

June 23,
2008

Woman's World

God Bless America

A great week made easy!



Teresa went from size 20 to size 8!

Stressed? Anxious?

Discover the 5-minute trick that calms your heart rate!



Summer fruit cure: Eat the berries that **Beat cancer and high cholesterol!**

Easy! Summer salad suppers

SOUTH BEACH

Can't sleep? Try the cookies that **Stop insomnia!**

6 easy-grow houseplants that will **Detox your whole house!**

Surprising warehouse-club bargains! Buy these to stretch your budget the most!

The ice cream cure!



Yummy Creamsicle Cake!

- Lose weight!
- Cure PMS!
- Prevent diabetes!
- Heal in...



Quick mini sandwiches!

EXTREME

Lose up to 150 lbs

- ✓ Supercharge your metabolism!
- ✓ Walk off 300% more fat!
- ✓ Drop 17 lbs every 14 days!



High blood pressure? Why your handbag may be to blame!

Get the royal treatment —wherever you go!

Do you always get exactly what you ask for when you go to the auto-repair place, hair salon or store? Probably not! Sometimes it can seem like you're being ignored or just not really being listened to—but there are ways to be treated exactly like a queen no matter where you go!

Get the haircut you actually asked for!

■ Test drive it first.

Go to an online site like www.taaz.com, where you can upload your photo and "try on" dozens of different hairstyles. You'll be able to tell which cuts flatter your face. Print out your favorite and take it with you to the stylist, so there's no chance of a "you-said, she-heard" mix-up!

■ Use your cellphone!

See someone at the mall with a cut you adore—and that you think will work for you? "Let your cellphone help!" says stylist Rachel Mohr. "Ask if you can snap her photo with your cell and explain why; she'll love the compliment!" And your stylist will love having a visual description to go by!

■ Use features as a length benchmark.

"Short," "long" and "just a little trim" mean very different things to different people," says Mohr. "Instead, say, 'I want it just below my shoulders,' or 'Not higher than my ears,' which gives your stylist something concrete to work with, avoiding any misunderstandings."

Tip!

Getting a lot cut? Donate your hair to Locks of Love (www.locksoflove.com), which makes wigs for people who have lost their hair due to medical reasons.

Get your car fixed at a fair price!

■ Head online first.

Type in the car's problems on the Internet and see what comes up. Then tell the mechanic what you think it could be—along with a pricey problem you know it's not. If he jumps on the expensive one, it's a sign he either doesn't know what he's doing—or he may try to rip you off!

■ Go midweek!

Tuesdays and Wednesdays are the least busy days, so the mechanics will have more time to figure out what the real problem is!

■ Pretend you know more than you do.

If they say you need a new part, ask them to give you the old part back when they remove it, suggests Corey Sandier, author of *Secrets of the Savvy Consumer*. It will look like you'll be checking up on them—and warns them not to take advantage of you!

Get prompt—and friendly—restaurant service!

■ Order everything at once.

Servers' number-one pet peeve? Having to make multiple trips! So order your drinks, appetizers and entrees all at once and your server will be extra-accommodating!

■ Make a request, not a demand.

"Your waiter is much more likely to go the extra mile if you phrase it as a favor," says persuasion expert Ken Hogan, Ph.D.

■ Dress up!

You'll get quicker, friendlier service if you're in nicer clothes as opposed to jeans or sneakers. The reason? Studies find we associate those who look nice with someone who is friendlier and more likely to tip big!



Get fast and person service at a store!

■ Compliment them first.

Beginning with a positive statement like, "I shop here because everyone is so helpful" more than doubles your chances of getting great service, explains Keith Bailey, author of *Customer Service for Dummies*. "They'll want to live up to your expectations!"

■ Use their name.

Research shows when you use a person's name, you establish a connection to the person. In one study, customers who used salesclerks' names were nearly 70% more likely to report getting good service!

■ Smile.

Be polite and use "please" and "thank you": Studies show just using these magic words will earn you 33% better service!

