

SELF

Jennifer Lopez is the central figure of the cover, posing with her hands on her hips. She is wearing a white, short-sleeved, zip-up bodysuit with a red zipper and a mesh panel across the midsection. Her hair is pulled back, and she has a slight smile. The background is a simple, light-colored studio setting.

**LET'S
MOTIVATE!**

**YOUR DO
ANYWHERE
WORKOUT**

**JENNIFER
LOPEZ**

**"I'M FACING MY
FEARS & WORKING
ON MYSELF."**

**IT'S
2015**

**LOVE
YOUR
BODY!**

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**IDEAS TO
LIVE HAPPY
AND FEEL
AMAZING
INSIDE+OUT**

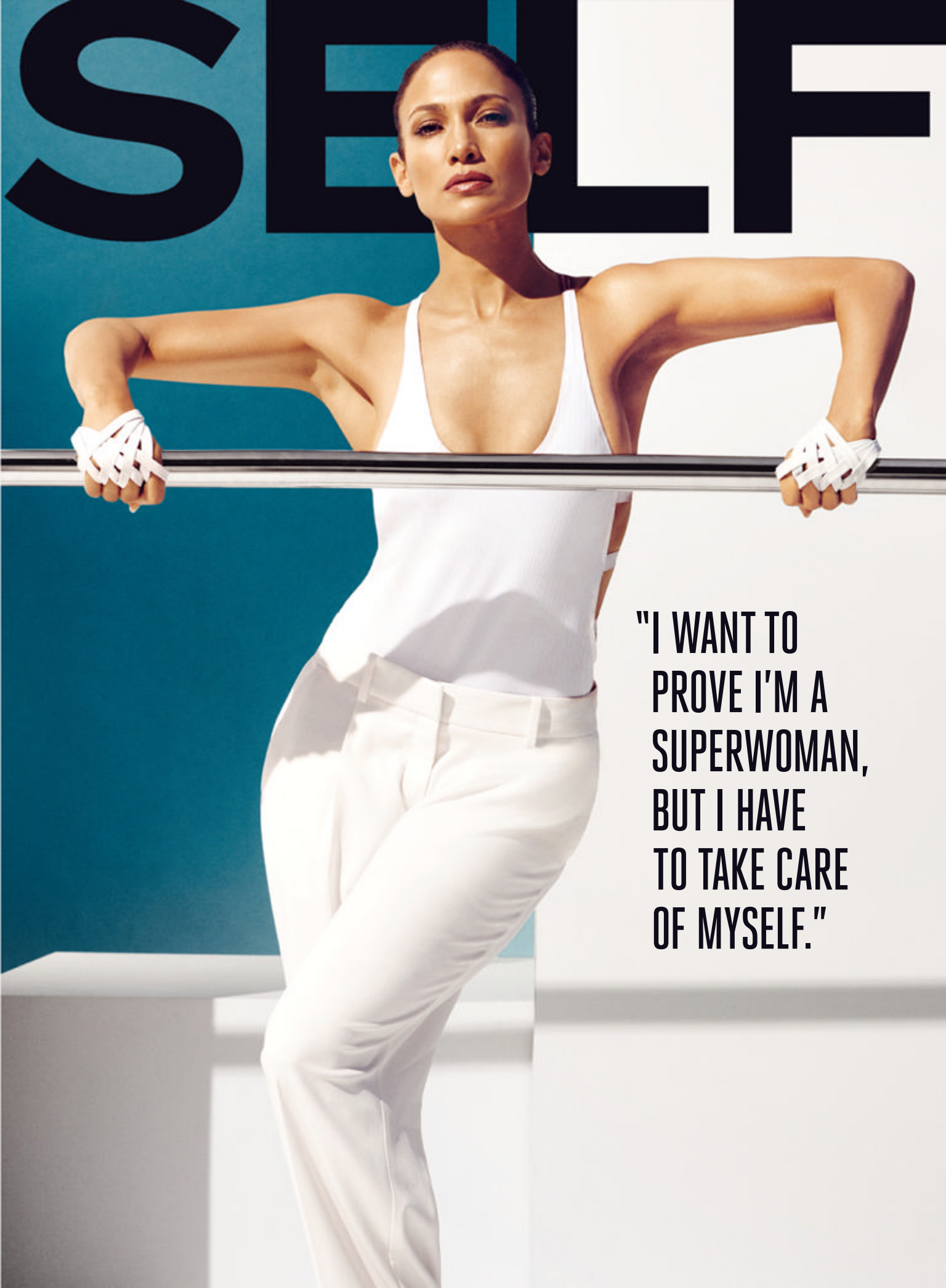
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**"I WANT TO
PROVE I'M A
SUPERWOMAN,
BUT I HAVE
TO TAKE CARE
OF MYSELF."**

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Photographed by Alexi Lubomirski in West Hollywood, California.

Fashion director, Melissa Ventosa Martin; hair, Lorenzo Martin for Cloutier Remix; makeup, Mary Phillips; manicure, Kimmie Kyeess.

CLOTHES Bodysuit with red straps and mesh, Preen by Thornton Bregazzi. Page 1: Bodysuit, Well Kept. Pants, Theory. Gloves, Perrin Paris 1893. See Get-It Guide.

GET THE LOOK L'Oréal Paris Infallible Smokissime Powder Eyeliner Pen in Brown Smoke, \$10. L'Oréal Paris Advanced Haircare Smooth Intense Ultimate Straight Straight Perfecting Balm, \$7

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Instagram your me-time moments or tweet us a picture with the hashtag #TimeForMyself to @SELFmagazine. We'll repost our faves and create a gallery at Self.com/go/moments.

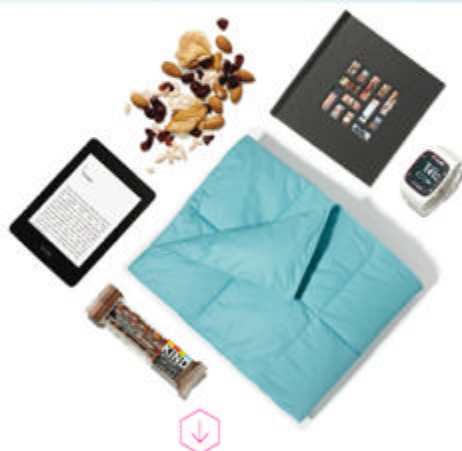
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GET TO KNOW SOME OF THE BLOGGERS BEHIND OUR SELF MADE COLLECTIVE

SELF MADE

SELF's exclusive network of SELF Made women who are passionate about all things health, wellness, beauty, and style.

To read the latest from these women and the other members of the Collective, visit promotions.SELF.com.



...So I recruited Sweaty Betty running coach **Leanne Brown** to take a few of us on a training run.

MY WORKOUT RESOLUTION

In addition to being more like Jennifer Lopez in every way possible, I want to learn to like running...



Bright Nikes add zip to my step. **\$110; Nike.com**



Here I am with my SELF secret service running detail.



SWEAT CUTER

This sweatshirt combo almost makes me forget I'm running.

HOODIE \$140, and JACKET \$220; SweatyBetty.com



EDITOR'S LETTER

HAPPY NEW YEAR!

Each year, I start off with so much ambition: I'm going to learn a new skill, conquer a fear, pursue a passion. And then, by February 1, my resolve begins to fade. I usually think I've just lost my motivation, but what if it's more an issue of time management than willpower? After all, each of us is so busy scrambling to get through our to-do lists that we don't physically have time to do the things that mean the most to us.

This year, SELF is committed to setting you up for success. In our Make Time for What Matters package (page 84), we've created a simple, six-step program to clear the time for whatever it is you want to accomplish, whether it's taking a new yoga class or tackling a big life decision. We've also created a 21-day online Time Makeover program to help you stay on track—sign up at Self.com/go/timemakeover, and be sure to share the moments you've made time for, big and small, on Instagram with the hashtag #TimeForMyself. That way, we can all inspire and cheer one another on.

There's no one who packs more into a day than our cover star, Jennifer Lopez (page 62). You know what her goal for this year is? Taking a step back and focusing inward. #GoodEnoughForJennifer #GoodEnoughForMe

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MAKING TIME

What the SELF staff really want to do in 2015

- 1 "Travel more—my goal is to take one solo trip and one trip to someplace brand-new."
—Suzanne D'Amato, executive editor
- 2 "Run a half marathon. I usually would say 'marathon,' but I'm being realistic this year."
—Maureen Dempsey, site director
- 3 "Get out of my cooking rut. I'm going to try one new recipe a week and tweet about it to stay accountable."
—Tatiana Boncompagni, lifestyle director
- 4 "Read more. It's the least I can do for my brain after the amount of Netflix bingeing I did last year!"
—Devin Tomb, senior editor

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POWER TO THE SHE



A woman with brown hair tied back, wearing a white and navy blue cycling jacket, black shorts, white gloves, and a black watch, is riding a white road bike. She is smiling and looking off to the side. The background is a blurred green forest.

(SELF) STARR

GET IN GEAR

→ *Yes, you need those cute bike shorts and gloves—but not for the reason you think.* **BY MADELINE BUXTON**

Conventional wisdom says money can't buy happiness—especially money spent on material goods—but new research has identified a loophole. When you purchase products designed to enrich your experience of a favorite pastime, such as a new bike or clip-in shoes for your cycling hobby, you'll feel more accomplished performing the activity and as content as if you had invested in a life experience, a study published in *The Journal of Consumer Psychology* finds. Happy shopping!

TOP Carven **SPORTS BRA**
Espalier **WATCH** Nixon **GLOVES**
AND SHOES Max Mara

Photographed by **BEAU GREALY**

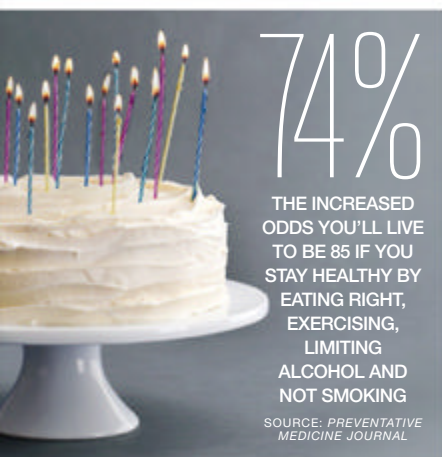
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HEALTH NEWS

→ The latest trends and tips to live better this month

YOU SNOOZE, YOU WIN!

Need another reason to make “Get more sleep” your New Year’s resolution? According to a study in the journal *Sleep*, skimping on shut-eye increases your odds of getting sick, leading to more missed days at the office. Women who sleep 5 or fewer hours per night miss about five more workdays per year due to illness than those who get about 7½ hours. A big sleep enemy: electronics. So skip Candy Crush or a Netflix binge before bed and crack open a book instead.



THE NEWEST PLANT WATERS ARE MADE WITH ALOE, ARTICHOKE, CACTUS AND MAPLE.

The scoop on plant waters

Move over, coconut water: New plant-based drinks are coming to a grocery near you. Here’s the lowdown from Bonnie Taub-Dix, R.D.N. (who notes that nothing beats the benefits of regular H₂O).

ALOE
ALODRINK.COM

ARTICHOKE
ARTYWATER.COM

CACTUS
DRINKCALIWATER.COM

MAPLE
DRINKMAPLE.COM

WHAT IT IS

It’s made from aloe vera juice and pulp, plus other ingredients like sugar and honey.

Water squeezed from artichokes, sweetened with blue agave and monk fruit

A combo of prickly pear cactus extract with water, lemon juice and stevia to sweeten

The most basic of the bunch, it’s made from sap extracted straight from maple trees.

HEALTH CLAIMS

It’s promoted as a health powerhouse, full of vitamins, minerals and essential amino acids.

The brand says it has antioxidants, electrolytes, vitamins A, E and C, a range of B vitamins and potassium.

This drink claims to supply electrolytes, minerals and flavonoids and is touted as a way to cleanse and detox the body.

The company says it’s full of vitamins, antioxidants and minerals, such as 40 percent of your daily requirement for manganese.

TRY IT?

Skip. It has 32 grams of sugar per bottle—that’s more than a candy bar.

Sip sparingly. It has negligible amounts of vitamins and minerals.

Sip sparingly. It’s 32 calories and low in minerals, so don’t expect miracles.

Try it. This sip is naturally low in sugar and has only 20 calories per cup.

Can wearing a bra cause breast cancer?

For years, there were rumors that wearing a bra might increase the risk for breast cancer by trapping toxins that can trigger tumors. But recently, a study of 1,500 women in the journal *Cancer Epidemiology, Biomarkers & Prevention* found that your bras—no matter what type, how long you wear them or at what age you started wearing them—don’t lead to cancer. (So go ahead and leave on that jog bra all day.)

LOOK FABULOUS NOT FROZEN

*clinical test conducted on 25 volunteers, results after one application and after use of product am and pm for 4 weeks.



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#LookFabulousNotFrozen

SELF APPROVED

BEST GYMS

→ *State-of-the-art equipment, innovative classes, on-site salons, rooftop lounges and car washes—if the fitness world had its own Oscars, we would nominate these ultra-luxe locales.*

Pure Austin Fitness Quarry Lake

AUSTIN, TEXAS

Outdoorsy types will find a lot to love about this gym, which overlooks its own private lake, encircled by a running trail. When you're not strengthening your core in a paddleboard-yoga class or on the stunning two-story rock-climbing wall, you can watch the action unfold out of the gym's soaring windows or from the cycling and yoga deck. Next trip, we'll visit a grocery store with a staff R.D. for a personalized nutrition session.

Reporting by Jolène Bouchon

220 Fitness

SANTA MONICA, CALIFORNIA

There's a neighborhood vibe at 220 Fitness—your boxing instructor knows as much about your kitchen remodel as he does about your one-armed plank. The no-frills locale packs a surprising amount into a small space: a well-equipped gym, a studio for classes, a boxing program and indoor/outdoor spaces for weight lifting, yoga, personal training and circuit work (how long has it been since you've flipped a 4x4 tire?). Try Dan's addictive Strengthen and Lengthen class (barrelike moves that you hold for...ever).

Reporting by Molly Creeden

ClubSport Oregon

TIGARD, OREGON

A soaring rock wall with 75 routes greets you at this fitness powerhouse just outside Portland.

Equally impressive is the high-altitude training studio, where recreational exercisers and pro athletes alike improve their speed and endurance by doing drills in a low-oxygen room. We geeked out in the CompuTrainer studio, where cyclists and triathletes get high-tech feedback on their effort and heart rate. There are also agility ladders, a turf field, a three-lane track and a lap pool, plus an outdoor lounge pool.

Reporting by Lindsey Emery

Concourse Athletic Club

ATLANTA

We worked up a fierce burn doing dynamic strength moves on state-of-the-art FreeMotion and Cybex circuit machines under the watchful eyes of National Academy of Sports Medicine-certified



Pure Austin's paddleboard-yoga class is held on the gym's private lake.

trainers. But all we really wanted to do was explore this ritzy, grown-up playground with lake views from the floor-to-ceiling windows. CAC members strengthen their bodies through such activities as tennis lessons on clay courts, pickup games of squash and racquetball, and laps in the heated indoor and outdoor saltwater pools. The grill upstairs made us feel like we were at a country-club snack bar—except with healthy options like ahi tuna salad.

Reporting by Stephanie Davis Smith

David Barton Gym at the Limelight

NEW YORK CITY

The edgy fitness mainstay just opened a studio in a 19th-century church, with stained-glass windows filtering colorful sunbeams into the otherwise dim



space. We prayed for mercy in classes like Fight Club (kickboxing HIIT) and Pleasure and Pain (intervals). The extensive schedule of evening classes and the social after-work crowd make it an energizing hangout after a long day at the office.

Reporting by Meg Lappe

East Bank Club

CHICAGO

Welcome to nirvana for fitness lovers. A sprawling cardio-and-strength area with 450 pieces of equipment meant we never had to wait for a turn. And when the treadmill turned dull, we opted for loops on the quarter-mile indoor track. EBC is adding hot-yoga rooms alongside its cycling, pilates and dance classes; there's also an indoor driving range, indoor and outdoor pools, tennis courts and a turf field for agility drills. Post-run, we relaxed in the spa and nap room, though we passed up the chance to have our car washed in the on-site parking lot.

Reporting by Jessica Migala

Equinox Union Street

SAN FRANCISCO

The newest outpost of this popular chain is housed in a historic 1930s theater with sweeping views of the Golden Gate Bridge. Cardio kick and shockwave classes felt like a performance (without the stage fright), as we punched, jabbed and kicked in the theater's former main stage area. (In an homage to the space's previous incarnation, Equinox hosts movie nights once a month.) Upstairs, power Vinyasa and barre classes take place beneath soothing skylights. We left feeling refreshed after cooling off with a chilled, eucalyptus-infused towel and sipping a fresh-pressed recovery juice from the Earthbar Café downstairs.

Reporting by Jenna Scatena

Institute of Human Performance

BOCA RATON, FLORIDA

Because IHP is a testing site for the industry's top fitness-equipment manufacturers, clients get first crack at cutting-edge technologies. We worked on our golf swing with equipment that measured our power in watts, and took advantage of the full line of Kinesis machines (their special resistance cables allow for greater range of motion). But IHP also uses old-school tricks: During one class, we hit the parking lot for boot camp drills—like pushing our trainer's SUV.

