

AUGUST 2007

# Good Housekeeping

WE'RE ALL  
NEW!

## Guilt-Free Fast Food

Takeout  
makeovers in  
**20** minutes  
(or less!)

## 1-Minute Cleanups

that save hours

**No More  
Nagging**  
10 Tips that  
get results

## Halve My Size

No surgery,  
No fad diet

How 7 women  
lost a total of  
1,062 pounds  
and kept it off

**YOU CAN WIN \$250,000!**

**WIN BIG!** GH'S PAY-YOUR-MORTGAGE SWEEPSTAKES, P. 104

## Scary New ID Theft

Scams that threaten  
your family



THEN  
268  
NOW  
135

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\$2.50 U.S. \$3.50 CAN./FC