SEPTEMBER 2011

Good Housekeeping



Anti-Aging Is

Look Y YOUNG

* Best products to
* 5 foods for smoo
* Get back 6+ year one easy habit

PAY LESS FO EVERYTHING (or get it for FREE!

HATE to Exercise?

You're not alone

See p. 139

Stress-Free MORNINGS

Secrets of women who never rush

Style Mistake That Age You

5 looks that take off years—*instantly*

WINE PICKS

House Reds

Casual bistros in Europe and the U.S. often have "house" wines—easy-drinking, unfancy bottles that go with a wide variety of foods. Our faves, *below,* are perfect to keep on hand and uncork with your meal after a long day's work—or to offer to an impromptu dinner guest.

1 Georges Duboeuf Morgon 2009 $13
France | WE LIKE dark cherry flavors TRY WITH grilled chicken or salmon, with wine slightly chilled

2 Argento Malbec 2009 $13
Argentina | WE LIKE spicy and soft plum notes | TRY WITH barbecued ribs

3 R Collection by Raymond Cabernet Sauvignon 2009 $15
California | WE LIKE balanced fruit and tanginess | TRY WITH steak and sautéed onions



The No. 1 Secret FOR MORE ENERGY p. 185

The Real Reason I Left"

lf doubt. Health issues. stress. Why Meredith Vieira lked away from *Today*— nd found her true self