE SECRETS, LOVE SECRETS, WORK SECRETS
AND, OF COURSE, SEX SECRETS.**

Dive in—you know you’re curious!

photographs by Arthur Belebeau

SHHH...WE'LL
NEVER TELL!
All jewelry, CZ
by Kenneth
Jay Lane and
Ben-Amun.
See *Glamour*
Shopper for more
information.

WHAT HAPPENED

When the World Found Out...

Three women share the drama.

As told to Jessica Duncan



...that I'm a lesbian

➔ Throughout my life, people close to me have assumed I was a lesbian, and until recently, I just let them assume.

Last year I was a soccer coach at a Christian university in Tennessee, and I loved my job. I didn't know of any openly gay staff at the school, but I was close with my team, so I decided to tell them that my partner, Wendy, and I were expecting a baby. It was my way of coming out to them. The girls were enthusiastic to know more about my personal life and happy that I opened up. And they were looking forward

to having a "team baby." We were all excited.

Not long after that discussion with my team, I was out of a job. There were media reports that my sudden departure was forced by the university because of my sexual orientation, but based on my settlement with them, I'm not free to discuss it. But there was a lot of press about it. Even though I'd come out to my family and soccer team, there were still many people in my life who didn't know I was gay—old friends and coaches and peers. Suddenly my picture was on the front page of *The Tennessean* with a big headline: GAY COACH. It was shocking and

uncomfortable, but at the same time it was really liberating: There it was, out there in the open for everyone to see. In a way, that was a relief.

My emotions were all over the place. I was angry and sad, and it was a very difficult time, but the community embraced me. People told me they were inspired by my story, and that made me feel more vocal and active. So now I'm working to help others embrace their gay identity.

I'm focused on the future. Wendy and I are so excited to be parents—she's due this month. The baby's a girl, and we've named her Hope. —Lisa Howe

...that I thought about giving up my baby

➔ My first daughter, Olivia, was born with a very rare condition. The doctors suspected something when her

newborn cry sounded like a kitten. Cri du chat, her syndrome's name, means "cry of the cat." I wasn't worried; to me she just sounded like a baby. But after her blood test, the doctor said, "I have bad news."

I had never heard of cri du chat—didn't even know how to spell it. When I looked online, I found only two websites. On one, a couple said they gave their daughter up for adoption; the other was about a boy who sits and bangs his head on the wall all day. I was scared. I didn't think I could handle it, and suddenly I didn't want to keep her. I just didn't think I was good enough to be her mother.

I admitted to my mom and my husband how I felt. My mom came over right away and hugged me and told me she believed in me. And my husband was very supportive. He said we'd take it one day at a time.

In reality, it took me only a couple of weeks before I felt like I was up to raising Olivia. I quickly discovered I was head over heels in love with her. And what the doctors told us to expect and what actually happened are two totally different things. They said she might not be able to walk; she does. They said she'd be nonverbal; she's very verbal. They said she could even need a feeding tube; she doesn't.

How Do You Keep a Really BIG SECRET?



J.J. Abrams, Hollywood's most notoriously tight-lipped director, explains.

GLAMOUR: How are you able to keep talked-about projects like *Super 8* such a secret?

J.J. ABRAMS: I just keep my mouth shut. The biggest thing about keeping a secret is that you need to find a way to compartmentalize what you know—some things are discussable, and others are simply off-limits.

GLAMOUR: What secrets do men keep from women?

JJA: Some of our secrets are as innocent as our insecurities. But my guess is that whatever secrets a man might keep aren't that different from the ones a woman might keep.

GLAMOUR: Oh? And what are we hiding?

JJA: Those meetings you have with other girls where you judge us on a numerical scale from one to twelve thou-

sand. Yeah, I've heard about those.

GLAMOUR: How do you feel about secrets in relationships?

JJA: Withholding things from the person you love can be very dangerous, but I also think there need to be things you keep to yourself that are your own.

GLAMOUR: So what's your secret?

JJA: [Whispering] I read *Glamour*. —J.D.

Yes, she has some mental retardation, and she's very susceptible to getting sick, but she loves to laugh and play. She's just a normal kid with special circumstances.

Because I had such a rough beginning with Olivia and didn't want anyone else to have to go through what I did, I decided to make a website about her. And the guilt for wanting even for a moment to give up my own child was still eating away at me. So I wrote a post about it called "My Biggest Secret." I was afraid my readers might hate me, might think I didn't love my daughter, but I was so comforted: They understood, probably better than anyone. But really, even if they'd been judgmental, I would have felt relieved for forgiving myself and for letting the guilt go.

—Tiffany Townsend

...that I was having an affair with a taken man

When I was 19, a sort-of friend asked me to spy on a guy she was seeing. She wanted me to work at her boyfriend Andy's company to keep an eye on him. I had been looking for a job anyway, so I let her set up an interview.

As soon as I met Andy, I could see why she might be paranoid about losing him—he was so cute. I immediately had teenage goo-goo eyes. I took the job.

My friend started calling me at the office three times a day asking, "Have any girls called him?" "Has he been to lunch with anybody?" And then suddenly, I became her worst nightmare: Andy asked me out, and I couldn't help but say yes. I felt guilty about my friend, and I was concerned about dating my much-older boss (he was 33)—it felt a little strange. I didn't want other people at work to know about us, and I really didn't want my friend to know.

