

# COSMOPOLITAN

The Compliment He Craves During Sex  
See p. 246

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## 85 HOT WAYS TO WOW A MAN

Beware: #58 and Beyond Are for Fearless Couples Only

Discover the Smartest Thing You Can Do as a Girlfriend

### COSMO AWARDS

## Best Beauty Stuff

Don't Spend a Dime Till You Read This

## "I Found His Ex in Our Bed!"

True Tales of Psycho Chicks Who Didn't Understand the Meaning of O-V-E-R

**Katie Holmes**  
The Story Behind That Sexy Smile

**HIS SECRET MOAN ZONES**  
(Even He Doesn't Know He's Got 'Em)

## TOO-SKINNY STARS

They Swear They Don't Diet—**LIARS!**  
We've Uncovered the Insane Ways They Get to Size 0

**7 Dreams You Must Not Ignore**



## YOUR BODY



Do you have too much of a good thing?

### BREAST CHECK NEW BREAST-REDUCTION OPTIONS

#### The latest ways to decrease a bustline

	SHORT-SCAR MAMMAPLASTY	BREAST LIPOSUCTION	POWER-ASSISTED LIPO
<b>PROCEDURE</b>	An incision is made around the areola and down to the crease beneath the breast to remove excess tissue.	The surgeon inserts a tiny tube through a quarter-inch incision, then suctions out excess fat.	The surgeon uses a suction tube with a vibrating tip, which gives the doctor more control to better sculpt breasts.
<b>PROS</b>	You get a smaller, firmer, higher bustline. The vertical scar is shorter than the traditional inverted T.	You're left with smaller, virtually scar-free breasts in about an hour, with three or four days of recuperation.	It's a faster (30 to 45 minutes) route to smaller, practically scar-free breasts, with two days' recovery time.
<b>CONS</b>	General anesthesia is required, and breast-feeding may not be possible due to cutting through some milk ducts.	Lipo isn't ideal for very saggy breasts or going down more than a cup size or two since loose skin is left behind.	Same as with regular lipo. And because this is so new, it can be tough to find an experienced surgeon.

SOURCE: RENATO CALABRIA, A BOARD-CERTIFIED PLASTIC AND RECONSTRUCTIVE SURGEON IN BEVERLY HILLS, CALIFORNIA

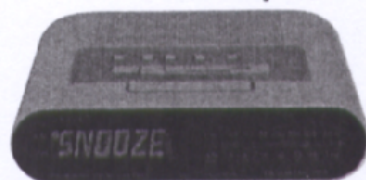
**TAKE 10 MINUTES... TO CALL SOMEONE YOU'RE PISSED AT AND FORGIVE HIM OR HER. YOU'LL LET GO OF BACKLOGGED ANGER AND ANXIETY.**

—Fred Luskin, Ph.D., author of *Learning to Forgive*

You snooze, you definitely lose.

BY JULIA CALIFANO

## bad-girl rehab HOW TO STOP OVERSLEEPING



Tips to perk up pronto and make it to work on time

You're practically on probation at work, yet nearly every morning, you slap the snooze button...over and over. The likely culprit behind your bad habit? Sleep deprivation, says Gary Richardson, M.D., a senior research scientist at the Henry Ford Hospital Sleep Disorders and Research Center in Detroit. And the only way to catch up is to start hitting the sack earlier.

Not gonna happen? Try these morning-after eye openers: Put your alarm clock across the room (and on full blast) so you have to get moving. Buy a coffee machine with an automatic timer; set it to go off with your alarm and you'll start stirring once you smell the java. Jump in the shower first thing—the spray will kick-start you (and you're less likely to fall back into bed wet).

## his & hers



He can still be your mane man.

## "There's hair on my man's pillow. Is he going bald?"

Don't panic. "It's perfectly normal to lose 50 to 200 hairs a day," assures Dominic Brandy, M.D., a clinical instructor of dermatology at the University of Pittsburgh. But a dramatic increase in shedding and hair that looks thin at the temples when wet are the early signs of male pattern baldness—and the sooner he starts treating the problem, the better, says Dr. Brandy. If he applies the OTC follicle-stimulating solution minoxidil to thinning areas twice a day, there's an 80 percent chance that he'll never lose another lock. Or have your man get a prescription for Propecia, an oral drug that also prevents hair loss.

(female model) RAFAEL ZABIK. (alarm clock) Len Delesio/Index Stock Imagery. (couple) ANNA PALMA. The models pictured in Cosmopolitan are used for illustrative purposes only. Cosmopolitan does not suggest that the models actually engage in the conduct discussed in the stories they illustrate.