

# redbook

THE ULTIMATE

## Gift Guide

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**The proven way  
to sleep better  
(and slim down!)**

**Have great skin  
all winter long**  
Shortcuts top doctors love

**5 EASY NEW  
MONEY RULES**  
Learn them and save major \$\$\$

"Let It Go"  
superstar  
**Idina  
Menzel**  
on starting a  
whole new life  
after 40

**21**  
expert  
tricks for  
feeling  
happier,  
healthier,  
and less  
frazzled

*Win this  
dress!*

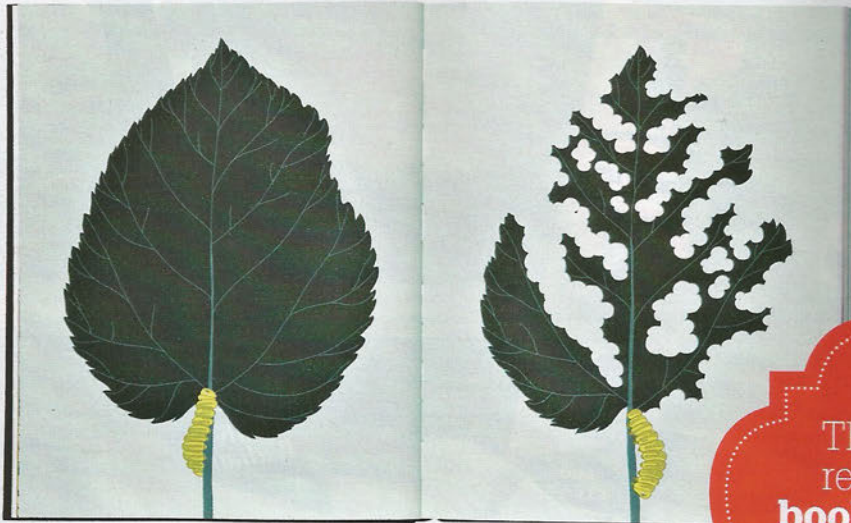
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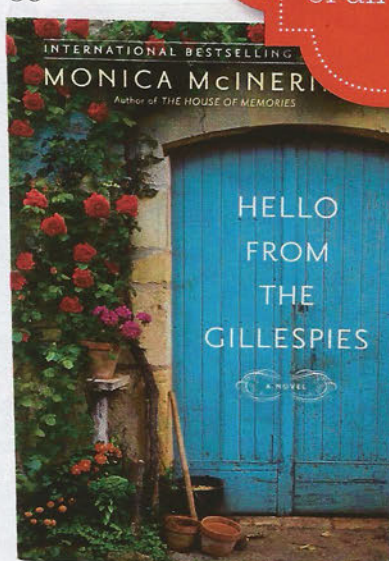


The best reads for book lovers of all ages

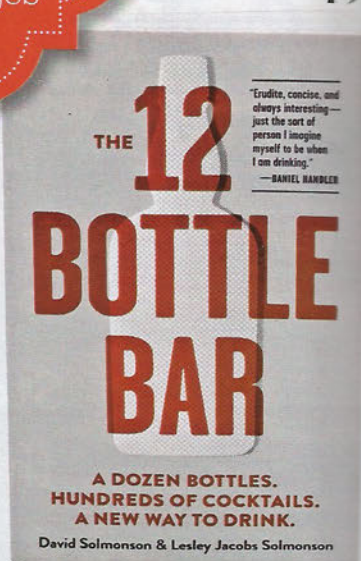
82



83



79



81



80



**77** The whimsical illustrations are meant to teach the concept of before and after to little kids, but they'll enthrall you, too. *Before After*, \$19.99; amazon.com. **78** Tyler Florence updates favorite comfort foods in this new cookbook—tell whoever gets it you are free for taste testing. *Inside the Test Kitchen*, \$35; bn.com. **79** The subtitle could be “how to make hundreds of cocktails without spending a bundle.” *The 12 Bottle Bar*; \$14.95; workman.com/products. **80** This photo book will be like catnip, er, a doggie treat for animal lovers. *Shake Puppies*, \$17.99; bn.com. **81** Smart tips for creating a chic home, from popular decor blogger Erin Gates. *Elements of Style*, \$35; amazon.com. **82** This “book” is actually a portable set of six giggle-inducing games. *Let's Play a Game*, \$24.95; amazon.com. **83** In this perfect book-club read, a confessional letter (think: an affair exposed, kid problems) accidentally gets emailed to a woman's entire contact list. *Hello From the Gillespies*, \$15; bn.com.

