

THE EASIEST WAY TO LOSE 10 POUNDS. BOOM!

Women's Health

How to
Stop
Craving
Sugar

Finally!

Great Mood
**GREAT
HAIR**

Just One Product

**HOT &
HAPPY!**

Make Good On
Your 2018 Goals

**Fit
At Any
Size**

p.8

**Flat
Abs**

In 28 Days!

Moves That Blast
Fat—No Cardio

**All Your
Adult Acne
Problems,
Solved**

Huge Career.
New Fiancé.
Then, a
Brain Tumor.
**How Maria
Menounos
Saved Her
Own Life**

Jan/Feb 2018





The confetti explodes, the ball drops, the champagne pops, and your resolution goes...bust. New year, new déjà vu? Sorry, not this time.

While it's technically true that nearly half of resolutions fizzle before February, that doesn't mean the edicts themselves are to blame: After all, people who make a resolution are over 10 times (10!) more likely to change a behavior than folks who don't set one, per a study in the *Journal of Clinical Psychology*. So what goes wrong, then? The way you typically frame yours and what you do after that initial burst of optimism can set you up for a frustrating cycle of aiming for—but not attaining—the same results, year after year. “People pick too many and unrealistic goals, spend their energy on things that deplete them, overestimate how much time they have in a day, and don't surround themselves with allies—making it easy to fail,” says Erin Falconer, author of the new book *How to Get Sh*t Done: Why Women Need to Stop Doing Everything So They Can Achieve Anything* and editor of *Pick the Brain*, a popular self-improvement Web community.

Well, it's time for a resolution revolution! Exactly why this isn't your typical guide. We not only took a hard look at the research on what makes habits stick, but also tapped leading experts knowledgeable in why millions of women with specific objectives have floundered. By reworking the approach for six women who have goals so many of us strive for, our pros show you how to stop history from repeating itself and make this the year you finally follow through. So grab your pom-poms and get pumped, because 2018 is about to get real.