

love your life.

the ultimate **THRILL** for you & your guy

colorful **HOME IDEAS** easy, stylish updates

lose **10 pounds** instantly! with jeans that flatter your shape

psst...YOUR MOST **PERSONAL HEALTH QUESTIONS—ANSWERED!**

WIN A new you! p.14

Brooke Shields

on how Hollywood moms are getting it wrong—and what she's trying to do right

FOOD NEWS: is organic worth it? find out on p.108



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Between their acting and singing gigs, these celebs are stepping behind the scenes and designing some pretty cool denimwear.

■ **SARAH JESSICA PARKER** Supercool and ultracomfy, Bitten jeans are all under \$20. What more could you want?

■ **ASHLEY JUDD** Her eponymous line for Goody's Family Clothing offers jeans in classic and modern styles.

■ **VICTORIA BECKHAM** (a.k.a. Posh Spice) Her high-end DVB Denim line is a bit pricey, but promises "an elegant and tailored" fit.



Krista



trouser

● A dark, clean wash is super-slimming—and a classic trouser fit streamlines your bottom half.

"Besom Patch Pocket" trouser jeans, Dressbarn, \$30; Dressbarn stores, dressbarn.com for store info. Top, Little Joe by Gail Elliot, \$220; littlejoeny.com. "Wealthy and Rich" heels, Kenneth Cole Reaction, \$79; Nordstrom, 877-REACTION, reactiononline.com. Sterling silver necklace, \$75, and "Bebe" necklace, \$70, both Tina Tang; tinatang.com. Link bangle, Adia Kibur Accessories, \$15; lifemix.net. Pearl-cluster bracelet, Viv & Ingrid, \$252; vivandingrid.com.

more great jeans and why we love 'em



Strategically placed sailor buttons draw the eye inward, visually narrowing the hip area.

"Nanjing Navy" jeans, Fortune Denim, \$250; Fred Segal Fun, 310-394-9814, fredsegal.fun.com.



This skinny style has some stretch and doesn't hug the ankles, which balances your proportions. **Bonus:** A dark wash with no whiskers keeps you looking long and lean.

"Matchstick" jeans, J. Crew, \$98; J. Crew stores, jcrew.com.



An understated boot-cut shape is universally flattering—and a size range of 2 to 22 almost guarantees you'll find a pair that fits.

Boot-leg jeans, Bitten Sarah Jessica Parker, \$15; Steve & Barry's, bittensjp.com.