Reporting by Emily Harris

VIDA Fitness—U Street

WASHINGTON, D.C.

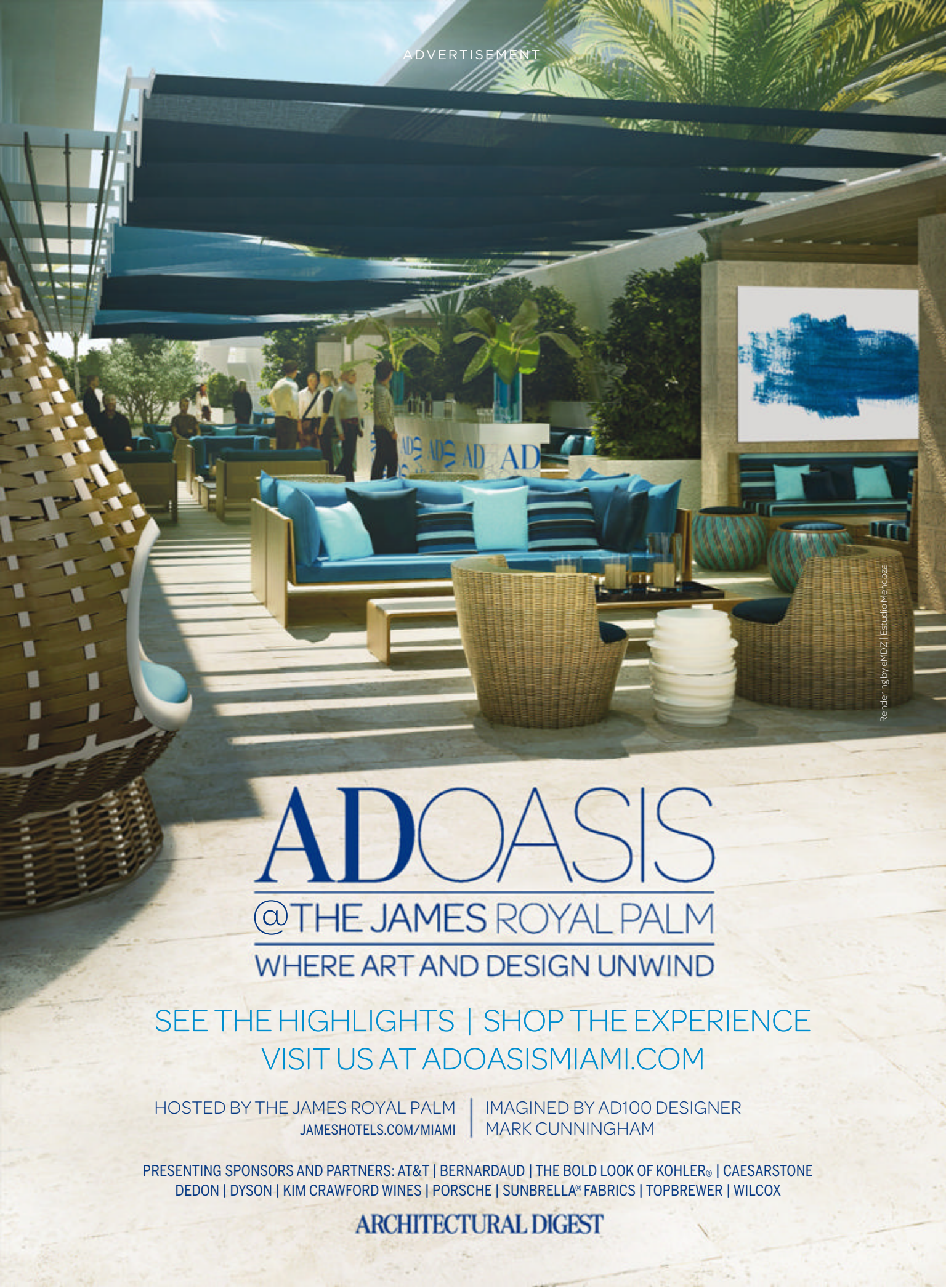
Yes, you'll find a full fitness-class schedule, more than 100 cardio machines and free weights galore. But it's the concierge-style perks that set this gym apart. After our morning session on the treadmill, we handed our damp gym clothes over to VIDA's laundry service, then got a prework blowout at the in-house salon. Dietitians are on call should you want a consultation, and the spa opens at 9 A.M. for après-workout rubdowns. Next time, we'll hit the rooftop lounge.

Reporting by Caroline Cunningham

The power-pilates room at VIDA Fitness. Above: Tone your arms flipping tires on grass turf at the East Bank Club.



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or **EASIEST**
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**START WITH THE
TOUGH STUFF.**

You may be tempted to tackle easy projects in the A.M. for the instant gratification of shortening your list, but that wastes your prime performance hours, says Piers Steel, Ph.D., a professor at the University of Calgary and an expert on motivation and procrastination. “People have more attention and focus in the morning,” he explains. “So tackle the hard stuff first, while you’ve got the most energy to do it.” Since getting started can be the toughest part, begin with a challenging chore that can be knocked out quickly. “It’s like diving into cold water,” says Steel. “The first few seconds are horrible, but once your body heats up, it’s invigorating.” After that, momentum will take over, helping you make more progress. You’ll have the satisfaction of crossing things off your list and end your day on a high note.

WHICH IS BETTER...



Working out when you’re
sore or *taking the day off*?

HIT THE GYM. Though it may seem counterintuitive, exercising with sore muscles actually speeds recovery, says Pat Davidson, Ph.D., director of training methodology at Peak Performance in New York City. But this is not the time for CrossFit: Opt for gentle workouts that boost blood flow, like low-intensity cardio or yoga. This will send restorative oxygen and nutrient-rich blood to your muscles to encourage healing. That said, if you haven’t taken a rest day in weeks or are feeling mildly anxious or depressed, take the day off. These are symptoms of overtraining—and that you need a break.



WHICH IS WORSE...

Going to bed **FULL** or **HUNGRY**?

SKIP LATE-NIGHT MEALS. “Having too much food in your belly when you sleep is not only uncomfortable, it can also cause acid reflux,” says Rebecca Scott, Ph.D., a sleep specialist and research assistant professor at NYU School of Medicine in NYC. But hitting the sack with an empty stomach isn’t a good idea either, since low blood sugar levels can lead to nighttime awakenings. If your stomach is rumbling, have a small snack like almonds or yogurt. The protein will hold you over without disturbing your sleep.



We want to hear from you! Tweet @SELFmagazine with your #WhichIsBetter question.

(SELF)

IMAGE

LONG AND LEAN

→ *The pant of the season will make your legs look miles long: What's not to like?*

BY SARA GAYNES LEVY

It's time to think beyond the skinny jean. Your new go-to: The updated flare. It's fitted, versatile and adds an instant dash of '70s-inspired cool to any outfit. Model and street-style star Lily Kwong, 26, pairs hers with a bright jacket for a fresh daytime look. "I love that it's a little unexpected," she says. The cut also works well for night—Kwong dresses up her flares with a silky black tank and strappy heels. "I'll take pants over a dress any day of the week. I stand taller, stride longer and feel stronger in them."

PANTS Diane von Furstenberg, \$328; DVF.com **JACKET** \$695; Coach.com **TOP** Michael Kors, \$895; 866-709-5677 **RING** \$495; Tods.com **BAG** \$295; Coach.com **SHOES** \$1,100; Gucci.com

PANTS
The Limited
Collection
Inspired by
Scandal, \$98;
TheLimited
.com

JACKET
\$1,495;
Araks.com

POLISHED

Blue-gray trousers team up with a boxy bomber and studded heels for a tailored, retro-inspired look that's plenty chic.

HEELS \$295;
Coach.com

TANK \$168;
CamiNYC.com

SEXY

Silky racing-stripe trousers look glam and modern with a leather tank and ankle-strap stilettos.

PANTS Cynthia
Rowley, \$325;
212-288-1141

HEELS Alexandre
Birman, \$595; Scoop,
631-329-6800

SWEATER
Just Cavalli,
\$1,055;
646-741-4434

CASUAL

Denim flares and a color-block sweater make a cozy couple; stacked-heel snake-print booties read luxe yet laid-back.

BOOTIES
& Other
Stories,
\$225;
Stories.com

JEANS
Frame
Denim,
\$210; Net-
A-Porter
.com

How to get the look

1/

THE PANTS

Look for a mid-rise, and hem them so your shoes' heels are covered and the toes peek out just a little bit—it's ultra-leg-lengthening.

2/

THE TOP

Create flattering proportions with a top that isn't too long or oversize. Slim knits, tanks and cropped jackets all balance flared pants.

3/

THE SHOES

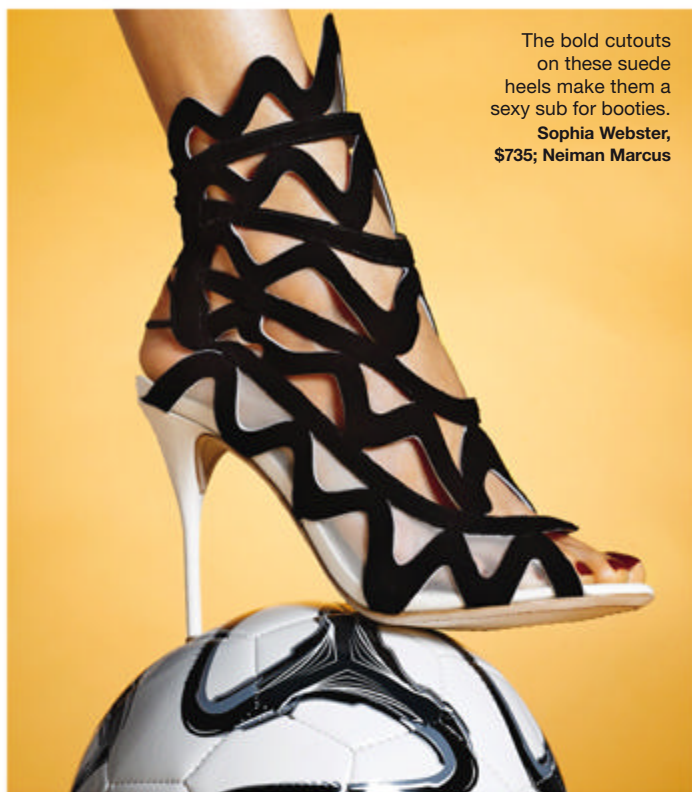
Heels are a must to keep the line of your flares clean and elongated. Delicate or chunky pairs work—just make sure the heel is at least 2 inches high.

(SELF) IMAGE

Fancy footwork:
Contrast
stitching adds a
little edge to
ladylike sandals.
Gianvito Rossi,
\$1,020; Neiman
Marcus



The bold cutouts
on these suede
heels make them a
sexy sub for booties.
Sophia Webster,
\$735; Neiman Marcus



THE FIND

SPORTY HEELS

→ *Strappy black-and-white stilettos are a total game changer.* BY ALEXANDRA ENGLER

Score more
compliments with
these graphic
spike stilettos.
Aquazzura, \$895;
Saks Fifth Avenue



A low ankle
strap elongates
your legs; slim
stripes are
a modern call.
\$785; Sergio
Rossi.com



WE LIKE GIRLS WHO TALK BACK

Do you love to sound off about your personal style? Join our ultra-insider Condé Nast Style Society—an exclusive online community from the publishers of *Vogue*, *Vanity Fair*, *Glamour*, *Allure*, *Self* and *Brides*. We want your opinions on fashion and beauty trends, new product introductions, special offers and more. Membership comes with lots of special perks and rewards, so give us a shout today!

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UP & OUT

→ Bonberi.com cofounders Nicole Berrie and Vanessa Packer share their A.M. rituals.

New York City-based Berrie and Packer have a lot in common, including their love of green juices, vintage-looking bath products and Gwyneth Paltrow (whom they call the “patron saint” of Bonberi.com, their lifestyle website). But when it comes to their daily rise-and-shine routines, they differ. Packer, a former fashion stylist, sets her alarm for 6 A.M. but hits SNOOZE a few times before taking a steamy 20-minute shower. She usually works out in the early evening at ModelFIT, a gym she cofounded, so her mornings are more laid-back. For Berrie, a former *Vanity Fair* staffer who lives across town, the early hours are activity-packed. Upon waking at 8 A.M., she squeezes in a five-minute meditation (“the most important part of my day”), downs a double espresso and then heads to a dance-cardio class. At noon, the duo meets at a restaurant to work on their site. “If it has great smoothies and Wi-Fi,” Berrie says, “we’re there.”

4 things that get them up and out

1 / A COLD RINSE “I do it during the last minute of my shower,” says Packer. “It wakes me up. After that, I’m good.”

2 / GOOD INTENTIONS “I look at my Spirit Junkie app, which gives me a positive affirmation for the day,” says Berrie.

3 / MAJOR HYDRATION “My first hour awake is all about drinking water,” says Packer. “It gets my digestion going.”

4 / ALLOVER EXFOLIATION “My ultimate wake-up is dry brushing my skin,” says Berrie. “It’s warming and invigorating.”

→ Tag @SELFmagazine on Instagram or Twitter and show us how you get #UpNOut.



“I’ll take Misty, my dalmatian, for a morning walk and grab a coffee,” says Packer.

“After my workout, I’ll make a smoothie with mixed berries, kale, banana, water and protein powder,” says Berrie.

“Dance classes call for a cushiony shoe,” says Berrie. **SNEAKERS** \$200; AsicsAmerica.com



“I scan my body for tension and breathe it out,” says Berrie.



“I love BLK DNM’s signature scent,” says Packer. “It’s sexy.” **PERFUME** \$110; BLK DNM.com



“I always wear crystals,” says Packer. “I believe they help you de-stress.” **BRACELET** Ippolita.com



“This liquid blush is a nice shade of pink. It’s all the makeup I need,” says Packer. **BLUSH** \$35; PerriconeMD.com

CLARKE TOLTON: STYLING; MARINA MUNOZ: HAIR; MARK ANTHONY: MAKEUP; ALLISON BROOKE: MANICURE; TATIANA MCLOTT: STILL LIFES; FROM TOP: GETTY IMAGES; STUART TYSON; COURTESY OF IPPOLITA; COURTESY OF BLK DENIM; CHELSEA MCNAMERA.

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MIGRAINE.com**



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4 STEPS TO A GORGEOUS 2015

→ Yes, you can wake up like this—just follow our simple plan for the glowiest skin and glossiest hair.

We all want to look naturally beautiful, but effortlessly amazing requires, well, a little effort. That's where this beauty blueprint comes in. Dreaming of smooth skin from head to toe, an ultra-shiny mane, chic nude nails? Start here—and be ready to collect the compliments in the months to come.

1 MAKE SKIN FLAWLESS

It's the holy grail: a complexion so good, you can skip the foundation. Address your reasons for covering up, and you'll be barefaced in no time.

	DULLNESS	REDNESS	UNEVEN SKIN TONE
THE PROBLEM	Dead cells accumulate on the top layer of skin, which inhibits your complexion's natural ability to reflect light.	Inflammation and irritation triggered by sensitivity, overexfoliation or rosacea can cause chronic redness.	Sun damage, acne and hormones are common culprits behind hyperpigmentation.
THE AT-HOME FIX	EXFOLIATE & HYDRATE A very light peel boosts radiance without irritating skin, says Anne Chapas, M.D., a dermatologist in New York City. Try ProX by Olay Nightly Purifying Micro Peel (\$40). Follow with an ultra-nourishing moisturizer, like Philosophy Renewed Hope in a Jar (\$47), to plump skin and smooth fine lines.	SIMPLIFY & CALM Pare down your routine, says Debra Jaliman, M.D., a dermatologist in NYC. Switching to a mild cleanser, like Bliss Fabulous Makeup Melt Gel-to-Oil cleanser (\$28), and cutting out retinols can reduce irritation. Still red? Try a calming serum like SkinCeuticals Redness Neutralizer (\$66).	TREAT & PROTECT Fade spots gently with serums containing natural brighteners like licorice or arbutin, says celebrity skin expert Kate Somerville. Try Cosmedicine Night Duty Perfected Overnight Resurfacing Serum (\$225), which uses Vitamin C to even out skin tone. Prevent future spots with daily SPF.
THE IN-OFFICE FIX	A STRONGER PEEL "A series of in-office glycolic peels will help renew the skin" more intensely than at-home treatments can, says Adam Geyer, M.D., a dermatologist in NYC. Prolong the results by keeping skin hydrated and protected from the sun.	LIGHT THERAPY Ask for a combination of IPL and KTP lasers to wipe out redness. "These lasers work by selectively heating and destroying the hemoglobin within broken or dilated blood vessels near the skin's surface," Dr. Chapas says.	A GENTLE LASER Invest in a series of Clear and Brilliant laser treatments, which use fractional energy to promote skin turnover. "It's gradual, has little recovery time and works to lessen the appearance of all types of pigment," Dr. Chapas says.

