

SELF

SPECIAL STEP-BY-STEP HANDBOOK

DROP 10 POUNDS

56 Slimming Meals That Rev Your Metabolism | Burn 120 Calories Without Even Trying

GLOWING SKIN, SHINY HAIR

Solutions for Every Type

STRESS LESS ABOUT MONEY

Enjoy a Fatter Wallet, Happier Relationships

23 WAYS TO BOOST YOUR ENERGY,

Beat Anxiety, Sleep Better and Brighten Any Mood p.148

\$9,400 WORTH OF FREEBIES INSIDE!

Healthy Recipes Made Simple
Diet-Friendly & Delicious!

KEEP YOUR CURVES, LOSE THE EXTRA

Steal Kim Kardashian's Surprising Secrets



Kim's rules

Kim Kardashian, 30, shares so much on her newest E! series, *Kourtney and Kim Take New York* (not to mention on Twitter), you might think you know all about her. Well, you're in for a surprise. In a SELF exclusive, the reality-TV superstar shared her secrets to getting that famous body, gorgeous hair and fulfilling life. **By Erin Bried**

"Everyone has the power to make good decisions, whether it's about your career or fitness routine. As long as you stay dedicated to something, you'll see a change. **If you're committed, you can do anything!**"

“ Find the one part of your body that you love and accentuate it. For example, because **I have a small waist, a big butt and thin legs, belts work for me.** You have to know what looks best on *your* body.”

"Growing up, I saw **only skinny models** and didn't relate. Salma Hayek and Jennifer Lopez prove you can be curvy and proud!"

“ On days when I need extra motivation, I just think, **Bikini, bikini, bikini!**"

"Donating to charity makes me feel good. **I give away 10 percent of my money to different charities**, like the Dream Foundation. If I can help someone with a terminal illness visit a loved one they might not have been with for 10 years, it's the greatest feeling in the world to me. If you give away, you'll always prosper."

"I have such a great family!"

"**Khloe** is the person I go to for advice when I want harsh reality. And we work out together."



"**Kourtney** is busy with her baby, so I don't bug her for advice on minor things. And she's as indecisive as I am!"

My workout is the one time I can disconnect. It's the best feeling! When I see people on the phone at the gym, I want to tell them, "This is your hour to be selfish. Take it!"

Dress, Shipley & Halmos. Earrings, Mauri Ploppo. Bracelet, Elsa Peretti for Tiffany & Co.

FROM TOP: ROBERT ERDMANN; CREATIVE DIRECTOR, CYNTHIA SEARIGHT; FASHION DIRECTOR, EVYAN WETZNER; HAIR, DAVID BRADY FOR TRACY MATTINGLY; MAKEUP, KATE LEE FOR STARWORKS ARTISTS; MANICURE, KIMMIE KYES FOR CELESTINE; PROP STYLING, STEVE HALTERMAN; DENISE TRUSCELLI/WIREIMAGE; SEE GET IT GUIDE.