

30 Can-Do Ways to Save Cash and Time

Amanda Peet
On Date Nights,
Stage Fright
& Eating Right

SELF

YOU
AT YOUR
BEST

Fit & Sexy In 15 Minutes A Day

THE QUICKIE
WORKOUT

Yes! Exercise Less—And Still Drop
A Size With Our Fastest Firm-Up

HOLIDAY BEAUTY SPECIAL

Look Like a Million
For as Little as \$1

Eat, Drink and Be Slim!
Delicious Party Indulgences
You Can Savor Without Guilt

Feel Naturally Happier

The Proven Secret (It's Free!)

Sweeter Sex
Your Get-Closer Guide P.112

TIGHT? TENSE? STRESSED?

Simple Soothers for Any Ache

14
Easy Tips
to Stay
Well All
Winter





Lauren Purcell,
deputy editor

"I'm an expert party planner, but I struggle when it comes to speaking Spanish."

What she gave Party-planning advice
"I wrote a book about entertaining, so giving Eleanor pointers was a breeze. I recommended recipes for appetizers that you can prepare beforehand, which helps take the pressure off."

What she got A linguistic confidence boost
"To make our Spanish chat more relaxed, Tula and I talked over cocktails. What a blast! I got past my hesitation and was inspired to practice more. I spent some quality time with Tula, too."



Eleanor Langston,
beauty editor

"I know every beauty trick in the book, but throwing a party makes me feel overwhelmed."

What she gave A custom beauty consultation
"I offered Audra tips for taking care of her skin when she's traveling for SELF's fashion shoots. I loved seeing her 'Who knew?' reaction when I shared insider pointers such as using hand cream to hydrate the skin under your eyes."

What she got Simple hosting strategies
"Lauren suggested some basic but tasty recipes from her book, *Cocktail Parties, Straight Up!* (Wiley). Her artichoke and green olive dip is delish. She saved me a ton of time and stress."



Audra Jones,
assistant to the fashion director

"I'm a whiz when it comes to organizing, but I need help taking care of my skin when I travel."

What she gave Organizational know-how
"I spent an hour with Laura sharing decluttering secrets, such as using matching hangers to make her closet look neater. I felt a renewed sense of confidence in my abilities."

What she got A clear-complexion regimen
"I can be shy about my skin problems, but Eleanor totally put me at ease. She suggested travel-ready products like MD Skincare wipes, which I can use on the plane to keep my face clean."

Give your talents, get a great life

You can help your friends and reap serious benefits by exchanging your passions. Not only did these six SELF staffers share their strengths, but each made a leap toward a cherished goal—for free—and deepened their bonds, too.

By Erin Bried



Erin Bried,
senior staff writer

"I have a knack for gardening, but I dread selecting outfits for my interviews with celebs."

What she gave Green thumb tips
"I helped Tula select some tasty herbs, a no-fuss flowering hibiscus bush and a little cypress—it's the ideal tree for people with nosy neighbors because it stays full and green year-round."

What she got Moral support at the mall
"Chitchatting with Laura while trying things on made shopping feel like less of a chore—I even enjoyed myself! She helped me pick out two shirts ideal for my sit-downs with stars."



Laura Brounstein,
entertainment director

"I have so much fun shopping, but I have no clue how to organize all my clothes! My closet is a mess."

What she gave Smart shopping tips
"I offered Erin advice I'd learned from SELF's fashion editors on our photo shoots: Being stylish is good, but comfort is just as important. Strive to look and feel great at the same time."

What she got Help streamlining her closets
"Audra suggested that I store bulky winter sweaters in clear bins, which will save space and allow me to find them quickly. And having her over for coffee was a lovely way to start the day."



Be a free trader

Set up your own skill swap in three easy steps.

STEP 1 Identify your strong suits

Write down the skills you have to offer, considering both personal and professional expertise, advises Barb Di Renzo, founder of U-Exchange, a free online swap site. If you're a Web designer, for instance, you might build someone a website. Love to run? Map out a training schedule for a friend doing her first marathon.

STEP 2 Find a barter buddy

Ask your family, friends and colleagues if they'd be interested in trading with you. Or do a trade on a free site such as FavorPals or Barter Planet. Once you find a partner, you can orchestrate direct swaps or organize a SELF-style horse trade, in which each person swaps in sequence with another.

STEP 3 Derive the rewards

The chance to hone your skill may pay off down the road. If you do an amazing job with the bouquets for a pal's wedding, for example, it could jump-start your career as a florist!



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