

REDDOOK

***ATTENTION
MULTITASKERS!**
are you addicted
to stress?

**you
& him**
19 ways
to spice
things up

**HEALTH
MISTAKES**
YOU CAN FIX
RIGHT NOW

68 WAYS
TO LOOK AND FEEL
YOUR VERY BEST

- breezy **dress-slim** tips
 - quick, sleek, frizz-free **hair**
 - easy, **healthy** meals
- PLUS** great **ideas** for outdoor fun

**WILL HE
CHEAT?**
7 telltale signs
+ what keeps
couples close

WIN
a \$4,000
vacation
(see page 26)

**Heather
Locklear**

on her life as a
suburban mom,
breaking all the
parenting rules
and why her
bedroom door
needs a lock

JULY 2005

\$2.99 US/\$3.99 Canada, Foreign



WWW.REDDOOKMAG.COM

WIN IT!

1 • \$2,240



2 • \$2,200



\$12,975

WORTH OF FREE STUFF

Everyone in your life can win this month!
Sail away on a houseboat vacation for 10, start a book club with four girlfriends, and more!



4 • \$4,000

FOREVER RESORTS
www.ForeverHouseboats.com

3 • \$2,035



5 • \$2,500

1. PARTY STARTERS

Top your party table in style with this bucket of festive accessories, including colorful margarita glasses, napkins, candles, and more.

8 readers will each win a summer party basket from plumparty.com. Value of each set, \$280. Total value, \$2,240.

2. GOLDEN GIRL

All eyes (including your guy's) will be on you with this triple-chain stunner dangling near your décolletage.

10 readers will each win a "chaos" necklace from sterlingjonesdesign.com. Value of each, \$220. Total value, \$2,200.

3. BATHING BEAUTY

You'll feel as sleek as you look in this one-piece that's built to minimize your problem spots and maximize your assets! The bright sarong makes for a beach-ready outfit.

37 readers will each win a "Body-Sculpting Swimsuit" in aqua and a floral pareo from laredoute.com. Value of each, \$55. Total value, \$2,035.

4. GONE FISHING

Invite your friends and family to join you on a 59-foot houseboat that sleeps up to 10 adults. Laze in the sun, swim, and spend quality time with the whole brood.

1 reader will win a deluxe 4-day, 4-night houseboat vacation at your choice of one of 11 marinas, plus a houseboat gift package from foreverhouseboats.com. Total value, \$4,000.

5. PAGE-TURNERS

Start your own book club! You'll get five copies each of four new titles from Random House and a guide with discussion questions.

5 readers will each win 20 books (5 copies of each title) and a discussion guide from The Random House Publishing Group. Value of each set, \$500. Total value, \$2,500.

FOR OFFICIAL RULES, SEE PAGE 205.
(NO PURCHASE NECESSARY.)

PHOTOGRAPHED BY JACK MISKELL.
HOUSEBOAT COURTESY OF FOREVER HOUSEBOATS.