\$9,400 **WORTH OF FREEBIES** INSIDE!

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,

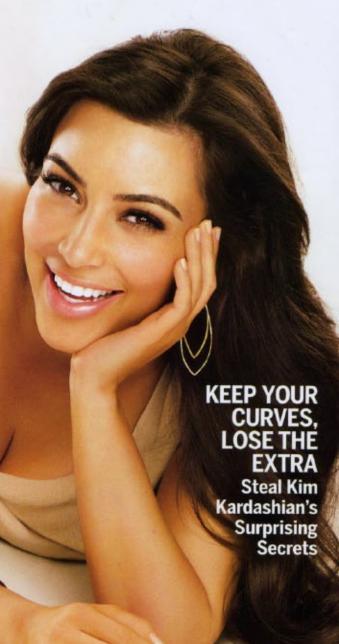
Happier Relationships

WAYS TO BOOST YOUR ENERGY,

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

Healthy Recipes Made Simple

Diet-Friendly & Delicious!



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!"



