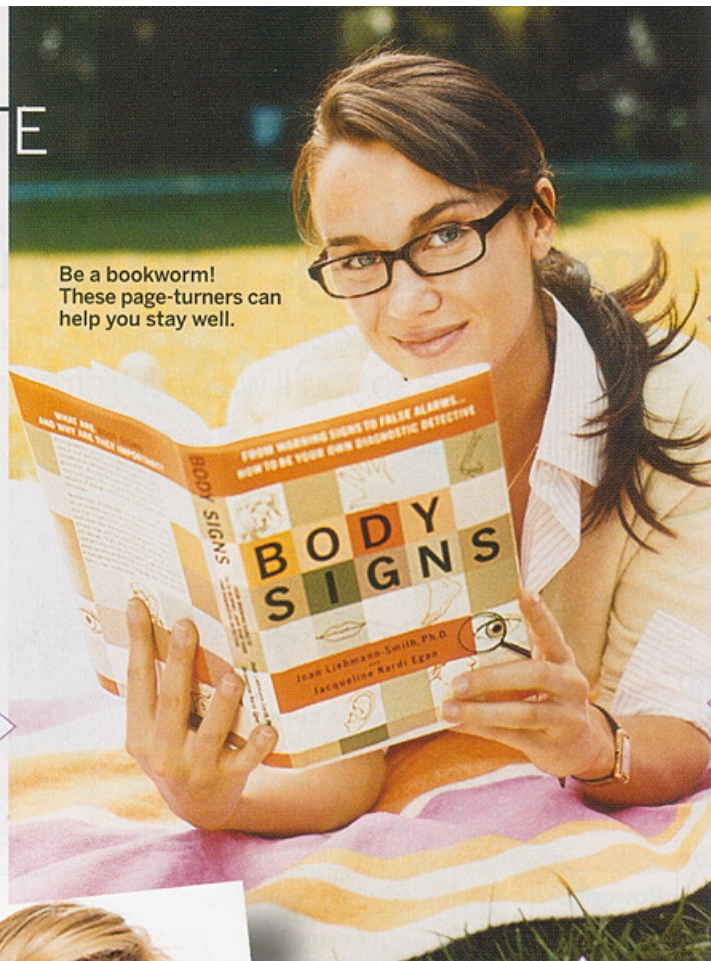


# healthUPDATE

## A GOOD (FOR YOU) READ!

SELF editors pick the best of the New Year's health books.



Be a bookworm! These page-turners can help you stay well.

**Body Signs: How to Be Your Own Diagnostic Detective** by Joan Liebmann-Smith, Ph.D., and Jacqueline Nardi Egan (Bantam Books)

Did you know that not being able to sneeze may signal a brain tumor? In *Body Signs*, you'll learn how to decode your body's red flags for various health concerns as well as when to see a doctor. **Buy it if** you want to take control of your health.

**The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight and Gain Health** by Dean Ornish, M.D. (Ballantine Books)

Your genes don't have to be your destiny. According to Dr. Ornish, adopting the right diet and lifestyle habits can sometimes turn on good genes and turn off harmful ones, thus preventing deadly disease. **Buy it if** you seek a fairly simple healthy-eating plan.

**I Am Not My Breast Cancer** by Ruth Peltason (William Morrow)

After surviving breast cancer, Peltason founded First-Person-Plural.org, a website where other women who faced the disease could share their experiences and advice, honestly and without judgment. Hundreds of women responded, and 800 of their inspiring voices are gathered here. **Buy it if** you or anyone you love is battling breast cancer.

BURN 100 CALORIES IN JUST 10 MINUTES!

# SELF

YOU AT YOUR BEST

SEE RESULTS IN 7 DAYS

## Peel Off Pounds!

The Best Slim-Down For Your Eating Style p.76

**The Great-Sex Diet**  
Foods That Ratchet Up Passion

CLEAR SKIN, INCREDIBLE HAIR!  
Get 'em Today, Keep 'em Forever

SAVE THIS SPECIAL SECTION

## Love-Your-Life Guide

Simple 10-Step Plans to  
• Be Your Happiest • Feel Fitter Fast  
• Look Naturally Gorgeous  
• Spend & Save Smartly • Get Healthy



You Can Do It!  
Keep Your New Year's Resolutions at Self.com

SELF SAYS  
Make  
2008 the  
Year of  
YOU!

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**Spark: The Revolutionary New Science of Exercise and the Brain** by John J. Ratey, M.D., with Eric Hagerman (Little, Brown and Company)

Want to raise your IQ? Pump up your heart rate! In *Spark*, Dr. Ratey reveals how cardiovascular exercise can help ward off anxiety, dementia and depression, all while increasing your intelligence. **Buy it if** you need a little bit of extra motivation to hit the gym. —Molly Lyons