

Our Fresh New Look!

inside!
53 MUST-TRY
RECIPES

Chanelaine

JUNE 2010

✧ I wonder what it would be like to live in a world where it was always June. — Lucy Maud Montgomery ✧

Chanelaine

EXCLUSIVE WORKOUT

Beach Ready in Just 4 Weeks!

Biggest Loser's Jillian Michaels
Reveals Her Secrets

EASY SUMMER MEALS

Thinner Dinners

Delicious Grilling, Super Salads,
No-Guilt Pasta & Mini Paninis!

SPECIAL REPORT

The New Sex Drugs
Can You Find Passion in a Pill?

DOS & DON'TS

GREAT SKIN
at 20, 30, 40+

"I Don't Need You"
Letting Go of a Friend Who
Makes You Feel Bad

JUNE 2010 | \$3.99



chanelaine.com

PMAG00000000



BONUS!
Exclusive
Book
Excerpt
**Heart of
the Matter**
by Emily Giffin

DISPLAY UNTIL JUNE 21