

Self Magazine features
Tonic Jacquard
Scrunch Shorts in Beet!

 **ON A ROLL!**
Go to Self.com/go/logs
to track your make-me-
slim minutes each day.



Skin So Gorgeous You Can Skip Makeup!

SELF

Slim Down Your Way

- Get Flat Abs Faster
- Erase 8 Pounds
- Be Hot By Saturday

54 Foods That Fight Fat!
No Chopping or Cooking. Just Eating Made Easy

Sexier Sex Tonight
Hellooo, Satisfaction! p.118

Instant Health Boosters
Simple Tips to Take Care of Yourself From the Inside Out

Total Body Confidence
Want to Reach Your Dream Weight? Find the Motivation Secrets That Will Work For You p.120

Prizes! Prizes! Prizes!
It's Our Birthday So You Get Gifts \$1.99

SEPTEMBER 2008 \$5.99

Got 40 minutes?

Got 60 minutes?