

USA TODAY

Living
Healthy

THE **Best**

**WAYS TO
STRESS LESS,
SLEEP BETTER**

Chill Out

42 Tips for a Calmer -
and Slimmer - You

HELP! I NEED SLEEP!

Guide to Getting
Your Zzzz's On

SEX: The Do's and Don'ts

Good Mood Munchies The Real Comfort Foods

**COOL
CALM &
COLLECTED**
**Dr. TRAVIS
STORR**
His Winning
Strategies

**TAKI
OUR
STRESS
TEST**

AMI SPECIALS

\$6.99 US / CANADA



Display until August 26, 2013