

God Bless America  
**Woman's World**  
 A great week made easy!  
 ONLY \$1.49  
 Sept. 11, 2007  
 No more back pain  
 7 easy fixes  
 Michelle got all in a week

**Is yeast making you fat?** How to find out—and get slim for good!

**Unleash your inner genius!**  
 Super-success tricks from Einstein and **OPRAH!**

**DIET PILL BREAKTHROUGH!**  
 Boost your metabolism 18%  
 Make your cells burn more fat  
**Lose 45 lbs or more by Christmas**


*Slimming! Delicious!*  
 Chocolate-Strawberry Mousse Parfait!

**Feel better! Live longer!**  
 Prevent cancer! Lose weight!  
 Avoid diabetes!  
 P.S.—Why you must eat more chocolate!

The salad that **Prevents osteoporosis!**  
**NO MORE WORRIES!**  
 Get yours off your mind for good!

15 minutes to **A perfectly organized life!**

**2 Stash it!**  
 Pick up some small baskets and label each with a family member's name. "Make that 'home base' for things like homework and backpacks," says Knapp. You'll always know where your keys are, and the kids won't have to search for their stuff!  
**Precious minutes saved: 15**



● Your Perfectly Organized Life

**Hassle-proof your mornings!**

If your house is chaos in the morning, you're not alone! But "these tricks can get you out of the house fast!" promises Amy Knapp of [www.thefamilyorganizer.com](http://www.thefamilyorganizer.com)

**1 Hang it!** Forget that tip about laying out clothes the night before, advises Knapp. Instead, set out five hangers for each child on Sunday night, then let them choose and hang outfits for each day of the week. The only proviso? What they hang, they have to wear (weather permitting, of course).  
**Precious minutes saved: 20**

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**3 Warm it!** Can't get the kids out of bed? Tempt them with warm, toasty clothing! Especially on chilly mornings, kids hate to leave a warm bed—but if you toss their clothes in the dryer for just three minutes, they'll rush to put them on before they get cool again!  
**Precious minutes saved: 10**

**4 Preplan it!** Ever had to turn the car around because someone forgot their sweater? "Try keeping a box of essentials—like markers, gym clothes, nonperishable snacks, hair ties—in the car," advises life coach Pam Woods.  
**Precious minutes saved: 10**

**5 Meet on it!** Calendars with activities posted aren't enough, says Woods. Hold a family meeting each Sunday to discuss the week's events. They'll be fresher in everyone's mind—so no more forgotten school projects or last-minute party gifts.  
**Precious minutes saved: 30**

—Alexandra Kay




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