2 TREAT YOUR BODY

As these innovative products show, beauty doesn't end at your face.

It used to be that if you wanted to use advanced skin-care ingredients on your body, you'd have to dip into your face cream. Not anymore. Lancer The Method: Body Nourish contains a high concentration of glycolic acid to smooth skin, Swiss brand Neocutis Bio-Body uses skin-rejuvenating growth factors and ESPA's lightweight TriSerum relies on omega fatty acids to soften skin. Jergens BB Protect gives the illusion of perfection with light-reflecting particles, plus it has SPF to prevent further damage.

From top: Lancer The Method: Body Nourish, \$55; Neocutis Bio-Body Bio-Restorative Cream, \$150; ESPA Optimal Body TriSerum, \$75; Jergens BB Protect Perfecting Body Cream with Sunscreen, \$13





3

GET SLEEK STRANDS

Your DIY blow-dry just got faster, easier and even shinier.

Thank the blow-dry-bar boom for the latest crop of hair products, designed to help you achieve salon-worthy results while protecting hair from heat-related damage. The silicones in Kenra Platinum Blow-Dry Shampoo and Conditioner (\$24 each) evaporate during styling to cut down on drying time and increase luminosity, while Kérastase Keratine Thermique (\$43) smooths out frizz with ceramides. Bumble and Bumble All-Style Blow Dry (\$30) contains oil-absorbing powders, so it won't weigh down fine hair. At Dior's Resort 2015 show, Guido Palau, a creative consultant for Redken, spritzed models' hair before styling with the brand's Pillow Proof Blow Dry Express Primer spray (\$22), which coats locks to prevent breakage.



Shop everything you'll need for shiny strands, from shampoos to styling irons, at Self.com/beauty/hair.

4

TRY THE NEW NUDES

Amid all the statement nails, a nude mani is a fresh alternative. The key to keeping pale hues modern is layering for custom results—a technique seen backstage at several spring 2015 shows. Manicurist Jin Soon Choi used creamy beige over baby pink at Derek Lam, while at Alexander Wang, manicurist Michelle Saunders swiped Essie Ridge Filling Base Coat on top of a sheer tan shade. The best part? You won't see your exact hue on anyone else.

From left: Formula X Sheer Strength Sheer Nail Color in Energetic, \$13; Sally Hansen Triple Shine Nail Color in Shark Bait, \$5; Butter London Nail Lacquer in High Tea, \$15 (available in February); Essie Ridge Filling Base Coat, \$9; OPI Nail Lacquer in Do You Take Lei Away?, \$10 (available in February)

Written by Katheryn Erickson, Katie Dickens and Ariba Alvi



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WARMING TREND

→ This winter, the desert is beauty's hottest inspiration. BY KATHERYN ERICKSON

SELF Shop every single item seen here. Download the SELF Plus app from the App Store or Google Play and hover over this page.

During these chilly months, transport yourself to a warmer clime with just a visit to the beauty counter. Desert-inspired finds are everywhere: Kahina Giving Beauty facial oil nourishes skin with ingredients derived from prickly pear cactus. Red clay purifies in Coast to Coast and May Lindstrom face masks. Byredo Mojave Ghost perfume is an ode to the delicate desert ghost flower. Makeup in shimmering sand and terra-cotta shades pays homage to Arizona's Painted Desert. Feeling any warmer yet?

FROM TOP KAHINA GIVING BEAUTY Prickly Pear Seed Oil, \$150 **COAST TO COAST** Skin Brightening Red Clay Mask, \$25 **NARS** St. Lucia Illuminating Multiple highlighter, \$39 **PRITI NYC** Nail Polish in Miner's Compass, \$15 **MAY LINDSTROM** The Problem Solver correcting mask, \$90, and The Facial Treatment Brush, \$30 **BYREDO** Mojave Ghost eau de parfum, \$145 **HOURLASS** Modernist eyeshadow palette in Color Field, \$58

Photographed by JEFFREY WESTBROOK



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(SELF)

MOTIVATE

DANCING ON AIR

→ *Try an antigravity workout that takes ballet class to a whole new level.* BY SARA ANGLE

First there was aerial yoga. Now there's AirBarre—Crunch Gym's new class, which uses silk hammocks as fitness props in place of ballet barres. The silks give classgoers an almost weightless sensation, helping them balance on the balls of their feet, hold challenging poses and execute real ballet moves, like pirouette twirls and jeté jumps. Ballet is a great way to build long and lean muscles, says co-choreographer Lorianne Major, while moving at a slower pace allows for deeper stretching and greater fat burning. Visit Crunch.com or AntiGravityFitness.com for locations nationwide.

SPORTS BRA AND PANTS Michi

Photographed by CHRISTIAN HÖGSTEDT

JANUARY 2015 / SELF 35

STYLING: LINDSEY FRUGIER; HAIR: MICHAEL SILVA FOR BUMBLE & BUMBLE; MAKEUP: CYNDIE KOMAROVSKI FOR TATA HARTER SKINCARE; MODEL: COURTNEY GRAF AT WILHELMINA. SEE GET-IT GUIDE.

(SELF) MOTIVATE



JACKET

Its light fleece fabric and high neckline will help you stay cozy during windy workouts.

G:2 Micro Thermal Jacket, \$170;
2XU.com

HIT THE ROAD

Run all season with gear that keeps you warm and motivated.



GLOVES

This pair is breathable and reflective, with smartphone-friendly finger pads.

Pulse Lite Glove II, \$25;
BrooksRunning.com



TRAINING LOG

Record progress alongside daily inspiration and tips from pro women runners.

Believe Journal, \$19;
Velo Press.com



SNEAKERS

Be visible at night with the rechargeable LED on this shoe's tongue.

Mobium Ride Nightcat Powered Shoes, \$130;
Puma.com

TRAINER TO GO

20-MINUTE BODY BURN



Brett Hoebel has trained models (Doutzen Kroes and Karolína Kurková) and busy professionals who don't always have hours for the gym. So he draws on his martial-arts background to create quick, high-intensity workouts that can be done anywhere, anytime.

YOUR TRAINER Hoebel, creator of the *20-Minute Body* DVD series and upcoming book, developed these capoeira-inspired moves.

YOUR WORKOUT Warm up with 2 minutes of light cardio. Begin each move in its designated start position (below) and flow through the steps, in one smooth motion, for 30 seconds. Each move is challenging, so try it slowly before you start. Rest 30 seconds between each. Do 3 sets.

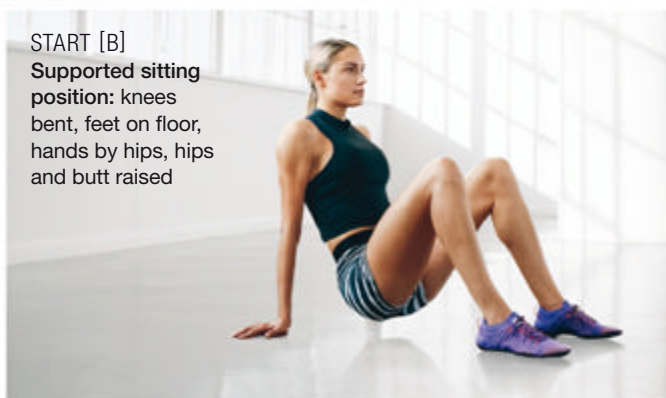
START [A]

Crouched position: knees bent, back flat, hands and feet aligned in a square



START [B]

Supported sitting position: knees bent, feet on floor, hands by hips, hips and butt raised



START [C]

Squat position: knees over toes, back flat, hands in front of chest



1 CAPOEIRA HOP

Works butt, thighs

Start in position A. Hop forward as you rise into a low squat, hands in front of chest (as shown). Reverse move to return to start. Repeat.



2 RIO SWIVEL

Works core, triceps, shoulders

Start in position A. Bring right knee to chest. In one swift motion, lift left arm and pivot on left foot and right hand to flip into a supported sitting position. Extend right leg and bring left arm to chest (as shown). Lift hips to flip back over and return to start. Continue, alternating sides.



3 DUCK AND ESCAPE

Works legs, back

Start in position C. Step left foot across body, pivoting 90 degrees to the right, holding squat, feet parallel, chest close to thighs. In the same motion, bring right arm in front of chest as left arm reaches back (as shown). Return to start. Continue, alternating sides.



4 CARNAVAL KICK

Works core, butt

Start in position B. Lift left arm and leg off floor. Flip over by leaning to the right and pivoting on right hand and foot, landing with hands parallel and left knee at chest. Extend left leg straight up with heel toward ceiling (as shown). Pull knee into chest and flip back over. Continue, alternating sides.



5 SÃO PAULO SWEEP

Works abs, inner thighs

Start in position B. Slide hips toward heels. Bring left arm across body and place hand on floor by right hip while extending right leg parallel to floor, foot flexed (as shown). Return to start. Continue, alternating sides.



6 BRAZIL BOOTY LUNGE

Works legs, butt

Start in position C. Step back with left leg into a low lunge, chest close to thigh. At the same time, place right hand on floor outside right foot and bring left hand in front of chest (as shown). Return to start. Continue, alternating sides.



SELF WATCH THE WORKOUT Learn how to execute these moves from Hoebel himself. Download the SELF Plus app from the App Store or Google Play and hover over this page.

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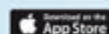
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ONLY AT TARGET

ON THE RIGHT TRACK

→ The newest fitness monitors do more than count steps—they analyze performance, measure progress and help boost motivation. We found the best for six activities. BY SARA ANGLE



RUNNING

Based on your morning heart-rate readings, this tracker tells you whether to go hard or take a day off, so you can avoid burnout. **Reign, \$200; JaybirdSport.com**

BOOT CAMP



It logs heart rate and calorie burn 24/7; switch to exercise mode to track workouts, and sync it to your phone for caller ID alerts. **Charge HR, \$150; Fitbit.com**

HIKING



An accelerometer counts steps, while pulse and sweat sensors measure effort spent on hills. (It lets you read texts on your wrist, too.) **Basis Peak, \$200; MyBasis.com**

YOGA/DANCE



This flexible band tracks movement in all directions, and its app records calories burned during Vinyasa, Zumba and more. **Flash, \$50; MisfitWearables.com**

CYCLING



Sync it with your bike's speed sensor, upload data to Garmin's social network, and get email and phone alerts on the go. **Vivosmart, \$170; Garmin.com**

SWIMMING



Its goggle clip tracks open-water routes and can send an SOS if you're in trouble. Triathletes can log miles both on land and in the pool. **Multisport GPS Watch, \$279; Bia-sport.com**

→ **THERE'S MORE**
Check out more new wearable tech at Self.com/go/fashiontech.

STYLING: LINDSEY FRUGIER; HAIR: ELOISE CHEUNG; MAKEUP: JUNKO KIOKA FOR CHANEL; MANICURE: MAKI SAKAMOTO FOR CHANEL; LE VERNIS; SET DESIGN: TODD WIGGINS FOR MARY HOWARD STUDIO. STILL LIVES: CHELSEA MCNAMARA; PROP STYLING: GINA MARIE. SEE GET-IT GUIDE.



39

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GYM BAG

YOGA CLASS

→ *Craving calm after the holidays? Grab these essentials and find your nearest studio.* BY MEG LAPPE

1 This roomy bag has a pocket for your mat, a laptop sleeve and a makeup pouch. **Lily Tote, \$120;** LoleWomen.com

2 No matter how much you sweat during Bikram, this towel won't slip. **Yogitoes Waterfall Collection, \$64;** Manduka.com

3 Deepen your stretch and sharpen your practice with this organic cotton belt. **Raja Yoga Strap, \$15;** Prana.com

4 This bra has you covered with two layers of performance fabric and removable padded cups. **Soleil Bra Top, \$49;** Prana.com

5 This phthalate-free mat is well padded (5 millimeters) but is still light and portable. **Premium Plum Jam 2-Color Mat, \$30;** Gaia.com

6 You'll stay cool and look great in these sweat-wicking, ultra-flattering tights. **Ebb to Street Pant, \$92;** Lululemon.com

7 Refuel after class with 2 pounds of organic fruit and veggies per cold-pressed bottle. **Lumi Juice, \$9 each;** FreshDirect.com

8 Crafty cutouts make this foam block easy to grip from any angle. **Lotus Yoga Grip Block, \$10;** Walmart.com

9 Soothe soreness and loosen tight muscles with a warming blend of sweet basil, lavender and spearmint oils. **True Relaxation Muscle Remedy, \$48;** HGillermanOrganics.com

10 This all-natural coconut and citrus spritz wipes away dirt

and grime on your mat without leaving a slippery residue. **Stirlen Chi Yoga Mat Spray Bottle, \$10;** YogaAccessories.com

11 Slip on a breathable long-sleeved tee for Savasana in a chilly studio. **Run Your Heart Out Top, \$69;** Lucy.com

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➔ Add this workout to your routine twice a week to build more muscle, fast. **BY SARA ANGLE**

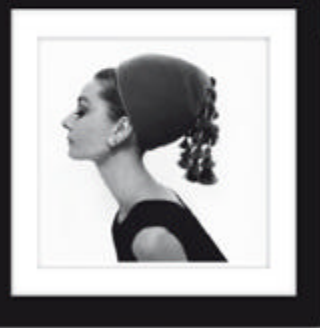
You can tone up in just a few moves when you use the right ones. In a study in the *Journal of Translational Medicine*, when exercisers went from an eight-machine workout to just three, they increased their resting metabolism by 18 percent. The secret? They targeted large muscle groups with heavier weights and shorter recovery intervals. We modified those moves so you can get the same benefits with just a set of dumbbells.

TRY IT Choose the heaviest weights you can lift for 6 reps (try for 15 to 25 pounds). Do 6 reps, rest for 20 seconds; then do 2 to 3 more. Rest 20 seconds, then do a final 2 to 3. Rest 2½ minutes between moves.

- 1 GOBLET SQUAT** Hold one weight with both hands at chest level, elbows down, feet shoulder-width apart. Squat low so butt is below knees. Return to start.
- 2 DUMBBELL CHEST PRESS** Lie faceup on a bench, a weight in each hand in line with shoulders, palms facing toes. Press arms straight up. Return to start.
- 3 BENT-OVER ROW** Bend at waist with back flat, arms extended to floor, palms in. Draw elbows up so dumbbells meet rib cage. Return to start.

STYLING: LINDSEY FRUGIER; HAIR: ELOISE CHEUNG; MAKEUP: JUNKO KIOKA FOR CHANEL; MANICURE: MAKI SAKAMOTO FOR CHANEL LE VERNIS; SET DESIGN: TODD WIGGINS FOR MARY HOWARD STUDIO. SEE GET-IT GUIDE.

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TURNIPS, 3 WAYS

→ These fiber-rich root veggies taste peppery and sweet in dishes from chef Ben Baker of Travaasa Experiential Resort in Austin, Texas.

↑
Toss
these

2

1 Turnip Soup With Parsley Pesto

SERVES 4

In a blender, process 1 cup stemmed parsley, ¼ cup sunflower seeds, 2 tbsp olive oil, 1 tsp lemon juice, 1 tbsp vegetable broth and a pinch of salt until smooth; set aside. In a large saucepan, boil 2½ cups vegetable broth with 2 small turnips (about 8 oz total), peeled and cut into ½-inch pieces, and 1 medium potato, peeled and cut into ½-inch pieces. Cook until soft, about 13 minutes. Puree with 1 cup 2 percent milk. Pour into 4 bowls; swirl each with parsley mixture.

NUTRITION INFO 231 calories per serving, 12 g fat (2 g saturated), 26 g carbs, 4 g fiber, 6 g protein

2 Turnip and Beet Gratin

SERVES 8

Heat oven to 400°. Wearing rubber gloves, peel 1 lb beets and 2½ lb turnips; cut into ¼-inch slices. Coat a 12-inch cast-iron skillet with 1 tbsp olive oil; arrange beet and turnip slices in a concentric pattern. In a separate 12-inch skillet over medium heat, heat 3 tbsp olive oil; add 1 medium red onion, chopped, and 1 tbsp stemmed thyme. Cook, stirring occasionally, 5 minutes. Stir in 1 cup orange juice, 1 tsp salt and ¼ tsp pepper; drizzle over vegetables. Cover skillet with foil and bake 1 hour. Uncover and bake 20 minutes more.

NUTRITION INFO 146 calories per serving, 7 g fat (1 g saturated), 20 g carbs, 5 g fiber, 3 g protein

3 Candied Turnip Salad

SERVES 4

In a medium saucepan, add 1½ cups turnips, peeled and diced into ⅓-inch pieces, to boiling water; cook until crisp-tender, about 7 minutes. Drain, return to pan and add 2 tbsp honey. Cook, stirring frequently, about 7 minutes; set aside. In a large, dry skillet, toast ½ cup chopped pecans. Remove nuts and add 3 slices center-cut bacon; cook until crisp. Remove and drain on paper towel; crumble when cooled. Transfer bacon drippings to a large bowl; whisk in 1 tbsp lemon juice and 1 tbsp olive oil; toss with 4 cups mesclun lettuce, turnips, pecans and bacon.

