

DETAILS

THE DIET THAT
MAKES YOU
LOOK YOUNGER

+15
THE HEALTHIEST
SNACK
FOODS

O BROTHER,
WHERE
ART THOU?
JOE JONAS
GOES
IT ALONE

THE (NO) BABY BOOM
HOW PARENTING LOST ITS COOL

WHY ALL OF
HOLLYWOOD'S
TOUGHEST
ACTION STARS
WEAR
STILETTOS

THE 5-MINUTE
FULL-BODY
WORKOUT

THE
TAMING
OF RUSSELL
BRAND

PLUS: THE PERFECT
WHITE SHIRT,
NEW AND IMPROVED
CARGO PANTS,
AND THE SEASON'S
BEST COLOGNES