



THE WORD
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FOR HEF? DUH {page 18}

GET A NEW
BODY FOR 2012
WELLBEING {page 24}

HOMES
FEEL COOL WITHOUT
BEING COLD {page 35}



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NEW YORK
Wednesday, January 4, 2012
NYC's #1 FREE DAILY



Bullied to death?



► 15-year-old Amanda Cummings died after being hit by a bus ► But her uncle thinks the teen committed suicide after she was teased by girls at her Staten Island high school ► Friends say they'll miss a sweet, cheerful girl {page 02}

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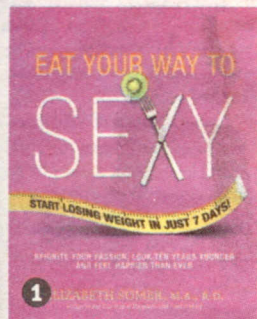
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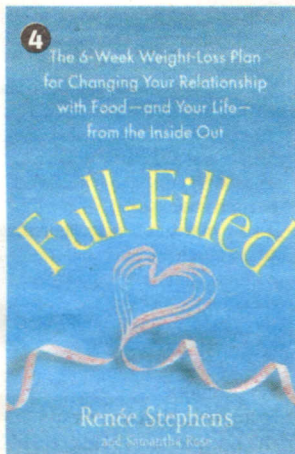
New diet books



Looking to lose weight in 2012? These books promise to help.

1 **"Eat Your Way to Sexy"** by Elizabeth Somer, M.A., R.D.: Somer offers tips on shedding pounds and getting healthy — which in turn, she notes, will boost your sex life.

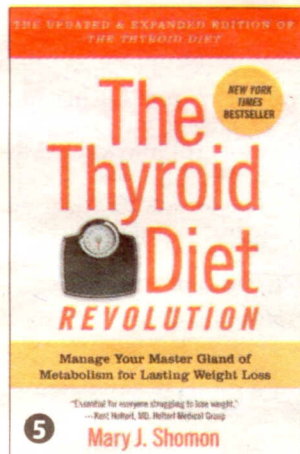
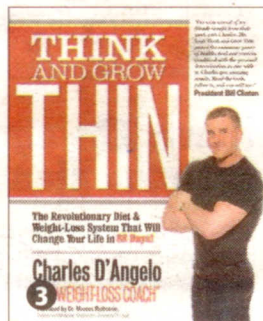
2 **"The Men's Health Diet"** and **"The Women's Health Diet"** by Stephen Perrine: Perrine and each magazine's editors have aggregated



their best diet and exercise tips into these manuals.

3 **"Think and Grow Thin"** by Charles D'Angelo: Endorsed by President Bill Clinton, D'Angelo's book aims to change your mindset before your body.

4 **"Full-Filled: The 6-Week Weight-Loss Plan for Changing Your Relationship with Food — and Your Life — from the Inside Out"** by Renée Stephens: Former overeater Stephens details her own



journey through food addiction — pulling food from the trash, topping everything with chocolate syrup — and how she overcame it.

5 **"The Thyroid Diet Revolution"** by Mary J. Shomon: Are your hormones impeding your weight loss efforts? This book will help you find out and tell what to do about it.



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