NUTRITION INFO 194 calories per serving, 14 g fat (2 g saturated), 14 g carbs, 2 g fiber, 3 g protein



Watch your figure.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



Watch your backside.

13 FLAVORED TORTILLA CHIPS

- 160 calories
- 2 grams protein
- 1 gram fiber

Let's do some snackin' math. For the same calories, you get a lot more pistachios than flavored tortilla chips. Plus, pistachios are a good source of protein and fiber, and heart-friendly. And, a recent Harvard study suggests eating nuts seven times a week or more is as healthy as it is smart. So next time you grab a snack, use your brains. Your backside will thank you for it.

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2014 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12056



Get Crackin'

EAT CLEAN

OFF TO A FRESH START

➔ *If you've resolved to eat better this year, skip the cleanse and reset your body with these delicious dishes.* RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

BREAKFAST

Veggie and Black Bean Frittata

In a small skillet, heat 2 tsp olive oil over medium heat. Add ¼ cup chopped onion, ½ cup chopped collard greens and ¼ cup chopped tomato. Sauté until veggies begin to soften, about 3 minutes. In a small bowl, whisk 2 eggs plus 2 egg whites. Pour egg mixture over vegetables; add ¼ cup black beans, ⅛ tsp black pepper and ⅛ tsp kosher salt. Shake pan to incorporate. Cover and cook 5 minutes or until eggs are set and cooked through. Top with 1 tbsp salsa.

NUTRITIONAL INFO 342 calories, 19 g fat (4 g saturated), 18 g carbs, 6 g fiber, 25 g protein

LUNCH

Shrimp With Brown Rice and Edamame

In a bowl, combine 1 cup cooked brown rice with ½ cup chopped tomato and ⅓ cup shelled edamame. Set aside. In a small bowl, toss 3 oz raw shrimp with ⅛ tsp garlic powder, ⅛ tsp chipotle

powder and ⅛ tsp kosher salt. In a small skillet, heat 1 tsp olive oil over medium heat. Add shrimp and sauté until cooked through, about 3 minutes. Add shrimp to brown rice mixture. Whisk together 1 tsp lime juice, 1 tsp chopped cilantro, 1 tsp olive oil, ½ tsp honey, ½ tsp minced garlic, ⅛ tsp salt and ⅛ tsp black pepper. Toss with shrimp and rice.

NUTRITIONAL INFO 452 calories, 15 g fat (2 g saturated), 59 g carbs, 7 g fiber, 23 g protein

DINNER

Turkey and Swiss Chard Italian Soup

In a medium saucepan over medium-high heat, heat 2 tsp olive oil. Add ¼ cup chopped onion, ½ cup chopped carrots and ½ cup chopped red bell pepper. Sauté until veggies soften slightly, about 4 minutes. Add 4 oz lean white ground turkey; cook, stirring frequently, until turkey starts to brown. Add ½ cup low-sodium canned diced tomatoes, 1 cup low-sodium chicken broth and 1 tsp dried herbes de Provence. Bring

to a boil, then reduce to simmer. Add 1 cup chopped Swiss chard, ¼ tsp kosher salt and ⅔ cup cooked farro. Simmer 15 minutes or until veggies are soft. Top with 1 tbsp grated Parmesan.

NUTRITIONAL INFO 511 calories, 23 g fat (5 g saturated), 62 g carbs, 14 g fiber, 38 g protein

SNACKS

Spicy Popcorn-Cashew Mix

In a medium bowl, toss 2 cups air-popped popcorn with 2 tbsp chopped, toasted cashews and 1 tsp olive oil. Season with ⅛ tsp cayenne pepper, ⅛ tsp ground cumin, ⅛ tsp smoked paprika and ¼ tsp kosher salt.

NUTRITIONAL INFO 163 calories, 9 g fat (2 g saturated), 19 g carbs, 3 g fiber, 5 g protein

Parsley, Kale and Banana Smoothie

In a blender, process ¼ cup roughly torn parsley, ½ cup stemmed kale leaves, 1 frozen banana, ¾ cup unsweetened almond milk and ½ cup water.

NUTRITIONAL INFO 149 calories, 3 g fat (0 g saturated), 31 g carbs, 4 g fiber, 4 g protein

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(SELF)

WORTH



MAKE SOMEONE SMILE

→ *We all know that paying someone a compliment can brighten their day. Now research shows it can do the same for yours.* BY SARA ANGLE

When it comes to random acts of kindness, there's a surprisingly simple way to maximize the positivity—for both giver and receiver. Researchers from the University of Houston gave some subjects the general goal to “make someone happy,” while another group was tasked with the specific directive to “make someone smile.” Those with the more specific goal

reported the highest increase in happiness: Just giving a small gift, or offering kind words, did the trick. “You’re happier when you know you’ve met your goal,” says lead study author Melanie Rudd, Ph.D. “When you’re trying to make someone smile, the evidence is right there on a person’s face.” So flattery can get you everywhere, including your own happy place.

REPORT

HAPPY MEALS

→ *What you put in your stomach may have a significant impact on what goes on in your head.*

BY RUTH GRAHAM

They say you are what you eat, but exciting new research suggests otherwise: You feel what you eat. Scientists are focusing on psychobiotics, a type of bacteria found in certain foods that can produce and deliver important chemicals like serotonin to the brain. Their findings could mean a whole new approach to treating mental health issues, including depression and anxiety.

Psychobiotics are a subset of probiotics, bacteria that have made headlines in the last few years for aiding digestion and boosting the immune system. Today you can buy probiotic-rich yogurt, juice and even chocolate bars. Now it appears that some of these probiotics may also have a meaningful impact on mood disorders.

The evidence for the power of these psychobiotics is preliminary but promising: In one study from University College Cork in Ireland, depressed rats swam more vigorously and their immune systems improved after ingesting a particular bacteria, *Bifidobacterium infantis*. Human results are scarcer, but a University of California in Los Angeles study found that women who ate yogurt with probiotics twice a day for a month showed distinct changes in a part of the brain related to emotions when scientists examined them using functional MRI technology.

This increase occurs as a result of the so-called “brain-gut axis,” the connection between our brain and the billions of microorganisms that live in our digestive system. Whereas drugs like Valium reach the brain through the bloodstream, it’s believed that

some key bacteria enhance the performance of mood-lifting neurotransmitters by sending a signal through the vagus nerve, which runs between the brain and abdomen.

So will cups of Activia someday replace Celexa at the pharmacy? Probably not. Ted Dinan, M.D., the Irish psychiatrist and researcher who coined the term *psychobiotic*, says they will need to be taken in larger quantities than occur naturally in food. That will mean swallowing pills, not just eating more yogurt.

The kinds of major human experiments that would make such treatments mainstream are still in progress. But since natural bacteria generally cause fewer risky side effects than the powerful drugs currently used to treat mental illness, Dr. Dinan says the time frame for getting them to market will be much shorter than the typical FDA approval process. Meaning, the psychobiotic revolution may be here in just a few years. ●



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The number of microorganisms a healthy digestive tract hosts. Their job: to aid digestion, boost the immune system, manufacture key nutrients and consume bad bacteria.

PROMOTION

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(SELF) WORTH

“There is a solution. It takes the whole community. It’s just up to us to care.”

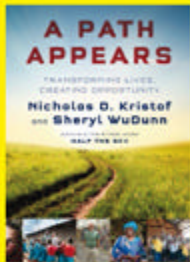
—Blake Lively



LIVELY



LONGORIA



TV

A Path Appears (PBS, January 26)

Blake Lively, Eva Longoria, Ashley Judd and other celebs travel with journalists to poverty-stricken communities. The uplifting docuseries aims to foster change through their volunteering, fund-raising and more.



JUDD

INSPIRING

TV

Best New Restaurant (Bravo, January 21)

Love *Top Chef*? Then check out this delicious competition series, which hunts for the most exciting eatery among 16 newcomers nationwide.



Music

Rixton, Let the Road (January 6)

You may know the U.K.-based band from their hit “Me and My Broken Heart.” Their peppy pop debut is a great winter pick-me-up.



FEEL-GOOD

CULTURE CLUB

➔ Whether you want to have an at-home dance party, get lost in a good book or tune in to mile-a-minute action, this month’s movies, music, books and TV shows have you covered. BY SARA GAYNES LEVY

MOVING



Movie

Selma (January 9)

Oprah Winfrey and Brad Pitt helped produce this emotional film, based on the real-life challenges Martin Luther King Jr. and other civic leaders faced in 1965 as they fought for civil rights in the South.

Book

All the Bright Places (January 6)

Have *The Fault in Our Stars* withdrawal? Pick up this heart-rending novel about a girl who vows to live with purpose after bonding with a boy who plans to end his own life.



➔ Browse the latest celebrity news and trends at Self.com.

THRILLING



TV

Marvel's Agent Carter (ABC, January 6)

Agent Peggy Carter (Marvel vet Hayley Atwell) resumes her secret missions to protect post-World War II America in this girl-power series, which picks up right after *Captain America: The First Avenger*.

Movie

Mortdecai (January 23)

Johnny Depp stars as a suave art dealer on the hunt for a stolen painting in this rollicking action-comedy. Using his charms, Depp evades British MI5, angry Russians and an international terrorist.



CLOCKWISE FROM TOP LEFT: GETTY IMAGES (3), COURTESY OF ALFRED A. KNOPF; GALLERY STOCK; GETTY IMAGES; COURTESY OF ABC/KELSEY MCNEAL; COVER: RANDOM HOUSE CHILDREN'S PUBLISHING; BOOK: GETTY IMAGES; CORBIS; GETTY IMAGES.



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LEARNING CURVE

BREAK OUT OF THE BUBBLE

➔ For **Leslie Schapira**, it took losing her dream job as a TV writer to clear the path for a new kind of success.

Growing up, I was a “winner.” Not that I was particularly special or talented; I just happened to be part of a generation that, as the stereotype had it, received trophies for everything from tying our shoes to brushing our teeth. In school, we were promised that as long as we tried, we would succeed. But now that I’ve entered adulthood, the rules have changed. Job competition and fewer opportunities have made those instantaneous wins hard to come by. And for the first time, I’ve had to come face-to-face with a word that was rarely spoken when I was a kid: *failure*.

If I had known the obstacles that awaited me in the real world, I wouldn’t have been so quick to race through college. But I did, believing that if I took the right classes, made the right grades and got a head start on a writing portfolio, my dreams

of becoming a TV writer would turn into reality. I graduated early, networked like crazy, wrote every night and day, took random freelance gigs and waited for any window of opportunity to crack open. Then, four years later, through the grace of a godlike mentor, I was invited to join the writers’ room of a network TV show in L.A. It was the chance of a lifetime.

Every day at work, I obsessed over my performance, always sure that I could do better and avoid even the slightest mishaps. At night, I would go home, replay the day in my head and think of all the ways I could improve. Even if I had a good day, it never felt good enough.

Despite my insecurities, colleagues reassured me that I was doing well for a beginner. I was able to contribute a couple of story ideas, jokes, a decent casting suggestion. Executives were starting to learn my name; agents were suddenly interested. My future was beginning to

look promising. As long as I kept my head down and tried my best, everything would continue to move in the right direction. At least, that's what I thought.

When budget cuts came at the end of the season, my blood, sweat and tears were not enough to keep me on board. I understood the necessity of the cuts, but there was still a little voice inside my head saying, "If they really wanted you, if you were actually valuable, if you were really good enough...you're not *that* expensive."

My mentor tried to assure me that I would have other options. But in an industry based on momentum and perception, one loss can have a domino effect. My agent, who just three months earlier had showered me with adulation, suddenly didn't seem so quick to return my phone calls and emails. A friend who had wanted to use my script as a basis for his grad school thesis was no longer interested. Even though these were small things, losing my job had unnerved me, and I started to panic a little, worried I'd never get back on my feet.

Still, I did my best to maintain relationships with my former coworkers. There was one in particular, an older, more experienced writer, who had always been like a big brother to me. From my first day on the job, he had taken me under his wing and coached me on how to pitch ideas. I always thought I could look to him in a time of need.

A few weeks into my unemployment, I emailed him. He agreed to meet for coffee, and I hoped he would remember prior offers to introduce me to potentially helpful contacts. He sat down, and when I asked for help, offered his advice, which was unexpected. "You're so talented, but you can come across as a little desperate," he told me. "Imagine you were on a date with someone like this. You would never want to be with this person."

I sat in the booth, my heart sinking. It was not an easy thing to hear, but a small part of me wondered if he might be right. Had I overreacted to this setback in such a way that my attitude was now pushing some people away? Was my intense need to succeed hurting me rather than helping me? As crushing as this moment felt, I realize now that this conversation may have been one of the most critical turning points of my life.

Needing a breath of fresh air, I decided to take a week and go to New York City, where I set up meetings with a few contacts on the East Coast. In college, I had connected with a former editor in chief of *National Lampoon*, who had been starting a political-satire site called The Final Edition and wanted to convert my first pilot script into a Web series. Because I was attending college on the West Coast, our plans fell through and we lost touch over the years. I reached out to him on my trip to New York and reintroduced the idea of working together. He was thrilled, though he warned me that he could not offer me a paycheck or the structure of a writers' room. Still, he did have a team and a platform to showcase my work. In the face of what felt like nothing, it was something.

As I flew back to L.A., all I could think about was how quickly I could return to New York. I didn't know what to make of this. Until this point, my life had always been sheltered and I'd followed a linear path. I lived at home during and after college, believing that doing so kept me focused. My parents made everything easy and comfortable, so I didn't have to worry about anything except my own work. I never went abroad: The thought of exploring the world seemed like a waste of time, something to distract me from my goals. I was also emotionally dependent on my family. We did everything together, from workouts to nightly dinners. The thought of ever leaving them seemed unfathomable.

But that week in New York had opened my eyes in a way I hadn't expected. Being on my own provided a thrill I'd previously experienced only at work, when I'd contributed a story line or made a script suggestion that my boss liked. It was the first time I'd felt good about myself since losing my job, so I decided to take a risk. I left my nest and moved across the country not long after that trip.

I never would have imagined that without the crutch of my family or a glamorous job title my confidence would blossom. But outside of the bubble, I was forced to leave my comfort zone, establish new relationships and reconnect with old acquaintances. Now, instead of staying in every night to work on a script

or (more likely) writhe in frustration over my lack of inspiration, I make it a point to get out there—I enjoy the stranger singing Russian opera on the subway and sample the sushi at the new place in my neighborhood. I see every kind of performance I can, from an all-star Broadway musical to a friend's one-woman show. I even reached out to my high school crush (something I never would have done back home), because he's a familiar face who also happens to live three blocks away. While it hasn't been the whirlwind romance I fantasized about at 15, he's become one of my good friends and a great introduction to the city's hidden gems.

While a part of me—the old me—still feels a little guilty for enjoying time that isn't strictly work-related, I love that I

“*Failure pushed me not just to try harder, but also to try differently.*”

have this multidimensional life that I didn't have before. And in a surprising twist, the energy and stimulation have actually reinvigorated my creativity: I'm writing more than ever before. I've found a new comedy team, one that believes in me and supports my work. With their help, I've even produced my first video.

I've always struggled to take pride in my accomplishments. Maybe it's because the praise was so overly saturated when I was younger, but without that reassurance, it's been difficult for me to believe in myself. That's been the biggest change in my mind-set since I moved to New York—my happiness and self-esteem now come from me. I don't need to rely on anyone else.

I'm unsure what the future holds, but I do know that failure pushed me not just to try harder, but also to try differently. It has forced me to grow up, overcome hardship by standing on my own feet and find happiness outside of the "work win." And the student inside me says I should get a trophy for that. ●

SELF MADE

WOMEN WHO INSPIRE

→ Meet four entrepreneurs who are breaking the mold in fitness, beauty and health—and let their advice supercharge your career, too.

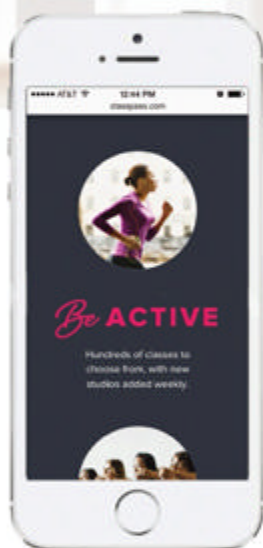
BY DEVIN TOMB AND ERIN BRIED

QUICK PICK-ME-UP

"Butterscotch candies, for those times when I need a sugar fix"

WORKOUT GO-TO

"I start my morning with a run. It helps me plan my day. And I always take a few barre classes each week (using my ClassPass membership!)."



BARRE WISDOM

"Dancing has taught me discipline. The more you practice something, the easier it'll become."

SLIPPERS \$120; BalletBeautiful.com

BEST VACATION SPOT

"My cofounder and I went to Bermuda after we hit a major company goal. Confession: We still worked a lot."

PAYAL KADAKIA

Cofounder of ClassPass

The rise of boutique fitness has brought tons of specialized workout classes—and some very pricey memberships. That is, until Kadakia, 31, came along and changed everything. In 2013, the dancer and MIT grad launched ClassPass, an online program that allows users to try hundreds of classes in their area for just \$99 per month. To date, more than 1 million reservations have been made. Here, she shares her success secrets with us.

