

Ladies' Home Journal

MAY 2014

HOW TO
LOOK
AMAZING
AT
30
40
50

**SPEND
LESS
ON YOUR
MEDS**

**MAKE YOUR
HAIR COLOR
LAST LONGER**

**SURPRISING
LITTLE WAYS
TO IMPROVE
YOUR
MARRIAGE**

THE FABULOUS
UNSTOPPABLE
**SALLY
FIELD**

**DIETS ARE
SO OVER!**
**THE
HEALTHIER
WAY TO
LOSE
WEIGHT**

SEE PAGE 25

**UPDATE YOUR
CLOSET FOR
SPRING**