

COSMOPOLITAN

VOTED SA'S BEST WOMEN'S MAGAZINE!

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SEPTEMBER 2007

YOU'VE GOT IT ALL!

...SO WHY AREN'T YOU HAPPY?
ANSWERS ON PAGE 90

HOPE IN A PILL
A NEW CURE FOR POST-TRAUMATIC STRESS?

STRANGE BUT TRUE
LYING AND FIGHTING CAN BRING COUPLES CLOSER TOGETHER

SHOCK DIET SABOTAGE
How colour and music can make you fat

BEAUTY & FASHION CHECK LIST
* HOT HAIR TOOLS
* THE PURR-FECT EYE LOOK
* THE SHADE OF THE SEASON

A SHAGTASTIC SEX LIFE

HAVE YOU AND YOUR GUY GOT WHAT IT TAKES?

HER HABIT, YOUR PROBLEM?

When your sister is a drug addict

THE LINGERIE ISSUE

72 PAGES OF SEXY, DELICIOUS WONDERWEAR

EXCLUSIVE!
Butt-kicker, butt-kisser and gossip queen **PEREZ HILTON** dishes for COSMO

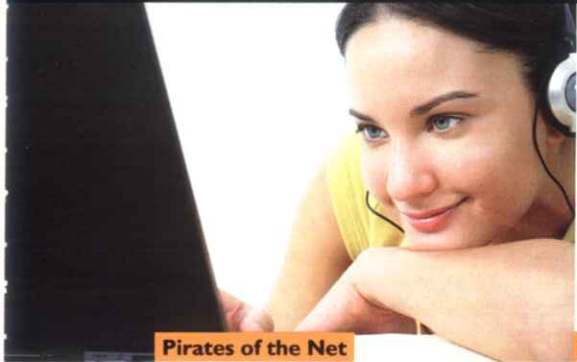


COSMO COVER STAR
CANDICE BOUCHER

WIN HUGO BOSS HAMPERS AND LEE COOPER JEANS VOUCHERS WORTH R60 000

COSMO HOT STUFF

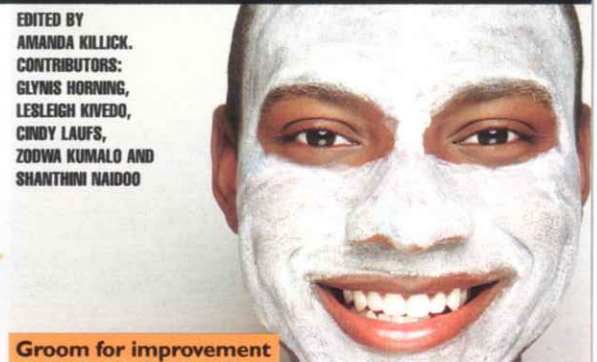
WHAT'S UP, WHAT'S NEW AND WHAT'S UNMISSABLE THIS MONTH



Pirates of the Net



Diet not on the rocks!



Groom for improvement

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THE HOT LIST IN SEPTEMBER

★ **THE RIGHT STUFF** A great new local website, www.loadtheshow.com, is changing the face of the music industry by addressing the MP-free problem and piracy on the Net. You download tracks free of charge – sponsors pay for ad space on the website and this money is used to pay royalties to the artists.

★ **WAIST MANAGEMENT** Master mixologists Liquid Chefs, together with Smirnoff, have developed a range of low-kilojoule cocktails for the diet-minded among us. We love the lite vanilla grapefruit martini! Visit www.liquidchefs.co.za.

★ **BEAUTIFY HIM** Need your man to clean up in a hurry? Drop him at Glasshouse, a men's grooming emporium in Cape Town. Choose the 'pit stop' for the man on the go, or the 'babalas', which will leave him refreshed and toxin-free. Phone ☎ 021 419 9598/9 or visit www.glasshousemen.com.