“Don't fear failure. Making mistakes is the best way to get stronger.”

WHEN I GET MY BEST IDEAS

"Anytime I'm moving, like running or taking a workout class. I get bursts of creativity with bursts of physical activity."

WHAT I TELL MYSELF AFTER A TOUGH DAY

"I can fix this. I reason that as long as I'm smiling 90 percent of the time, I can handle the setbacks that occur 10 percent of the time."

MY PRODUCTIVITY TRICK

"I schedule everything—laundry, grocery shopping, even relaxation—because it helps me compartmentalize and switch on and off quickly. When it's time to recharge, I don't feel guilty about it."

THE BEST ADVICE I EVER GOT

"My father always encouraged me to embrace change—that I shouldn't fight it, because being adaptable is a strength."

CLOCKWISE FROM TOP LEFT: ABBEY DRUCKER; SITTINGS EDITOR: LAURA MICHAEL; AT KATE RYAN; HAIR AND MAKEUP: FLORENCE KAY; AT AUBRI BALK; COURTESY OF NEIMANMARCUS.COM; CLARKE TOLSON; STYLING: ASHLEY FURNAL; AT JED ROOT; HAIR: DEREK WILLIAMS; AT THE WALL GROUP; MAKEUP: CHRISTY COLEMAN; AT THE WALL GROUP; COURTESY OF ALMOND SURFBOARDS; CLAIRE BENOIST; COURTESY OF BEAUTYCOUNTER; VICTORIA WILL; STYLING: MEGAN AHERN;

HAIR: ELOISE CHEUNG AT WALTER SCHUPFER; MAKEUP: ALLISON BROOKE FOR NARS COSMETICS; MANICURE: RACHEL SHIM FOR MINERAL FUSION. COURTESY OF ELECTRA BICYCLE COMPANY; COURTESY OF SAKARA LIFE. CHRISTOPHER GORMAN/CNP DIGITAL STUDIO. GETTY IMAGES. IPHONE: NEXTDOOR; APP IMAGE: COURTESY OF CLASSPASS, ALAMY.

GREGG RENFREW

Founder of Beautycounter

As Renfrew, 46, watched friends and family deal with cancer and issues like infertility, she felt she could help in one small way—by offering women clean makeup products, free of potentially harmful ingredients. Her company, Beautycounter, sells personal care products and cosmetics that she says customers can trust are safe. Since its launching in 2013, her team has identified 1,500 ingredients it won't use in its products. This is how she made it happen.

ON FINDING YOUR PASSION

"I tried to pinpoint what I liked to do more than how I wanted to do it. I like people and am very social, so I cast a wide net in sales rather than limit myself by saying I must sell clothes."

HOW TO HANDLE REJECTION

"Accept that not everyone is going to believe in what you do. All that matters is that *you* do."

WHAT IT TAKES TO BE THE BOSS

"You may feel the need to make everyone happy, but people want leadership, which means being decisive."

STYLE SECRET

"The best way to look fashionable at all times? A great statement necklace."

NECKLACE Lizzie Fortunato, \$325; NeimanMarcus.com



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"Our all-natural lip sheer in Twig and cleansing balm. They're high-performing and beautiful."

LIP SHEER \$28; Beautycounter.com

CLEANSING BALM \$75; Beautycounter.com



FITNESS ASPIRATION

"I'm determined to become a good surfer."

SURFBOARD \$1,350; Almond Surfboards.com



WHITNEY TINGLE & DANIELLE DuBOISE

Founders of Sakara Life

HANDS-ON APPROACH

"We'll do whatever it takes to get the job done. When we first launched, we'd hop on our bikes and make deliveries ourselves." —Tingle
BIKE Electra, \$600; ElectraBike.com



ENERGIZING LUNCH

"A big plate of greens—it makes me feel like Popeye the Sailor Man!" —DuBoise



After struggling for years to find healthy eating plans that worked for them, best friends Tingle (left) and DuBoise, both 28, started Sakara Life, an organic-meal delivery service based in New York City. Every item on their menu is plant-based and made fresh. Their larger mission: to combat the stereotype that ultra-healthy food tastes boring—or that you're never going to be satiated. They share their best advice.

THE ART OF COMPROMISE

"There have been times when we disagree—about how a recipe should be photographed, for example. But if

Whitney clearly feels stronger about it, I trust her intuition. Sometimes when people get emotionally invested, it's for a good reason." —DuBoise

ON TAKING OWNERSHIP

"Always read your legal documents. Don't just leave it to a lawyer. It's important to educate yourself on your business, down to the fine print." —Tingle

GREAT PARTNERSHIPS NEED...

"Trust. There's never a question in my mind that Danielle is working hard enough or doing the right thing for the business, and vice versa." —Tingle



GET MORE SUCCESS SECRETS! Tips on setting goals, time management and more at Self.com/go/selfmade

A full-page photograph of Jennifer Lopez in a dynamic, athletic pose. She is wearing a white, draped, asymmetrical dress and white strappy high-heeled sandals. Her hair is pulled back, and she has a focused expression. She is positioned against a background split into a teal left half and a white right half, with a chrome ladder-like structure on the right. Her legs are spread wide, and her arms are crossed over her chest.

STRENGTH IN MOTION

"I still consider myself a dancer first and foremost," Lopez says.

TOP Albright Fashion Library **BRIEFS** Norma Kamali



JENNIFER LOPEZ

HER LEAP YEAR

WE'RE CALLING IT: 2015 IS LOPEZ'S
BREAKTHROUGH YEAR. WITH TWO
MOVIES, A NEW TV SHOW AND A FRESH
OUTLOOK ON LIFE, THE MEGASTAR HAS
NEVER FELT—OR LOOKED—BETTER.

BY MOLLY KNIGHT
PHOTOGRAPHED BY ALEXI LUBOMIRSKI
STYLED BY MELISSA VENTOSA MARTIN

"LET'S GET LOUD!"

Jennifer Lopez yells. She's standing on top of a riser, in a warehouse turned rehearsal studio tucked deep in California's San Fernando Valley, looking out at an audience of half a dozen people and holding a microphone in her hand. From a distance she is all hair and heels; the softness of her flowing, caramel-colored locks is a perfect foil to her spiky 6-inch gladiator stilettos, which feature no fewer than two dozen straps from toe to knee. (She usually performs in kitten heels, but today she's test-driving these bad boys to see if she can move in them.) Otherwise dressed down in leggings and a cropped white jacket over a black sports bra, she glides down the stairs to the center of the floor, her entrance announced by her band's drums and trumpets.

For the next hour Lopez is a blur, twisting and twirling and jumping and shimmying across the makeshift stage as the music throbs along, her tousled hair flying, obscuring her face except for her glossy red lips, which alternate between sly smile and pronounced pout. If her movements are even slightly hampered by those heels, it is not obvious.

Lopez is rehearsing for a surprise performance she will give in two days at Vancouver's We Day, an annual event that rewards kids who volunteer in their communities with a daylong festival of speakers and music acts. After running a few times through a 10-minute medley of some of her greatest hits, she tosses her jacket aside to reveal abs that seem to defy the laws of physics and gravity, not least because they're on the body of a 45-year-old mother of two. Since Jennifer Lopez the person evolved into J.Lo the brand nearly two decades ago, it's easy to forget that

she started out as a member of the Fly Girls, the dance troupe featured on the sketch-comedy show *In Living Color*, which also launched the careers of actors Jim Carrey and Jamie Foxx. Though she's mostly thought of as a singer and an actress now, Lopez is fundamentally an athlete, and she approaches her life with the same kind of intense kinetic energy that informs her choreography.

"I still consider myself a dancer first and foremost," she says. "Well, after being a mother, of course." Though Lopez already put in enough rehearsal time last weekend to need only a light walk-through tonight, she's here because she doesn't believe in doing anything halfway. She goes hard, in stilettos, on a Monday night, because that's who she is. Between swigs of water, Lopez listens intently as her 10 dancers, many of whom have been with her for years, chime in with stage ideas for the kids' show, including massive sets of feathers and dramatic mic tosses, before giving them her own tips in calm, direct shorthand. "That's right, you've gotta hit it here," she says to one of the girls as she demonstrates a hip twerk. "And let's get in a straight line for that last part," she says to the guys. The dancers bounce back into place for another go, smiling because—well, because they get to dance with Jennifer Lopez for a living.

Lopez is smiling, too, even though it's been a long day. Earlier, she filmed an hour-long interview with Maria Shriver for the *Today* show. Then she drove for an hour to attend a taping of *Dancing With the Stars*, in support of her close friend, the actress Leah Remini, who was cohosting. When she is done with her dance rehearsal, at around 10 p.m., she will head into a studio to record a few new tracks with Rodney Jerkins, the prolific producer behind "If You Had My Love," her first hit from 16 years ago, and the Destiny's Child smash "Say My Name," among others. In spite of her hectic schedule, she swears she sleeps eight hours a night, joking that she's too boring to be found out on the town after midnight. "I'm in bed between 11:30 and 12:30 unless I'm pulling an all-nighter or on a night shoot," she says, which also might help explain why her complexion looks even more flawless in person.

It's a good thing Lopez is catching up on her rest, because 2015 is going to be a huge year for her. In addition to her day job as the good-cop judge on *American Idol*, Lopez will partner with the folks at health and fitness company BodyLab to create a new program for women, complete with recipes, health tips, smoothies and calorie and exercise trackers; she'll star as a police detective who is also a single mother in the upcoming fall television drama *Shades of Blue*; and she'll release two movies and continue to make music. All while working on another important project: herself. "I want to prove to everyone that I can do everything and be a superwoman," she says. "But I have to take time for myself."

A full-page photograph of Jennifer Lopez hanging from a horizontal bar. She is wearing a white long-sleeved crop top and white high-cut shorts. Her hair is pulled back, and she is looking directly at the camera with a serious expression. Her legs are crossed at the ankles, and she is holding the bar with both hands. A large shadow of her is cast onto the white background to her right. A solid teal vertical bar is on the left side of the image.

**"ENOUGH WITH
THE CLICHÉS
ABOUT WOMEN.
WE CAN DATE
YOUNGER GUYS...
IT'S NO BIG DEAL."**

HANGING TOUGH

"When I face myself, I go, You have a fear of really being on your own. So that's what we're going to do right now," Lopez says.

TOP Danskin

A full-page photograph of Jennifer Lopez in a white jumpsuit, performing a high kick over a horizontal bar. She is looking directly at the camera with a determined expression. The background is a bright, minimalist studio with a blue wall and white steps.

SHOW OF FORCE

"All I have to do is bank on myself, which I'm in the business of doing," Lopez says.

BODYSUIT Well Kept
PANTS Theory **GLOVES**
Perrin Paris 1893

Hair, Lorenzo Martin for Cloutier Remix; makeup, Mary Phillips for Something Artists; manicure, Kimmie Kyees for Celestine Agency; set design, Tom Thurnauer. See Get-It Guide.

**"IT'S LIKE I'M IN
TRAINING," SHE
SAYS OF HER
INTENSE WORK-
OUTS, "AND I'M
GETTING READY
FOR THE FIGHT."**

The Boy Next Door, one of Lopez's upcoming films, opens later this month and is a bit of a passion project for her. Made on a shoestring (by Hollywood standards) budget of \$4 million, the fun, erotic thriller features Lopez as Claire Peterson, a suburban mom with a philandering spouse who is seduced into a one-night stand by the 19-year-old heartthrob who lives next door. Lopez's character realizes her mistake and says as much to the boy, played by newcomer Ryan Guzman. Guzman's character spends the rest of the movie doing his best Glenn Close in *Fatal Attraction*.

When I ask Lopez what drew her to the character of Claire, her almond-colored eyes widen. "I can relate," she says. "I've been through divorce. I've been cheated on, just like every other girl in the world. So you sympathize, you understand the emotions. And I've dated a younger guy once in my life, so I could definitely understand that part, too—the attraction."

Lopez is referring to her relationship with Beau "Casper" Smart, the backup dancer 18 years her junior, whom she began seeing shortly after she separated from singer Marc Anthony in 2011. (She and Anthony are now divorced, and the two share custody of their 6-year-old twins, Max and Emme.)

Lopez and Smart dated for 2½ years before splitting last June. After that breakup, Lopez says, she forced herself to examine her lifelong habit of jumping from one serious relationship to the next. "That was a pattern I had," she says. "Never healing from what had just happened, never giving myself time, never getting whole."

It was a pattern that she believes began decades ago. Lopez was first introduced to Anthony backstage at a Broadway show in the late '90s. The two recorded a duet together and became friends. Then she and Ben Affleck canceled their wedding just before it was to take place, in 2003. Anthony showed up on her doorstep three days later. Within nine months, they

were married in Lopez's home. (Affleck wed Jennifer Garner the following summer.)

In her recently released memoir, *True Love*, Lopez writes that though she had been married twice before, Affleck was her first real heartbreak. She turned to Anthony to help herself get over Affleck, then did the same with Smart to heal from her divorce from Anthony. "When you have that much pain, you have to anesthetize yourself in some ways," she says of her high-profile breakups. "People do different things. Some go out and party and sleep around, but that's just not my way. I found the comfort in someone else. That's called being a love addict."

And so for the past six months, Lopez has made the choice to stay single for the first time in her adult life, in order to figure out what she wants. This has involved seeing a therapist (Remini hooked that up), reading self-improvement books (her favorite is *You Can Heal Your Life* by Louise Hay) and experimenting with meditation. "I'm learning to sit still," she says.

Lopez realized the importance of recognizing her limits 3½ years ago, when she was doing a photo shoot in the desert and had a terrifying anxiety attack. Her heart raced, she couldn't breathe and she thought she was losing her mind. She looked up at her mother and her longtime manager, Benny Medina, who were with her on-set, and told them through tears that she didn't think she could stay married to Anthony any longer.

"When I face myself, I go, You have a fear of really being on your own. So you know what? That's what we're gonna do right now," she says. "But it took me years to get there. So first it was learning to love myself. And then it was about facing my fears."

Her next step: figuring out how to be happy on her own. "Why am I not making good choices for myself?" she says. "Do I need to have someone there to comfort me, or can I comfort myself?" LOPEZ > 100

HER HEALTHY LIFE

How does the singer, actress, American Idol judge and businesswoman—not to mention mother of two—keep all those balls in the air? Lopez shares her secrets.

SHE EXERCISES

"I work out with Tracy Anderson three to five times a week. We do a lot of abs and legs. I also dance as often as possible."

SHE EATS WELL

"I'm very good about portion control. And even though I love carbs and was raised on rice and beans and pork and chicken, I don't eat that all the time."

SHE MEDITATES

"I try! It's hard for me, but when I get into it, I feel so much better. You get that mental clarity, which makes it easier to be happy, easier to make good choices."

SHE MAKES TIME FOR HER KIDS

"I love to sit with them and everyone colors together. It's just the simplest, littlest things."



ANNE V'S

HELI-HIKE

*Top model **ANNE V** choppers to the peaks of the San Juan Mountains in Colorado in the latest utility-chic styles—and surveys her own exciting year ahead.*

ADVENTURE

*PHOTOGRAPHED BY CHARLIE ENGMAN
STYLED BY MELISSA VENTOSA MARTIN*



ROCKY ROAD

Simple pieces with cool hardware are functional yet fashionable—great for mountain peaks or city streets. “You don’t have to choose between being active and looking good,” Anne Vyalitsyna says.


PARKA Love Moschino, \$710

JACKET Ann Taylor, \$159

PANTS Peter Som, \$745

SUNGLASSES Carrera, \$149

BELT Prabal Gurung for Bond Hardware, \$225 **BOOTS** Red Wing Heritage, \$310



*"IN THE VERY PEAKS
OF THE MOUNTAINS,
IT'S WINDY,
IT'S SLIPPERY, IT'S
SNOWING. BUT
IT'S STUNNING—AND
SO WORTH IT."*

NEW HEIGHTS

With a rugged camel vest and all-terrain boots, a V-neck sweater and shorts are ready for adventure. "I love to hike where no one goes so that I can really challenge myself," Vyalitsyna says.

VEST Coach **CARDIGAN** Sacai Luck, \$893 **SHORTS** Suno **SCARF** Gucci, \$1,150 **WATCH** Shinola, \$675 **NECKLACES** A Peace Treaty, \$88 and \$150 **SOCKS** L.L. Bean, \$23 for two pairs

BRIGHT OUTLOOK

A bold zippered top, army jacket and cap get a stylish upgrade with geometric earrings and a color-block scarf. "You can mix a lot of different colors and look edgy and fashionable—even while hiking!" Vyalitsyna says.

JACKET \$695, and **VEST** \$298, Marissa Webb **CAP** Barbour, \$49 **EARRINGS** Robert Lee Morris, \$150 **SCARF** Gucci, \$1,150



A person is hiking in a snowy mountain landscape. The person's arm, wearing an orange sleeve, is extended outwards. Their leg, wearing olive green leggings and a brown boot, is visible in the lower right corner. The background features a blue lake and snow-covered mountains under a clear sky.