And then it all came out at once: Randomly, Andy and I ran into people we knew at an event, some of whom also knew my friend (he'd officially ended things with her right when we started dating). They told her about us, and she called my house every hour on the hour, begging me to call her. When I finally answered, she was hysterically crying—she told me she even pulled out her eyelashes! I felt bad for her, but more than anything, I was afraid of her.

Luckily, I never saw her again. And at work, my colleagues were actually very supportive. Their biggest concern was our age difference, but I knew Andy was The One. And I was right: We just had our twenty-fifth wedding anniversary, and life is blissful. This secret was the best thing that ever happened to me.

—Vicki Lynn

No Way! Didja Know...

CELEBS MAY LIVE IN THE PUBLIC EYE, BUT THEY'VE GOT SECRETS TOO.



Salma Hayek was an accomplished gymnast who had hopes of going to the Olympics.



Jack Nicholson was raised to believe his grandmother was his mother and his mother was his sister. (Follow that?)

Katy Perry's real name is **Kate Hudson**. No wonder she changed it!



Anne Boleyn was reported to have had six fingers on one hand.



Mila Kunis lied about her age to get cast on *That '70s Show*. She was 14 to TV love interest Ashton Kutcher's 19.



Speaking of **Ashton Kutcher**...the actor studied biochemical engineering (!) at the University of Iowa.



Tom Cruise spent a year at a Franciscan seminary as a teen. He even considered a vow of celibacy.



Lily Allen has a third nipple. Not joking.

King Edward II of England, despite being married and fathering five children, was widely rumored to be gay.



Elvis died of...constipation? His doctor recently revealed his theory that severe constipation is what actually killed him, not a heart attack.

3 PEOPLE WHO KNOW ALL

Your Secrets!

The craziest stories from the people we spill to

Your hairstylist

There's something about being in a chair with a cape around you—it prompts honesty. Says Karla Newgarden-Takahara, a stylist at Q Hair in New York City: "Women just spill their guts." Chicago's Art + Science Salon's Katie Kroll agrees: "I had a girl who just moved here, and the first time I ever saw her, she confided in me that her sister was murdered, but it had been ruled a suicide," Kroll says. "She was working to clear her sister's name, essentially. And no one knew but me."

Your bartender

Not surprisingly, the guys who pour you shots of truth serum hear a lot. Kevin Martin of Boston's Eastern Standard bar, for one, is often tasked with keeping early pregnancies a secret. "Women more often than not will tell me, 'I'm pregnant and nobody knows yet,' and they'll say, 'Can you make me a drink that looks like it has alcohol but doesn't?'" He says, laughing, "I think I've found out about sooo many babies before the fathers did! But I never tell!"

Your plastic surgeon

Those doctors are right up in their patients' face; it's very personal. "You'll say, 'You look amazing!' and suddenly she'll break down in tears and say, 'I just found out my husband's cheating on me!'" says John Westine, M.D., of Delray Beach, Florida. Kimberly Lee, M.D., of Cedars-Sinai hospital in Los Angeles, recalls another big reveal: "One woman told me about how she stuffs her bra with bubble wrap instead of tissues, because it looks fuller. I'd never heard that one before!" —Rebecca Milzoff

NINE

THINGS YOU SHOULD KEEP SECRET

By Hilary Winston, author of *My Boyfriend Wrote a Book About Me*

For the record, I keep almost nothing secret—except for my weight and my income. Because of my urge to tell all, I've learned a few things about what you shouldn't divulge to people like your coworkers, neighbors, valets, taxi drivers, bosses and current boyfriends.

1 **Your after-work plans**
You can't dish to your boss about what a hot date you have planned and then call in sick the next morning. Keep the post-6:00 P.M. stuff to yourself. You always want to leave the food poisoning/stomach flu/migraine door open.

2 **A joke you know is inappropriate but just want to tell for the laugh**
On New Year's Eve, I told a guy I'd been dating for a month, "Let's totally make a baby tonight." I meant this as a joke. In fact, I have lamely been making this joke for years (but I guess once you hit 30, it isn't really that funny). He broke up with me a few weeks later.

3 **If you've slept with someone your new guy knows**
You can tell him when the time is right. That time is when you break up, and then you have the perfect *zing* as you're getting in your car to leave. Me: "By the way, I had sex with Jeremy!" Slam car door.

4 **The fact that you have a big backyard**
Friends, coworkers and neighbors will always take advantage of this. You'll be hosting baby showers, retirement parties and stuff you don't care about for the rest of your life.

5 **That you googled your date/coworker/new friend**
It's creepy, not endearing. You can do it, but just make sure to get really good at pretending that you didn't know their dad wrote a book on tantric sex.

6 **Whom you're inviting to your party**
Don't allow party snobs to pick and choose their event based on the guest list. They should trust you. BCC is the way to go.

7 **When you start a diet**
You will initially get a lot of undeserved praise and feel falsely good. Wait until you've started to lose weight to tell people, and have

the action—not the decision—positively reinforced. Also, if you give up early on, you won't have that girl from accounting staring at your 10:00 A.M. muffin.

8 **That you've done past-life regression therapy**
There are some bells that can't be un-rung. Now maybe you *haven't* done past-life regression therapy like I have, but just remember: Sometimes we do things that interest us but don't define us. Other people don't always see the distinction.

9 **That you broke your vagina**
So, I broke my vagina: He had something not so small, and I had something that easily tore. And I talk about it a lot, which has, alas, led to a few awkward times when someone I just met says, "Oh, you're the girl who broke her vagina." Sensitive info can come back to bite you in the ass on an interview or a date. Always remember what you're putting out there is, well, out there. (And thanks for asking. I'm all healed now.)