

# REDBOOK

love your life

## Sex every night?!

What 2,000 women  
desire in bed—  
and what they're  
really doing

**Jump-start  
your weight loss**  
The #1 way to succeed

## Celeb love stories

**Patrick Swayze's  
private family photos**

**PLUS sweet confessions  
from Tim McGraw,  
Halle Berry & more**

**Sexy  
hair  
make-  
overs**

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**Ashley  
Judd**

How her  
secret pain  
led her to  
a bold  
new life



## UNGUILTY pleasures

### A fun celebration of family life

If you love old family photo albums, this site is for you: [myparentswereawesome.com](http://myparentswereawesome.com) is a retro brag book—a humorous and joyful way for people to show off how peachy keen or rad their parents were back in the day, whether that day was in the 1950s or the 1980s. Scroll through photos of hippie dads strumming guitars in wood-paneled basements and proud parents in short shorts in front of bright sports cars. New Yorker Eliot Glazer started the site to “create a place that people could go to make them feel happy, sentimental, or nostalgic.” Let it inspire you to pose for a few awesome snapshots of yourself—your dark-wash jeans and blown-straight locks will look hilarious to the next generation!



Dude! We dug up these awesome pics of REDBOOK staffers' parents. Pretty groovy, huh?



### A feel-good fizz

Love soda but not the sugar? Izze Esque, a new all-natural sparkling juice, has everything you want in a soda—it's refreshing, delicious, bubbly—and contains 25 percent pure fruit juice and only 50 calories per bottle. (Compare that with more than 140 calories per bottle in Sprite, Coke, and some original Izze drinks!) Flavors include Limon, Mandarin, and Black Raspberry, \$5.49 for a four-pack. Now that's soda with a pop!