ANNE V...

is on top of the world—in more ways than one. Capping what could be called a pinnacle year in her career, the model summited the San Juan Mountains, battling freezing temperatures and 30-mph gusts to hike the craggy alpine terrain, take in spectacular views and reflect on her next big moves.

“My favorite thing is to hike and climb a mountain and then sit and meditate after. That’s the reward,” says the Russian-born Vyalitsyna. She credits intense workouts (she’s also an avid runner) and her daily meditation practice with helping her navigate the hike’s challenges.

Life as an in-demand model has its own challenges, too. Since moving to New York City at age 15—after she signed with a modeling agency in Russia—the 28-year-old has been working practically nonstop, booking major campaigns for everyone from Chanel to Chloé and appearing in the *Sports Illustrated* swimsuit edition for 10 years running. Last year she made her acting debut in *Lullaby*, a film directed by Andrew Levitas, and appeared as a coach on the second season of *The Face*, Oxygen’s modeling competition show. The TV experience

ignited her interest in mentoring young women—something she wishes she’d been able to benefit from at the start of her own career. “When I came to America, I was alone, I didn’t have my parents with me, I didn’t speak a word of English,” she says.

Vyalitsyna recently began volunteering with Step Up, a nonprofit that pairs high school-age girls with mentors. “You go and talk to these girls once a month about how to deal with insecurities, become more confident and reach for your dreams. It’s the coolest thing I’ve ever done.”

She also traveled to Zambia with (RED) to volunteer at an all-girls school. Vyalitsyna now works as a celebrity ambassador for the organization to raise funds for the fight against HIV/AIDS. “When I first started working with them, I said, ‘How can I make a difference? I’m just a model.’ But they changed my mentality. Every single person is part of the puzzle,” she says. It’s a message she hopes to spread even more in the future. “I’m really happy with where I am in my life,” she says. “I want to share that by contributing to the world and making it a better place.” Now, that’s model behavior.

—Sara Gaymes Levy



Learn more about Vyalitsyna’s wellness routine at [Self.com/go/annev](https://www.self.com/go/annev).



***"I FEEL AT PEACE
WHEN I'M OUT AND
ACTIVE IN NATURE—
IT'S THE BEST
VACATION EVER."***

THE FINAL PUSH

Sporty pieces enter new territory with fresh design details, like buckles on a vest and ankle zips on fitted cargoes. "I usually wear convertible pants when I hike," Vyalitsyna says. "These are a chic update."

VEST Lacoste **PARKA** Woolrich John Rich & Bros., \$350 **PANTS** Veronica Beard, \$395 **EARRINGS** A Peace Treaty, \$180 **BACKPACK** Patagonia, \$99 **SOCKS** L.L. Bean, \$23 for two pairs

Hair, Andre Gunn for Brydges MacKinney; makeup, Talia Shobbrook for Brydges MacKinney. See Get-It Guide.

BLOCK PARTY

New on the street? Cool, color-blocked accessories—from sleek satchels to chunky heels—with traffic-stopping graphic details



PHOTOGRAPHED BY JONATHON KAMBOURIS

ELECTRIC AVENUE

A candy-bright dotted wristlet and heels bring playful punctuation to your look. Opposite: Bold color and stripes turn up the volume on a structured bag and modern mules.

Fashion editor,
Dania Ortiz



BAG \$278; Furla.com
HEELS \$950; Fendi.com
Opposite BAG \$2,195;
PierreHardy.com MULES
\$395; ToryBurch.com



LIGHT FANTASTIC

Bursts of citrus give tomboyish oxfords and a boxy clutch instant energy—perfect for amping up a simple outfit.

SHOES \$530; The OfficeOfAngelaScott.com **BAG** \$498; AngelJackson.com



RUNNING WILD

Break out from the pack with zigzag-patterned trainers and a cross-body bag in saturated shades.

SNEAKERS \$675; JimmyChoo.com **BAG** Valentino Garavani, \$2,175; Valentino.com



ON TOP OF HER

*STRONGER, FASTER AND MORE
DETERMINED THAN EVER, TENNIS
STAR **CAROLINE WOZNIACKI**
IS READY FOR A BREAKTHROUGH.*

BY ERIN BRIED

This month, Caroline Wozniacki will fly from her home in Monaco to Australia in an attempt to fulfill her wildest dream: “I want to win a grand slam,” she says. Now, more than at any other time in her career, the 24-year-old Dane is poised to do it. She’s fine-tuned her trademark backhand with the help of her coach (and dad), Piotr, and trainer, Przemyslaw Piotrowicz. She has the support of her tennis powerhouse friends, including Serena Williams and Novak Djokovic. And she is in the best shape of her life, both physically and mentally. “That’s one of my strongest points,” she says. “No matter the score, I always fight until the end. I *never* give up.”

*PHOTOGRAPHED BY
JASON KIM*

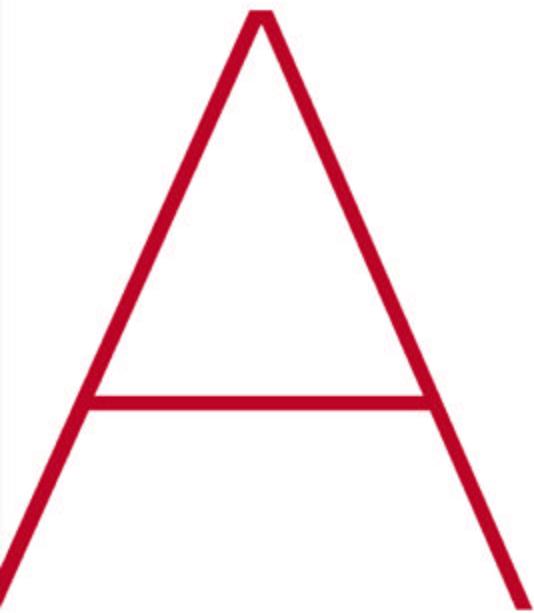
STYLED BY LINDSEY FRUGIER

FEELING BRIGHT

*"I've always been strong,
but I've stepped up
my fitness even more,"
Wozniacki says.*

DRESS Stella McCartney





victory at the Australian Open, the first grand slam tournament of 2015, could usher in a triumphant new era for Wozniacki, who spent 2014 showing us not only how hard she can play but also how strong, centered and optimistic she can remain, even during trying times. “Honestly, 2014 was a very up-and-down year,” she says. “There’s been big happiness, and sadness as well.” The joyful parts were plentiful: making it to the final round of the U.S. Open, earning \$3.4 million in prize money and scoring a front-row seat at New York Fashion Week. As for the sadness, she’s referring to a very public breakup with her fiancé, golfer Rory McIlroy, who suddenly ended their three-year relationship just days after their wedding invitations were mailed. “It came as a bit of a shock,” Wozniacki says, sounding remarkably even-keeled. “But everything happens for a reason.”

The period that followed began what Wozniacki describes as “a hard time.” In her first postbreakup match at the French Open, she was ousted in the first round. But at the same time she lost a fiancé, she strengthened a friendship. “When Serena [Williams] heard about the breakup, she kept calling me, but I didn’t pick up. I didn’t even want to look at my phone,” says Wozniacki. “Then she texted me: ‘If you do not pick up now, I’m going to fly to you, and if you don’t open your door, I’m going to kick it open and I’m going to see you.’ So, I picked up,” says Wozniacki, laughing. “I flew straight to Miami, and we had a great time together. She’s an amazing friend and an inspiration to me.” Three months later, with a healed heart and

renewed focus on taking on the competition, Wozniacki faced Williams in the finals of the U.S. Open, where Wozniacki came in second place. “You owe drinks later,” Wozniacki told her friend in a postmatch interview, and sure enough, that evening, Williams Instagrammed a pic of the pair out on the town.

Last year, Wozniacki also began a challenging new physical endeavor: training for the New York City marathon. Tennis players are known for their speed and agility, and Wozniacki, especially, for her quick on-court pivots. “I’m good at anticipating where the ball is coming,” she says. Critics worried that running a 26.2-mile race, and the training involved, would hurt her game, but Wozniacki persisted. “I’m a tennis player first, but marathon training has been really great,” she says. “I’ve been able to clear my head when I’m running, and I’ve had something to be passionate about outside of tennis.”

Wozniacki’s training leading up to the race was intense even by her standards. Seven days a week, she spent

love it. I know it’s going to burn, but my abs will look amazing.” She also occasionally boxed (and still does). “It’s fun to mix things up. Boxing is great for tennis, because it also requires strong arms, a strong core, fast legs and quick reaction time,” she says. “Plus, if you have a bad day, it’s a great way to get out aggression. You feel so much better afterward.” And if ever she found herself low on motivation, she’d think of Williams, Maria Sharapova and all the up-and-comers she’s yet to face. “It’s hard when it’s raining, dark or cold, but knowing my competitors are out there working hard makes me want to do it, too. I hate losing,” she says. “I just think how much I want to win that trophy. It’s the best feeling in the world. Even if no one ever watched tennis, I’d still be out there, after that trophy.”

On November 2, her hard work paid off. She finished the marathon in three hours and 26 minutes, maintaining a 7:53-mile pace and, more important, discovering that she’s stronger than she knew. “I’ve learned so much about myself this year,” she says. “You’ll have amazing moments and

“YOU’LL HAVE AMAZING MOMENTS AND TOUGH ONES, BUT THE TOUGH ONES WILL ONLY MAKE YOU WORK HARDER.”

her usual five hours on the court, working on her technique and speed. On most days, she followed her tennis practice with a 4- to 18-mile run outside. “The hardest part is to just step out the door,” she says. “But once you’ve done the first two steps, everything suddenly gets easier.” On the days she wasn’t running (or in the middle of a tournament), she’d hit the gym for a 90-minute workout to strengthen her legs, back and core. “Having a strong core makes everything easier,” she says. “Every movement comes from the core: hitting, running, *everything*.” Of her ab work, she says, “I hate it, but I

tough ones, but the tough ones will only make you work harder. You may not see that at the time, but you learn how strong you really are.” She also learned about the depth of her friendship: Williams was waiting for her at the finish line. “Is it normal to cry when someone finishes a marathon?” Williams tweeted. “So proud of you caro.”

Last year also taught Wozniacki to take every day one step at a time. “You never know what’s going to happen tomorrow. So when you’re in a great moment, and it feels amazing, just cherish it,” she says. “Those are the most important moments of your life.”

**ADVANTAGE
WOZNIACKI**

*"When you have a
passion for something,
it makes it a whole
lot easier," she says.*

**BODYSUIT, SKORT,
VISOR AND
WRISTBANDS** Adidas
by Stella McCartney



SELF

**SEE CAROLINE IN ACTION
BEHIND THE SCENES!**
Download the SELF
Plus app from the App
Store or Google Play and
hover over this page.



ACING IT

"I get a little nervous before every match," Wozniacki says, "but those butterflies go away once I'm in it."

DRESS AND SNEAKERS

Adidas by Stella McCartney

SOCKS Adidas

*"NO MATTER THE
SCORE, I ALWAYS FIGHT
UNTIL THE END.
I NEVER GIVE UP."*

GET YOUR MIND IN THE GAME

In addition to power, strength and speed, tennis requires an incredible amount of concentration: To be great, you must anticipate every shot and strategize on every return. "We're so used to hitting balls for hours and hours every day," Wozniacki says, "but focusing on every point in the match is what's really tiring." Here's how she trains her mind to stay sharp.

→ **ENVISION YOUR NEXT WIN** "When I hit a wall, I just think about what I have in front of me: the next grand slam, the next tournament," Wozniacki says.

→ **TUNE OUT THE DOUBTS** "I have to have music in my ears when I run," she says. She also plugs in her headphones before big matches to help calm her nerves and shut out noise. "It depends on my mood, but I listen to a lot of Rihanna and Bruno Mars."

→ **DO IT FOR SOMEONE ELSE** By running a marathon as a Team for Kids ambassador, Wozniacki raised more than \$83,000 to help fund running programs for underprivileged kids who'd otherwise have limited access to

organized fitness activities. "I knew if I did it for charity, I'd actually go through with it," she says. "Sports have been such a huge part of my life. They've done so much for me that I want to inspire kids to get into them, too."

→ **DON'T WORRY ABOUT PROVING YOURSELF** "I play tennis because I love to play," she says. "I don't have anything to prove to anyone else. The only one I have to prove anything to is myself. If I'm on the court and giving it my all, that's all that matters."

→ **STAY POSITIVE** "2014 was a year of learning," she says. As for 2015, "It's looking bright. I'm pleased with how I've been playing, and I'm happy. Hard work pays off."

CAROLINE'S

30

MINUTE WORKOUT

This do-anywhere workout, Wozniacki's go-to when she's short on time, will sculpt and strengthen your entire body, especially your abs, legs and butt. "It's a high-intensity, low-rest routine that will keep your body guessing, make you sweat and ensure you get the most out of every minute," says her trainer, Przemyslaw Piotrowicz. In other words, it's going to burn, but it's also going to be worth it.

10

minutes

ABS

Do each move for 30 seconds, then repeat the entire sequence.

VPULSE

Lie faceup, feet together and arms at sides, and bring shoulders and feet 30 degrees off floor so body

forms a V shape. Keeping arms straight and parallel to floor, pulse hands up and down in small movements.

SIDE V-UP

Lie on left side, legs at a 45-degree angle in front of hips, left forearm on floor, perpendicular to torso, right hand behind head, supporting neck. Keep legs straight as you raise legs and torso toward each other until left shoulder comes off floor. Return to start. Continue for 30 seconds. Switch sides; repeat.

HEELS TO THE HEAVENS

Lie faceup, legs straight up and together, feet flexed, arms at sides, palms down. Lift hips off floor as you pulse heels toward ceiling.

DIAGONAL LEG LIFT

Lie faceup, legs straight up, feet flexed, arms extended out to sides, palms down. Keep legs straight as you lower them 30 degrees and to left. Return to start; repeat on right side.

ACCORDION CRUNCH

Lie faceup, hands behind head. Bend knees to chest and crunch upper body until shoulders come off floor. Hold shoulders and feet off floor as you slowly extend legs and upper body. Return to start; repeat.

BUTTERFLY SIT-UP

Lie faceup, hands behind head, soles together, tucked as close to body as possible, knees out to sides. Slowly sit up, then lower to start. Repeat.

TABLETOP SIDE TOUCH

Lie faceup, hands behind head, legs up, knees together and bent 90 degrees, ankles together. Slowly lower knees to left side and touch floor. Return to start; repeat on right side.

LEG CIRCLE

Lie faceup, hands behind head, legs lifted 30 degrees off floor. Make large clockwise circles with each leg, ensuring that when one is at the top of a circle, the other is at the bottom. Continue for 15 seconds, then repeat counterclockwise.

TOE TOUCH

Lie faceup, legs straight up, feet flexed. Reach hands to toes, bringing shoulders off floor with each rep. Return to start; repeat.

5

minutes

LEGS

Do 1 set of lunges and 1 set of squats, then rest for 10 seconds. Repeat twice.

WALKING LUNGE

Stand with feet hip-width apart, hands on hips. Lunge right foot forward, lowering body until right thigh is parallel to floor and left knee almost touches floor. (Make sure right knee does not extend past toes.) Lunge left foot forward. Do 10 lunges on each side.

JUMP SQUAT

Stand with feet hip-width apart, arms extended and back straight. Squat, making sure knees don't extend past toes. When knees reach 90 degrees, explode upward. Do 20 reps.

15

minutes

CARDIO

You can do this outside or on a treadmill.

WARM-UP

Walk at a brisk pace for 1 minute, then jog at a moderate pace for 2 minutes.

INTERVALS

For the next 12 minutes, alternate 30 seconds of jogging at a moderate pace with 30 seconds of sprinting. On a scale of 1 to 10, where 1 is minimal effort and 10 is all you've got, aim for a 5 on your jog and an 8 on your sprint.

MAKE



BY ERIN BRIED
ARTWORK BY
KYLE BEAN
PHOTOGRAPHED BY
AARON TILLEY

TIME

FOR WHAT MATTERS



Imagine a life where *your* dreams come first; where that trip you want to take, that half marathon you hope to run, that career move you intend to pursue take priority over your errands, email and other daily obligations. Now you can actually make it happen—all of it. By following our **six-step plan and signing up for our 21-day Time Makeover at Self.com**, you'll not only become more productive but also free up extra hours to fill with what makes you happiest. Because finding time to do what you love should be your *first* priority, not last.



BEAT THE CLOCK

Sixty-seven percent of you say your to-do list is a major source of stress or guilt, according to a Self.com poll.

1 UNDERSTAND THE CRUNCH

According to our Self.com poll, 70 percent of you don't have enough hours in the day to do what's needed. Learn why you feel so strapped for time—and how you can change it.

The moment your feet hit the floor every morning, you start going and don't stop again until your head hits the pillow. How have our days come to feel so astonishingly insufficient?

There are obvious time traps: long work hours (47 a week on average), long commutes (25 minutes each way) and our national no-vacation culture. But there are sneakier ones, too. The less time we have, the more we multitask, which only compounds the crunch. Thanks to the digital revolution and our endless effort to stay on top of things, we now absorb 174 newspapers' worth of information a day. In fact, 83 percent of you don't let an hour go by without checking your phone. At meals, on walks, in bed, we fill every moment of stillness.

