Satisfy any craving! Healthy recipes, p. 116

**SELF**

8-Minute Total Body Tone-Up
The Fastest Way to Sizzle and Sculpt!

**SUMMER SPECIAL**

Hollywood Insiders Spill All Their Secrets*
- Best Moves for Show-off Abs
- New Ideas to Be Happier Today
- Easy Tips for Great-Looking Hair
- Amazing Style Finds—$6 and Up

*This advice would normally cost $18,350. Your price: nada!

How to Feel Naturally Sexy
Boost your confidence and get closer in bed!

[MUST-READ REPORT]
THE SCARY TRUTH ABOUT DETOX DIETS p. 142
My L.A. story

Living the good life (at least for a weekend or two) on the West Coast

New York City is my home, but I love going to Los Angeles several times a year. (At right are highlights from a recent trip.) I've always suspected that if I lived in SoCal, I'd be healthier. It's such a SELFy environment: You can be outdoors, exercising in 70-degree weather, most of the year. You can eat out healthfully, because chefs there pride themselves on serving fresh, organic food and minimizing calories and unhealthy fats, while keeping all the deliciousness. You can join a community of active women who are also creative and low-key, even as they challenge themselves (like my triathlon pals). You can sit by the pool at the Hotel Bel-Air and watch stars play with their kids, or just chillax and read. My favorite A.M. activity is a run up the canyons to look at the amazing houses: Maybe I could live in that one, I think. Or that one. When I decided SELF should devote an entire issue to the latest healthy trends from Los Angeles, I wanted to treat readers to the best ideas from the Left Coast. Because being SELFy (healthy inside and out) is a mind-set, and you can own it, wherever you call home.

Lucy S. Danziger, Editor-in-Chief