★ **STRIPSY TART** According to the Urban Dictionary (www.urbandictionary.com), 'the post-tipsy state in which the removal of clothing begins' is known as 'stripsy' – so don't be going all 'stripsy chick' at your next do.

★ **CATCH...** The Awesome Africa Music Festival at Midmar Dam in the KZN Midlands on 29 and 30 September. For info and to make a booking e-mail queries@awesomeafricafestival.com. See *The Tricky Part* at Downstairs at Wits until 1 September, or at the Sanlam Studio, Baxter Theatre from 10 to 29 September. Phone ☎ 011 717 1372 for info.

★ **EASY LIKE SUNDAY MORNING** Combine the best coffee in town with jazz every Sunday morning from 10.30am to midday at Green Point's Vida e Caffé – a skinny latte enjoyed with the Rus Nerwich Trio is so smooth! Visit www.caffe.co.za.

★ **FOUNTAIN OF YOUTH** The latest in the fight against ageing? Anti-ageing water. Aqua Bimini claims to protect against stress, repair damaged DNA and top up your immune boosters and vitamins. For more info call ☎ 011 666 4764 or visit www.aquabimini.com.

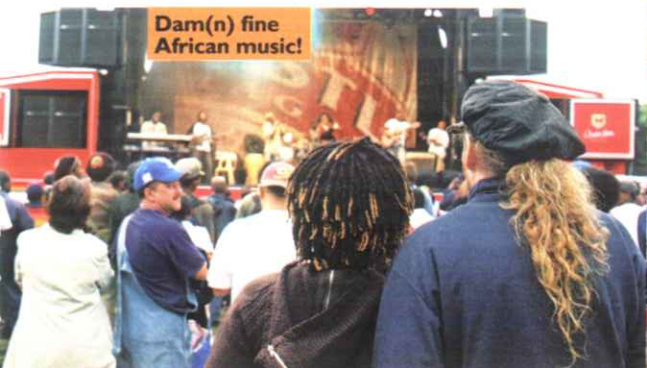
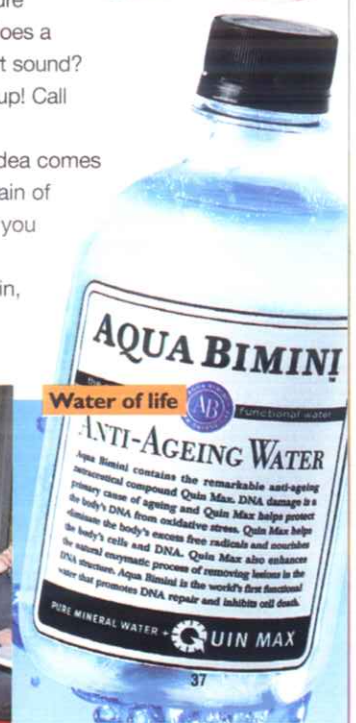
★ **PARTY FOR CHARITY** Get to the Johannesburg Stadium on 1 September for the 4 One Nation Concert. Catch kwaito and hip-hop stars such as Pitch Black Afro and Gang of Instrumentals performing to benefit HIV/Aids initiatives. Book at Computicket.

★ **NO TIME FOR ROMANCE?** Visit www.grandegestures.co.za, a website that will take the schlep out of schmoozing your special someone. They'll choreograph a grand gesture to suit your budget and imagination – how does a Moroccan-tented dinner for two in the desert sound? Or a romantic dinner at home? They'll set it up! Call Jacoline Veldsman on ☎ 011 468 2789.

★ **PIMP YOUR TEDDY** A great gift idea comes from the Build-A-Bear Workshop, a new chain of stores opening at malls countrywide where you can custom-make a teddy bear (or other stuffed animal) to suit its recipient. Fat or thin, clothed or, well, bare, you can also add a voice box. Visit www.buildabear.co.za.



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PURE MINERAL WATER + QUIN MAX
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