"These constant pings trigger the brain's reward system, offering a tiny hit of pleasure without creating lasting happiness," says Christine Carter,

Ph.D., sociologist and author of *The Sweet Spot*. All that swiping steals our hours even after we've powered down. "The information overload makes us less efficient and more stressed, resulting in even more time slip," she says. The scarcer our free time gets, the more precious it becomes, which paradoxically makes every minute of it less satisfying, too.

Life does not have to be this way. "When we look back at our lives, no one says, 'It was so amazing—I got to the end of my inbox!'" Carter says. "We must constantly remind ourselves of what really matters and live accordingly." The good news? You already know the answers. (At the top: Thirty-two percent of you want to travel more.) Now get out of that defensive crouch and do something about it. Adds Carter, "You *can* play offense against your biggest time traps. When you do, you'll feel better." It's never too late to start living life on your own terms—and time.

STEP 2

TRUST IN THE PAYOFF

Fifty-one percent of you say you feel guilty when you take even just a few minutes for yourself on any given day. "It's not indulgent to pursue joy," Carter says. "On the contrary, it's the key to life." Here's proof that if you do make time to do what you love, great things will happen.

YOU'LL LIVE LONGER

When you find a chunk of unexpected free time, 17 percent of you use it to exercise. The

benefits go beyond flat abs: People who spend their leisure time doing physical activity raise their life expectancy by up to 4.5 years, according to a study by the National Institutes of Health.

YOU'LL BE HAPPIER

The 16 percent of you who dream of being a better friend, partner or daughter are on to something. "The single best predictor of health and happiness is the breadth and depth of our connections to other human beings," Carter says. As for the third of you who want to travel more? One study found that 59 percent of travelers saw a major drop in stress as soon as they left for vacation.

YOU'LL GET A RAISE

Seventy-five percent of you say you'd opt for a \$7,300 raise (an extra \$20 a day per year) over a

free hour to yourself each day. But choosing that hour could get you the raise anyway. Taking lunch outside, a walk, even a full-on vacation makes you a more energetic and engaged employee, according to Charlotte Fritz, assistant professor of industrial and organizational psychology at Portland State University in Oregon. And the better you perform, the more likely you are to land a promotion.

YOU'LL FIND MEANING

Thirteen percent of you dream of having enough free time to learn to do something new (or better), like cook, play guitar or draw. Frivolous? Hardly. Pursuing creative passions not only boosts confidence and self-esteem but also makes you feel your life is more meaningful, according to a 2014 study in *BMJ Open*. In other words, it makes all your hard work worth it.



70%
70%

of you say you
don't have time
to pursue your
true passions.



STEP

3

KNOW WHERE YOUR TIME GOES

"Keeping a time diary makes you more aware of how you spend your hours and which parts of your schedule are working against you," says Julie Gray, a holistic time coach in Washington, D.C. Two busy women give it a try.

The master multitasker

SARAH ROBB O'HAGAN 42, president of Equinox, is based in New York City, where she oversees 13,000 employees and 73 clubs in three countries, plus Soul Cycle, Blink Fitness and Pure Yoga.

“
I TRY TO
MAKE
THE MOST
OUT OF
EVERY
MOMENT.”

→ **5:13** Wake up. I get into workout clothes before I check my email and Twitter. → **5:45** Work out. I run to the gym so that I can skip my warm-up. → **6:53** Run home, shower. I've already thought through my outfit in my head. → **7:45** Scream, "Everyone in the car!" My husband and kids (ages 6, 8 and 10) take me to the train. → **7:54** Train to city. I send email when I have connectivity and read business reports when I don't. → **8:40** Cab to work. Breakfast at Starbucks for coffee and oatmeal. The energy lasts me all morning. → **9:00** Back-to-back meetings. I never multitask in them, because then I miss things and that wastes time. → **11:50** Meetings end. Check email and Twitter. → **NOON** Meeting. I switch between my chair and exercise ball—it

helps with my energy. → **1:00** Working lunch: a chicken salad and coconut water, which satisfies my sweet tooth. → **2:00** Another meeting, but folks are late, so I check email. I use little pockets of time whenever they come. → **3:00** Conference call. I hear a pitch. Not interested, so I end it early—otherwise, it's a waste of time for both of us. Drive on. → **4:00** Candidate interview. Signing top talent takes time.

→ **4:45** Skim email. I delete everything that doesn't require a reply. → **5:00** Last meeting. → **6:00** Bolt for the train. It's my priority to get home before my kids go to bed. → **7:30** Home! The best moment of my day is when my kids jump on me. As I eat, everyone tells me about their day. → **8:30** Put kids to bed. Then finish email and write tomorrow's to-do list. → **10:00** Bedtime! I'm sharper on seven hours of sleep.

HER TAKE

When I'm working, I maximize every moment so that when I do get downtime with my family, I can really enjoy it. But I miss relaxing. I love watching movies but just don't have time for them. Even on flights, I glance longingly at anyone watching a movie while I work on my laptop.

EXPERT TAKE

Delegating her social media could save Sarah time. It's also hard to make your next day's to-do list at night, when you're exhausted. Doing it before leaving work would give her closure, helping her focus on herself and family at home.

The committed caretaker

TOSHA ROGERS, M.D. 39, ob/gyn, is owner of Atlanta Premier Ob/Gyn Associates, where she sees 30 patients a day, delivers about 35 babies a month and employs a full-time staff of three.

“
I NEVER
RUSH.
I JUST
TRY
TO BE
WORTH
THE
WAIT.”

→ **5:00** Wake up. I keep my phone on the pillow next to me and check my email and bank accounts. If something needs my attention, I can get to it first thing. → **5:15** Get dressed—I try to look my best. My beauty routine gives me peace. I can do Tosha for this one hour before I turn into Dr. Rogers. → **6:45** Drop my Maltese at doggie day care, then make rounds on my patients at the hospital. → **8:45** Breakfast. I call in my smoothie order and try to keep cash in my car so that I can jump the line when I get there. → **9:00** Office appointments. I never rush. I just try to be worth the wait. → **12:30** Deliver a baby. Had I gotten stuck in traffic on the way, I could've called another doctor. Knowing that I have backup is comforting. → **2:00** Office appointments.

I try to grab bites of lunch between patients, but usually my food gets cold. → **4:45** Return professional calls, order prescriptions. → **5:15** Return personal calls and texts—the first time I allow myself to decompress for a second. → **6:00** Check on patients at the hospital. Between writing notes, I'll check Facebook, Instagram and email to break up the monotony. Nothing takes your mind off a 14-hour

workday like a dancing cat.

→ **7:30** Pick up dog and take her for a walk. → **8:15** Deliver another baby. Evening deliveries are less stressful, because I have no other patients waiting, just personal stuff. → **10:30** Home, shower, eat takeout, climb into bed and review patients' charts. → **MIDNIGHT** Call hospital to check on patients. Before I doze off, I want to know exactly where they are. → **12:15** Sleep. Five hours is all I need.

HER TAKE

I stay on track because I'm always prepared. Before I meet with any patient, I'm already up to speed, which makes everything move faster. I love fine dining, but food just can't be a priority in my life. Sometimes I even skip dinner.

EXPERT TAKE

Tosha is practiced at keeping a tight schedule, blocking off time for not only her patients but also her morning ritual. But if she delegated a few tasks, like dropping off her pup, she could free up more time for meals.



HOW A PERFECT DAY LOOKS

Everyone's version is different, but a recent study in the *Journal of Economic Psychology* found that to optimize your happiness, you should prioritize certain activities. "It's not advisable to run around with a stopwatch," says researcher Christian Kroll. "But squeezing in a 'perfect day' may help you recharge your batteries." Aside from eight hours of sleep, here are six key elements. ("Intimate relations?" Think sex, cuddling, talking...and whatever else it means to you!)

78

MINUTES
RELAX

68

MINUTES
EXERCISE

82

MINUTES
SOCIALIZE
WITH FRIENDS

75

MINUTES
EAT

73

MINUTES
MEDITATE

106

MINUTES
INTIMATE
RELATIONS

STEP 4 FIND EXTRA HOURS

Seventy-two percent of you say you have one hour or less to yourself each day. Double that amount with these genius time hacks. They'll help you ratchet up your energy and efficiency, so you can do more of your musts in less time.



KEEP A "15-MINUTE" LIST

Jot down all the niggling tasks you could complete quickly, like writing a thank-you card or picking up your dry cleaning, and knock one off when you have an unexpected break or feel procrastination's pull. "Trying to remember all those little to-dos creates anxiety," says Carson Tate, author of *Work Simply*. Crossing them off frees you up for more challenging projects.

3+3

MEALS

SNACKS

Eat light and often (small meals plus snacks) to keep a steady supply of glucose to the brain, boosting productivity. Opt for foods that mix fiber, protein and fat, like yogurt and granola or an apple with almond butter.

WORK FROM OM

People who meditate stay on task longer and report less fatigue in high-stress work environments, according to one study. Being fully present in whatever you're doing maximizes efficiency. Start by sitting quietly for 10 minutes every morning, then work your way up to a half hour.

20 MINUTES

That's how long it takes for you to resume your train of thought after clicking on an email. Turn off your notifications and set email rules to automatically sort, forward or delete messages.

52:17

In minutes, that's the work-to-break ratio employed by the most productive people, according to a recent study by Desk Time, a time-tracking app. "Longer, more frequent breaks lead to more focused work," notes researcher Julia Gifford.

STEP

5

DREAM
BIG

“Too many people let their lives be dictated by what’s flying at them,” says Terry Monaghan, founder of Time Triage. Instead, envision what you’d do if time weren’t an issue. Here, a few inspiring answers from SELF readers.

“

“I’d visit impoverished nations and give what I could to make other people’s lives better, whether it’s donating soccer balls, teaching CPR or building houses.”

—Vilay Senthap, 31, civil servant, Providence, Rhode Island

“I’d hike the entire Appalachian trail to prove to myself how strong I am.”

—Kate Glorioso, 37, certified and registered medical assistant, Baltimore

“I’d study culinary arts all over the world—rolling pastry in France, sautéing freshly plucked ingredients in Thailand. I’d become the best personal chef around!”

—Piper Harris, 36, personal chef, Canton, Georgia

“I’d run a marathon in every country so that I could see all the sights on foot.”

—Gia Alvarez, 34, running coach and mother of twins, New York City

“I’d spend every extra second with those I love.

I lost my brother when he was only 18, so I really know how precious time is.”

—Kayla Taylor, 25, Internet banking administrator, Pine Bluff, Arizona

STEP

6

DO MORE OF
WHAT YOU LOVE

Once you’ve freed up a few extra hours, it takes discipline to fill them thoughtfully. Start by looking at your 2015 calendar and block off all your vacation time for the year. “If you don’t schedule time for yourself, you’ll end up living life by default, constantly reacting to what’s important to everyone else rather than what’s important to you,” says Monaghan. Then decide on your top three priorities for the year—say, doing great work, nurturing yourself and your relationships and seeing the world. “Once you get clear on your goals, it becomes much easier to say no to things that don’t serve them,” says holistic time coach Julie Gray. “It’s a mind-set shift—and a matter of believing that your priorities come first.”

NOW MAKE
IT STICK!

Join us at Self.com for our free 21-day Time Makeover. Together, we can end the time crunch.

GET WITH
THE PROGRAM

Visit Self.com and sign up for three weeks of customized tips and inspiration to conquer your time traps, developed by Julie Gray, founder of Profound Impact Coaching. Take a quiz to learn what type of time manager you are, then create a time diary and learn to beat procrastination, become more productive and build in time for your passions.

WIN FREE TIME!

You already know that taking vacations can add years to your life. Now one lucky reader who signs up online will win a three-night trip for two to the Bahamas. You’ll get to contemplate the hours in the

day at Breezes Resort & Spa (value: \$2,800). To work out all that pent-up tension, we’ll include a Swedish massage for two, all meals and drinks and a \$300-per-person airfare allowance.

SHARE YOUR
SUCCESS

We want to know where your dreams take you! Instagram your favorite moments or tweet us a pic @SELF magazine using the hashtag #TimeForMyself. We’ll repost and create a gallery of our top picks. Healthy habits are highly contagious within social networks, according to a 2013 study in *Circulation*. So let’s start a movement to enjoy the time of our lives!

TRYING A NEW LIPSTICK OR CHANGING UP YOUR HAIRSTYLE IS ONE OF THE EASIEST TRANSFORMATIONS YOU CAN MAKE. BUT AS **TATIANA BONCOMPAGNI** FOUND, SMALL TWEAKS CAN HAVE LONG-LASTING EFFECTS.



THE POWER OF BEAUTY



It was the summer of my discontent. I spent all of August in our family's house in upstate New York, working on my third novel and caring for our three young children, dog and vegetable patch. I counted out my days in the number of miles I ran, the pages I wrote and the hours I logged playing Marco Polo with the kids in the pool. Most nights I'd cook dinner for my husband and kids—typically something fresh from the garden—and fall asleep to the sounds of nature outside my bedroom window. I should have

been happy, but I wasn't. Worse, I didn't know why or what I could do about it.

After Labor Day, we returned to our busy city lives: school runs, dinners with friends, deadlines galore. The scramble to fit it all in—work, family, thrice-weekly cardio sculpt classes—was enough to distract me from the malaise that had dogged me through those hot summer months. I had no time to ruminate or wallow in self-doubt. And so I felt fine: not great, but good enough.



**PRETTY
POSITIVE**

A bold lipstick can
give you an instant
confidence boost.

LIPSTICK L'Oréal Paris
Infallible Pro-Last
Color in Perpetual Apricot,
\$13; Drugstore.com

Then, one night in bed, my husband showed me a video he'd taken of me playing with the children on the lawn, and I nearly gasped. The woman on the screen looked old—middle-aged at least—and tired. Her shoulder-length hair was *so* dark, almost black. Was that really what I looked like? And if so, why hadn't I noticed these changes before?

"We all have tricks when we look in the mirror," says Patricia Wexler, M.D., a dermatologist in New York City. "You tilt your head one way. You focus on one thing and not something else. It's a protective mechanism. But when you look at a picture, it's very objective." In other words: That lady on the lawn was me—the version of myself I didn't want to see—and she was in desperate need of a makeover.

CHANGING MY LOOK

I made an appointment with Sharon Dorram, a highly sought-after haircolorist on the Upper East Side. Rushing from the gym to Dorram's jewel box of a salon, I presented her with a handful of magazine clippings, mostly featuring Gisele Bündchen's

IT TOOK FINDING
MY LOOK FOR ME TO
FIND MY VOICE. "I'M
NOT HAPPY," IT SAID.
"I WANT A CHANGE."

sun-kissed waves and Behati Prinsloo's golden side braid. Dorram studied them while we discussed my lifestyle (busy) and past color experiences (disastrous). "Your hair is very, very dark," Dorram said. "We can soften your whole look and create movement and thickness." We devised a game plan: Lift my base color two shades, then weave in caramel and honey highlights, creating a look that would be natural and low on maintenance but still give me the sense of transformation I craved. "Radical change isn't for everyone," Dorram said.

When I emerged from the salon 2½ hours later with freshly colored hair and a sleek new cut, I felt like a different person. And, as became evident in the weeks to come, that was only the beginning. The jeans-and-sweater uniform I'd adopted for the sake of practicality suddenly felt like a cop-out. I craved pieces that would make me feel polished and pulled together, so I invested in a few silk shirts, a pair of knee-high designer boots and a body-con date-night dress.

Next was my makeup, which had remained unchanged since my 2003 nuptials. (I'm speaking literally here: I was still using the same tube of Chanel Tempt lipstick I'd worn on my wedding day.) I'd given up wearing makeup when I went freelance—it seemed like a waste of time, not to mention good mascara, when the only people who were going to see me were my husband and infant. Now I wanted to look good for myself, even if all I was doing that day was folding laundry and helping with homework. I bought a sheer foundation, a brighter pink blush and a matte red lipstick. And—this was key—I actually used them instead of letting them gather dust in the medicine cabinet.

"Makeup isn't a routine. It's a part of your life and your identity, so it's totally normal to want it to evolve as you do," says makeup artist Charlotte Tilbury. "My motto is, 'Give a woman the right makeup and she can conquer the world.'"

I wasn't quite ready to launch a global takeover, but I was excited for a night on the town. My husband and I had been invited to a friend's birthday party at a cool restaurant downtown, and for the first time in years, I didn't try to worm out of it. I put on my new dress, blew out my hair and applied a smoky eye. At the party, I drank champagne, nibbled on hors d'oeuvres and caught up with a long-lost friend. In the taxi on the way home, I was scrolling through my husband's photos from the night when, once again, I was surprised by my own image. This girl looked more like the real me, the one I saw in my mind's eye: sexy, fun and confident.

"Looks do matter," says Vivian Diller, Ph.D., a Manhattan psychologist and the author of *Face It: What Women Really Feel as Their Looks Change*. "They are central to a woman's identity, even if they aren't at the forefront."

