YOUR BEST BODY
We’re dropping the weight, losing the baggage, getting lighter as we go!

The Miracle in Your Fridge
YOU WON’T BELIEVE WHAT YOU’VE BEEN MISSING!

UPGRADE YOUR WHOLE LIFE
Little Swaps, Big Payoff!

Tell Us Where It Hurts
Breakthrough Ways to Deal with Pain

THE 3-WORD CURE
...for selling yourself short
PG. 41

O List Special!
GORGEOUS GIFTS FOR BIRTHDAYS, BRIDES, AND BFFs

JENNY’S GOAL
“Drop the 8 pounds I’ve regained—before 8 turns into 30”

MICHELLE’S GOAL
“Lose the baby weight and rock a bikini”

OPRAH’S GOAL
“Live my best life—with vibrancy and vitality”
Animal Instincts

Because sometimes you need the right dog—or goat or monkey—for the job.

**MONKEYS DO**
Standing less than two feet tall, capuchin monkeys are known for their dexterity, easygoing ways—and total adorableness. But the capuchins at Helping Hands, a nonprofit in Boston, are also hardworking heroes qualified to assist people who have spinal cord injuries and limited mobility. Monkeys in training attend “college” for up to five years—learning how to fetch a phone, open a bottle of water, even adjust reading glasses—before they’re paired with grateful companions, free of charge. Bananas? We think not.

**SCATS AND DOGS**
The University of Washington’s Conservation Canines program may revolve around excrement, but it’s nothing to poo-poo. The pioneering nonprofit trains dogs to detect the droppings of threatened and endangered wildlife (caribou, white-tailed deer, Pacific pocket mice); this helps researchers keep tabs on species’ diets, migration patterns, stress levels, and more—without disrupting their daily life. One super-sniffer is Tucker, a 12-year-old black Lab who spends almost every day of his summer on a boat catching the scent of otter droppings. His handlers say he does a whale of a job.

**SAVING GRAZE**
As owner of Browsing Green Goats, an eco-friendly landscaping service, Mary Bowen travels the East Coast with a hungry herd of about 40 goats (15 of which are rescued) to clear overgrown brush from historical sites, vineyards, and golf courses. Because Bowen’s munch-tastic machines—there’s Joy, Cinnamon, and Polly, to name a few—prefer to dine on pesky weeds like poison ivy, kudzu, and wisteria, they offer an environmentally sound (not to mention really cute) alternative to potentially harmful herbicides. —Z.D.

**SPEED RACER**
**RALLY CAR RACING ISN’T** for the faint of heart. Picture NASCAR on steroids, with drivers navigating treacherous, typically unpaved roads (often covered in gravel or ice) for hundreds of miles—at speeds of over 100 miles per hour. "It can be tough on the body," says Verena Mei, one of the sport’s foremost female competitors. "But it’s the only thing that gives me the rush I want."

Mei, who grew up in Hawaii, didn’t always feel the need for speed. One of her first postcollege gigs was as a poster model for a tire company in Las Vegas. The job—signing merchandise, chatting up customers—was easy but unfulfilling. "Within a year I realized I belonged in the driver’s seat," she says. Her decision to switch gears rubbed some the wrong way—"People who’d been nice to me as a model just didn’t take me seriously"—but she forged ahead. After dabbling in drag racing (short, straight shots) and road racing (on paved courses), the hot rodder found her sweet spot: rallying.

Like all rallyers, Mei drives a souped-up street-legal car and sees a course only once before a competition. In her five years of racing, a lot has gone right: Four years ago, she became the only woman in Rally America history to be nominated for Rookie of the Year. But things do go wrong, like when vehicles malfunction or skid off course. Mei had her own close call in 2013, when she flew off a cliff at an Oregon rally. "Luckily, I hit a tree," she says. "Otherwise, I’d have rolled all the way to the bottom." Scary, right? "I’m scared all the time!" Mei says. "But I know what I’m capable of. And if I push myself a little more each time, then I’ll be that much faster." —M.S.