

love your life.

REDBOOK

Live well ON LESS

PLUS How to ditch your debt for good

The 7 secrets to lasting love

Fall's best love-your-body looks

Trisha Yearwood
dishes up some NEW family recipes with down-home heart

What happy women know

Don't miss out!

REDBOOK

SEPTEMBER 2008

love your life.

WWW.REDBOOKMAG.COM



Don't waist another second!

Attention, stressed and sleep-deprived new mothers: The Belly Bandit, an abdominal-compression wrap designed to help you reclaim your waist, can be your new best friend. It helps reduce bloating and uterine swelling, provides much-needed support for your fatigued back and legs, and even improves posture during breast-feeding. The creators say it may minimize stretch marks and flatten your belly, too. We say, strap us in!

Couture, \$50, Basic, \$40, and Bamboo, \$60; bellybandit.com.

Fashion News

Everything our fashion department wants you to know so you'll be *in* the know!



Happy birthday

Banana Republic, one of our favorite and most trusted havens of great fashion, is turning 30 this year. To celebrate, the brand is reimagining its iconic fall separates—pieces like the trench, white shirt, and black dress, among others—by adding a touch of modern detail. After all, 30 is the new 20.

"30th Anniversary" trench, \$225, blouse, \$64, and skirt, \$89; bananarepublic.com.

WHAT WE'RE LOVING NOW:

Bargain scarves

We've decided that the best and most foolproof way to elevate an outfit to utter fabulousness is by adding a scarf. We love prints, bright colors, and fabrics from cotton to silk. Best of all: Even though this one little accessory (which makes plain old jeans and a T-shirt look pulled-together) has you looking like a million bucks, it will cost you a lot less—these are all under \$42!

Jersey wrap, Simply Vera Vera Wang, \$42; Kohl's, kohls.com. Multicolor woven scarf, Decree by JCPenney, \$18; JCPenney, 877-FIND-JCP for store info. Spotted scarf, New York & Company, \$17; nyandcompany.com.



It's about time

Lucky Brand Jeans is a misleading name for the beach-y, vintage-inspired clothing company. Its offerings go way beyond jeans to include dresses, sweaters, and even maternity pieces. Now the company's added a collection of equally cool, laid-back watches that will be in stores starting in September. Lucky us!

Flower watch, \$150; Macy's.