I didn't need a psych degree to know that over the past 10 years—seemingly in the blink of an eye—I had given myself over to motherhood and marriage. Sure, I wrote novels and newspaper articles, but not as prolifically as I wanted. Most of my days were spent shopping for groceries and scraping gunk off my kitchen floor. I sometimes felt like I had the best of both worlds, being able to work from home and raise my children, but at other times I felt incredibly frustrated. This wasn't the life I'd envisioned for myself when I was 25 and chose to stay in New York to marry the man of my dreams instead of moving to Washington, D.C., for a job that could have led to bigger things. At the time, I'd realized I was choosing love over career, but what I hadn't banked on was how long it would take me to shake the feeling that I'd shortchanged myself. Or that, many years and children later, I would still feel only somewhat satisfied with all that I had (which, to be fair, was plenty).

CHANGING MY LIFE

That spring, buoyed by my new look, I challenged myself to try things that were out of my comfort zone, like scuba diving while on vacation in Thailand and going downhill skiing in upstate New York. I'd learned how to ski as a teenager, but not well or with much pleasure. I didn't like the cold, the speed or the potential for crashing and injuring myself (or someone else). But I was tired of missing out on the fun. So the next time my husband took the kids skiing, I came along. Going up on the ski lift for the first time, I was so terrified I could barely speak, but by the end of the day I was making turns without careening off piste or into other skiers. More important, I was actually enjoying myself.

My next step was learning how to drive again. I'd been in a car accident in my teens, then had another one in a dune buggy while on vacation. Ever since that second accident, I'd been plagued with nightmares about being behind the wheel of a car I couldn't control, and had developed an acute fear of driving. It wasn't a problem in the city, where there's plenty of public transport and taxis, but in the country I often felt limited, unable to run errands on my own, dependent on others to take me places. Determined, I got back in the driver's seat and managed to drive to a tennis lesson and return home without wrecking the car. The next time was easier, as was the time after that.

COMING FULL CIRCLE

And to think, it all started with highlights. While beauty makeovers can't fix life's bigger problems, they can act as powerful catalysts. "The whole notion of psychology is that the most important or deep change comes from within, but that doesn't mean that there isn't a circular loop," says Diller. "Seeing your hair look more vital can trigger changes within you that indicate you have more to say, more to learn and more life to live."

I was feeling better about myself, which helped me overcome fears that had been holding me back in one way or another. That, in turn, made me feel empowered enough to take a stand when my husband and I got into an argument about our plans for the upcoming summer. He thought the kids would benefit from spending their entire break out of the city, breathing fresh air and playing outdoors at our house upstate—with me watching them. I thought I would go crazy keeping three kids occupied, unable to write, unable to see my friends. The old me might have capitulated to my husband's wishes and spent the rest of my summer feeling angry and resentful. The new me stood her ground.

You could say that it took finding my look for me to find my voice. "I'm not happy," BEAUTY > 100

MAKE A CHANGE WORK FOR YOU

IDENTIFY WHAT YOU WANT TO DO

Figure out what you'd like to tweak about your appearance and be ready to articulate it. "You need to spend some mirror time" before you go in for an appointment, says Dendy Engelman, M.D., a dermatologic surgeon in New York City. Look at your reflection. What's the first thing you see that you don't like?

THINK ABOUT HOW YOU SEE YOURSELF

Now close your eyes and envision how you'd like to look in your mind's eye. What are the differences between that image and the one you see in the mirror? "I call it the moment of truth—when what you see in your head is not matching what you see in the mirror. We try to make those two things align," says Dr. Engelman.

START SMALL

If you're nervous about change, begin with your makeup, which doesn't require as much commitment as, say, a new haircolor, makeup artist Carmindy says. If your hair is what's bothering you, try going gradually from point A to B. "Minor tweaking with haircolor can be the answer," says NYC-based haircolorist Marie Robinson. You can always try something more radical the next time.

PLAN FOR THE FUTURE

Talk to your hairstylist about how you can manage your hair in between appointments—with a shampoo to help lock in color, for example—and ask your dermatologist to create a six-month to two-year plan, says Elizabeth Tanzi, M.D., a dermatologist in Washington, D.C. You've done the work to make a change—now this is the key to keep your new self looking and feeling great.

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Promotion






(SELF)

INDULGE

VEG OUT!

→ *Make 2015 the year you embrace your greens. With these recipes, everything from your favorite comfort food to your go-to salad gets a delicious refresh.*

RECIPES BY CARRIE PURCELL



*Hearty and healthy,
this roasted butternut
squash soup is loaded
with immune-boosting
vitamin A.*

Ricotta and Asparagus Pizza With Microgreens

SERVES 6

- All-purpose flour for dusting
- 1 lb homemade pizza dough (recipe follows)
- 2 tbsp tomato paste
- ½ cup fresh ricotta
- 1 small bunch asparagus, thinly sliced
- 2 tbsp extra-virgin olive oil, plus more for garnish
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- ¼ cup grated Parmesan
- 1 cup assorted microgreens or baby lettuces
- 1 tbsp white balsamic vinegar

Heat oven to 500°. On a lightly floured surface, roll dough into a 12-inch circle. Prick all over with a fork. Spread tomato paste and ricotta evenly over dough, leaving a ½-inch border around the edge. Top with asparagus and drizzle with olive oil, salt and pepper. Sprinkle Parmesan all over, including crust. Bake on a pizza stone until crust is golden brown, 12 to 16 minutes. Cool 2 minutes; top with microgreens and drizzle with vinegar and more olive oil, if desired.

HOMEMADE PIZZA DOUGH

In a small bowl, combine 1 packet (¼ oz) active dry yeast, ¾ cup warm water and 1 tbsp honey; stir. Let sit until foamy, about 5 minutes. In a large bowl, combine 2 cups bread flour and 1 tsp kosher salt. Add yeast mixture and stir well. Add 2 tbsp olive oil and combine until a sticky ball forms. Transfer to a lightly floured surface and knead until smooth, about 5 minutes. Place dough in a large oiled bowl and cover with plastic wrap. Let rise in a warm area until doubled in size, about 1 hour.

Roasted Butternut Squash and Golden Beet Soup

SERVES 4

- 1 large butternut squash, peeled, seeded and cut into ½-inch cubes
- 2 medium golden beets, greens removed, scrubbed well and quartered
- 1 large yellow onion, coarsely chopped
- 3 garlic cloves, smashed
- 3 tbsp olive oil



SALAD DAYS

Watercress and radicchio give this dish a peppery kick.

- 2 cups low-sodium chicken or vegetable broth
- 2 tsp kosher salt
- ½ tsp freshly ground black pepper, plus more for garnish
- Assorted garnishes, such as thinly sliced candy-striped beets, sliced lemon cucumbers, finely diced red onion and Thai basil leaves

Heat oven to 400°. On a large rimmed baking sheet, spread squash, beets, onion and garlic in a single layer; toss with olive oil. Roast until tender, 40 to 50 minutes. Let cool slightly, about 10 minutes. Transfer vegetables and any accumulated juices to a blender or food processor; add broth, salt and pepper. Blend until smooth, thinning with 1 cup hot water as necessary. Divide among bowls and garnish as desired.

Watercress and Grapefruit Salad With Grilled Shrimp

SERVES 4

- 6 cups watercress, torn into pieces
- 2 cups shredded radicchio
- 2 grapefruit, peeled and sliced
- 2 cups grilled shrimp
- 1 cup crumbled goat cheese
- ⅓ cup extra-virgin olive oil
- 4 tbsp red wine vinegar
- 2 tsp Dijon mustard
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- ½ cup toasted pepitas

In a large bowl, lightly toss watercress, radicchio, grapefruit, shrimp and goat cheese. In a smaller bowl, whisk together olive oil, vinegar, mustard, salt and pepper. Divide salad between plates and drizzle with dressing; sprinkle with pepitas.

JENNIFER LOPEZ

CONTINUED FROM 67



When you get into all that stuff and start unraveling that puzzle, you start feeling a little bit stronger. You start feeling more empowered, and you think, I can do this. I'm on my own and it's not so bad. And then there are moments where you're like, I'm lonely! I hate this! But that's the growth."

Lopez is also exerting fresh control over her career. She loved the artistic freedom of working on an independent film like *The Boy Next Door*. When she began in movies 20 years ago, many A-list stars got paid a lot of money to do franchise films over which they had very little creative control; movies often either went big or went home. Lopez

never imagined then that the DIY film renaissance of the past decade would allow her to choose a script she believed in, find a director, then star in and produce the movie. "People would have been like, 'Oh, a female-driven movie. I don't know if we want to do that,'" she says. "But now we can just go do it ourselves. All I have to do is bank on myself, which I'm in the business of doing."

The idea that *The Boy Next Door* reversed the typical older man/younger woman dynamic is also something that interested her. "All the old clichés about women need to be undone," she says. "Enough already. We're in the other position now. We are desirable older, we can date younger guys and it's not this big taboo. Men have been doing this for years, and it's no big deal."

The thing about Lopez, though, is that she seems to be aging backward. Her famed figure looks better than, well, ever. In addition to her dancing, she credits working out with Tracy Anderson with making her leaner and more defined. And Lopez feels like the inner work she's

doing is also transforming her body. "I'm concentrating on working on myself, because I feel like when that's intact, then it's easy to get to the gym," she says.

Of course, eating well is a factor, too. Lopez generally avoids bread and alcohol but indulges her sweet tooth with a small daily dose of chocolate. Before rehearsal, she had a bowl of pasta for dinner in her dressing room with Max and Emme. It's not something she'd normally eat at night, but she needs that fuel to dance. "I'm doing a little extra, so I need extra food. If you don't eat and then try to go dance, you'll get run-down."

There's little chance of that happening to Lopez—tonight or any other time. Instead, she's looking to the year ahead as one that will define the woman she hopes to become: a woman whose inner tenacity matches her outer strength. And though the hours she's putting in won't get any shorter, she's up for the challenge—and the hard work. As she says of her intense exercise regimen: "It's like I'm in training, and I'm getting ready for the fight." ●

THE POWER OF BEAUTY

CONTINUED FROM 95



it said. "I want a change." It also may have screamed at my husband, "I'm looking for a job starting Monday!" Not my finest moment, but going back to work—prioritizing my professional ambitions, which I'd back-burnered for so long, and earning my own independent source of income—was something I'd wanted to do for a very long time. I'd just been too afraid to admit it to myself until then.

My husband was supportive but dubious. He wasn't sure I'd be able to find a job that would pay enough to justify what we

would spend on child care. And we both worried about how our kids would react to the change. I told him that we'd worry about my salary once I actually got a job offer, and that the kids would benefit from seeing me pursue my dreams. After dusting off my résumé, I told everyone I ran into that I was looking for work. My husband realized I was serious and got on board. In fact, I think seeing me like this, energized and driven, reminded him of the woman he'd originally fallen in love with—the woman I'd become, again.

I was fortunate. Three months after I started looking for a job, I found one (here, at SELF). The day before my job interview, I bought a crisp, white blouse and pencil skirt, plus a statement necklace—the kind of cool-girl piece I used to admire from afar, wishing I led the kind of life that necessitated such accoutrements. I had my hair professionally blown out. The old me would have

called all that putting the cart before the horse (*first* you land the job, *then* you go shopping). But the new me knew better. A new outfit and shiny hair wouldn't guarantee me an offer, but the confidence boost they gave me that day may indeed have sealed the deal.

I won't say that it hasn't been difficult figuring out how to manage it all, and that there haven't been days I've longed for the routine and predictability of my old existence. But for the most part, I'm happy—and proud of myself for finally taking charge of my life.

In a story filled with irony, here's my favorite one of all: Those golden, Gisele-inspired highlights are gone. I decided they weren't me after all. So I'm back to being a brunette, with nary a trace of honey or caramel in my hair. My life, on the other hand, has undergone quite a radical transformation. And I love the way it looks. ●

JANUARY

diary

GET-IT GUIDE

Cover Bodysuit, Preen by Thornton Bregazzi; Net-A-Porter.com for similar styles.

Page 1 Bodysuit, Well Kept, \$310; WellKeptBra.com. Pants, Theory, \$355; 212-524-6790. Gloves, Perrin Paris 1893, \$285; 212-585-1893. **Page 2** Pumps, Roger Vivier, \$875; 212-861-5371. Dress and vest, Iceberg; Shopstyle.com for other styles. Turtleneck, \$39; JoeFresh.com. Bag, \$2,400; MarcJacobs.com for stores.

Page 13 Top, Carven, \$690; 646-684-4368. Sports bra, Espalier, \$105; EspalierSport.com. Watch, \$125; Nixon.com. Gloves, price upon request, and shoes, \$425, Max Mara; 212-879-6100.

Page 21 Tank, \$90, and pants, \$80, Adidas by Stella McCartney; Adidas.com. Sports bra, \$108; Mikoh.com. **Page 28** Dress, Philosophy di Alberta Ferretti; Shopbop.com for similar styles.

Page 30 Earrings, Eva Fehren, \$2,880; Barneys New York.

Page 35 Bra, \$125, and pants, \$119, Michi; MichiNY.com.

Page 36 On model: Tank; Nike.com for other styles. Shorts, \$32, shoes, \$95, and watch, \$140; Nike.com.

Page 40 Jacket, Just Cavalli, \$1,240; 646-613-8458. Hat,

\$136; OlympiaActivewear.com. Bag, Adidas by Stella McCartney, \$70; Adidas.com.

Page 44 Bodysuit, Lisa Marie Fernandez, \$260; Net-A-Porter.com. Pants, The Upside, \$100; Carbon38.com. Headband, \$10, and wristbands, \$6 each; Nike.com. Sneakers, \$125; DKNY.com for stores.

Page 62 Top, Albright Fashion Library; Martinez Lierah.com for other styles. Briefs, Norma Kamali, \$110; Sweats.NormaKamali.com.

Page 65 Top, \$27; Danskin.com. **Page 66** Bodysuit, Well Kept, \$310; WellKeptBra.com. Pants, Theory, \$355; 212-524-6790. Gloves, Perrin Paris 1893, \$285; 212-585-1893.

Page 69 Parka, Love Moschino, \$710; Moschino.com. Jacket, \$159; AnnTaylor.com. Pants, \$745; PeterSom.com. Sunglasses, Carrera, \$149; Solstice Sunglasses.com for stores. Belt, Prabal Gurung for Bond Hardware, \$225; Barneys.com for stores. Boots, Red Wing Heritage, \$310; Nordstrom.com. **Page 70** Vest; Coach.com for similar styles. Cardigan, Sacai Luck, \$893; The Parliament at Fred Segal, 310-451-8080. Shorts,

Suno; SunoNY.com for other styles. Earring (right ear), \$202 per pair, and necklaces, \$88 and \$150; APeaceTreaty.com. Earring (left ear), \$150 per pair; RobertLee Morris.com. Scarf, \$1,150; Gucci.com. Watch, \$675; Shinola.com. Socks, \$23 for two pairs; LLBean.com.

Page 71 Red vest, Marissa Webb, \$298; Latrice, 610-525-1109. Jacket, Marissa Webb, \$695; Bergdorf Goodman, 800-558-1855. Hat, \$49; Barbour.com for stores. Earrings, \$150; Robert LeeMorris.com. Scarf, \$1,150; Gucci.com. **Page 73** Vest; Lacoste.com for similar styles. Parka, Woolrich John Rich & Bros., \$350; Woolrich.com. Pants, \$395; VeronicaBeard.com. Earrings, \$180; APeace Treaty.com. Backpack, \$99; Patagonia.com. Socks, \$23 for two pairs; LLBean.com.

Page 79 Dress, Stella McCartney, \$3,440; 212-255-1556. **Page 81** Bodysuit, \$80, skort, \$60, visor, \$30, and wristbands, \$20, Adidas by Stella McCartney; Adidas.com.

Page 82 Dress, \$120, socks, \$14, and sneakers, \$125, Adidas by Stella McCartney; Adidas.com.



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WHY I...

SKATE

By **GRACIE GOLD**, 19, defending U.S. Figure Skating champion and Olympic bronze medalist

When I was 8, I went to a birthday party at an ice rink. The other kids hung on to the side of the rink, but I ventured out—just to see if I could. I skated forward and backward. It felt innate, somehow. I signed up for skating lessons a few weeks later.

The way you learn the sport appealed to my competitive side. You tackle the jumps in order: Master one, then move on to the next. Those milestones are motivating. The single axel is first. Some people can't do it and quit. I landed my first single axel at 9, a year after I started. Jumps have come easily for me. But every time I learn something, I want to work harder and take on the next challenge.

I started winning local competitions around Illinois, and my parents thought that I might need more advanced coaching. We began traveling between Springfield, Illinois, and Chicago so that I could have access to higher-level coaches. I thrived and won my first international competition when I was 16.

Now I've won the U.S. championships and have an Olympic medal, but competition is still a big motivator for me. I put in three to four hours a day on the ice, plus yoga and ballet every week. Figure skating requires so much body awareness: I have a split second in the air to execute a jump, and I have to be tuned in to every muscle. Being just five degrees off can jeopardize the whole jump. It's also all about integration. I put everything—the emotions, the breathing, the dance, the jumps—together into something that defines me.

“

I want to nail every jump—every time, no matter how I'm feeling.”

Gold rehearses in Los Angeles.

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