

Diet Breakthrough: What Really Makes You Lose Weight

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- The Workout to Sculpt It
- The Swimsuit to Flaunt It
- The Confidence to Carry It Off!

Summer Snacks That Won't Make You Fat p.96

One Minute to FLAT ABS

The Only Move You Need



Tom Cruise's
Sexy New Co-Star

Malin Akerman

"I work hard for my body!"

Her Summer
Shape-Up Secrets

ERASE THOSE BULGES

Your Total-Body
Toning Plan p.76

HEADACHE FIXES

Fast Ways to Stop the Pain

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From the Editor's Desk

Brave That Bikini!

To show my solidarity with the 99.9 percent of the female population who dread swimsuit shopping (finding a style that flatters is frustrating!), my staff convinced me to go public and don a suit I felt comfortable in—after trying on hundreds. Trust me, being photographed in a revealing two-piece wasn't something I jumped to do. Even though I'm pretty trim and fit, due in part to the ab exercises I've done religiously all spring, I have body issues—including cellulite and pasty white skin. One of them is easily fixable, thanks to sunless tanning (see more on that, right). But the other isn't: Regardless of the number of lunges, squats, or leg presses I do, I can't get rid of the dimpling on my tush.

Sound familiar? It's because of such all-too-common concerns that we dedicated this issue to the pursuit of body confidence. From a guide to finding the best swimwear for your shape (page 56) to a last-ditch summer toning program (page 128) and a skin-perfecting plan (page 144), we've covered all the bases to help ready you for the beach. Even cover model Malin Akerman weighs in, sharing how she conquered her own bikini fears (page 36). Believe it or not, this bombshell has self-conscious moments too.

Finally, I urge you to read our special report on skin cancer (page 108) before heading out in the sun. Its take-home message: No one, regardless of age or ethnicity, is immune.

So have a safe June, and remember to spread the (body) love! See you next month.



Simple suits like this one from **L*Space** (top, \$62, and bottoms, \$73; everythingbutwater.com) won't overwhelm a petite frame like mine. Plus, the full-coverage bottoms help conceal my cellulite—since using my hands isn't really practical.

Tara
TARA KRAFT HORAN,
EDITOR-IN-CHIEF

Follow me on Twitter @TaraShapeEditor, or write to me at TellTara@shape.com.

Check out my new Pinterest boards at pinterest.com/taraeditor.

THIS MONTH I'M LOVING...

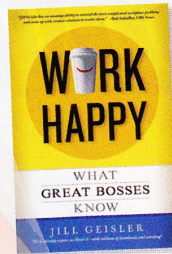
HONEYSUCKLE

This fragrant flower takes me back to childhood: We had a tree growing in our yard. Not only does honeysuckle smell sweet, it tastes that way too—sort of like honey, which may explain its name.



THE SUMMER SOLSTICE (WEDNESDAY, JUNE 20)

It's the longest day of the year and the official start of summer. But historically the solstice was a time to celebrate renewal and the abundance of the earth. So while you're enjoying the extra daylight, take time to reflect on the promise of the new season.

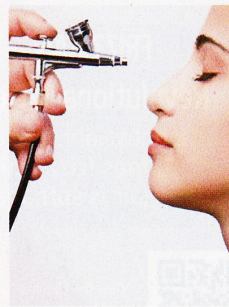


WORK HAPPY: WHAT GREAT BOSSES KNOW

Management guru Jill Geisler has coached countless women on how to build their leadership skills. Now she shares her secrets in this insightful new book (\$25; amazon.com). Wherever you are on the career ladder, it's a must-read.

SPRAY TANNING

As a fair-skinned Irish lass, I was never at ease in a bathing suit until I discovered the airbrush tan: It gives skin a sun-kissed look without the killer rays. My golden glow is courtesy of renowned spray tanner Anna Stankiewicz, owner of Suvara Airbrush Tanning (\$88 for full-body treatment; suvaraworld.com).



TARA: NICOLAI GROSELL; HAIR: ANDREW FITZSIMONS/ARTISTBYNOTHERRANO.COM; MAKEUP: BRIAN DUFFREY FOR MAC PRO AT JUDY CASEY, INC.; HONEYSUCKLE: RICHARD GRIFFIN/SHUTTERSTOCK; SOLSTICE: VINCENT THING/GETTY IMAGES; SPRAY TAN: JULIAN WINSLOW/CORBIS