WILD SEX!
That Big Bang Is the Sound of Your Bed Breaking!

KALEY CUOCO COMES OUT ON TOP!

Clear-Skin Tricks That Actually Work

glow on!

TRIGGER WARNING! Sex Inside!
We know you often skip conditioner, afraid it’ll weigh your hair down. Or you rely on a ton of styling products, but then suffer through sticky, untouchable locks.

**THE COMPROMISE IS OVER!**

With TRESemmé Beauty-Full Volume, you can get volume that’s never stiff or crunchy.
TRESemmé Beauty-Full Volume Pre-Wash Conditioner softens hair and reinforces its natural protective layer.

Introducing a game-changer in haircare. TRESemmé Beauty-Full Volume is the only haircare system formulated to work in reverse for touchable volume—condition before you shampoo to achieve lift and avoid a stiff, crunchy feel.

Hello, REVERSE WASH
FOR EVERYDAY, SOFT VOLUME
STEP 2 SHAMPOO To Wash Away Weight

TRESemmé Beauty-Full Volume Shampoo gently cleanses and removes excess weight.

Safe for color-treated hair + helps control static

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Goodbye, ‘LOOK BUT DON’T TOUCH’ HAIR

+ STYLE

TO COMPLETE YOUR LOOK

The TRESemmé Beauty-Full Volume styling range helps you finish your look and have it all—hair that’s got bounce + hold, but still remains soft.

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The only reverse wash system formulated for touchable volume

STEP 1 CONDITION to soften

STEP 2 SHAMPOO to wash away weight

My volume feels so good

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LOOK AS BEAUTIFUL TONIGHT AS YOU DID THIS MORNING.

DOUBLE WEAR
15-Hour Long-Wear Makeup

Amazing every hour of the day. That’s the serious staying power of this Stay-in-Place Makeup. Looks flawless, natural, beautiful. Lasts even through your longest days.

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Come to the Estée Lauder Counter for your perfect shade.
In an instant my skin is ready to glow.

Karlie Kloss
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SUBLIME BRONZE
SUMMER EXPRESS
INSTANT TAN LOTION

■ EXCLUSIVE 5-IN-1 FORMULA DELIVERS
SPECTACULAR RESULTS:
1. INSTANT SUMMER TAN
2. BLURRED IMPERFECTIONS
3. SMOOTH, FLAWLESS FINISH
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5. 24-HOUR HYDRATION

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COLOR CORRECTING PIGMENTS INSTANTLY PERFECT.
TRANSFER & SWEAT RESISTANT, WASH-OFF FORMULA.

AVAILABLE IN LIGHT AND MEDIUM SHADES
IN THE SUNLESS AISLE

SUN-KISSED SUMMER COLOR
WITHOUT THE SUN OR
THE COMMITMENT

BECAUSE YOU’RE WORTH IT.™
MAKE YOUR MOVE.

LEAVE YOUR MARK.
Singer/Songwriter Tori Kelly wears the Keds Champion Exotic Shimmer in Blue.
CLINIQUE
Allergy Tested. 100% Fragrance Free.
Run around naked.

New. Chubby in the Nude™ Foundation Stick
Portable perfection in 10 you-only-better shades. Go nude now at clinique.com
Dior Addict
THE NEW PLUMPING ULTRA-GLOSS
Ultra #Shine don't be shy
ULTRA-PLUMPING, ULTRA-SHINY, ULTRA-HYDRATING
AVAILABLE AT DIOR.COM SEPHORA
COVER STORIES

It’s April! Warm up with Wild Sex! (That Big Bang Is the Sound of Your Bed Breaking!) (129) See how Kaley Cuoco Comes Out on Top! (156) Then prep for Shorts Season with 3 Steps to Lean Legs and a Tight Butt (116). Tired All Day? Unlock the Sleep Secrets for High-Energy Mornings (122), and Glow On with Clear-Skin Tricks That Actually Work (86). Get an answer to your Online Dating S.O.S. with the 4 Texts No Man Can Resist! (146) Plus, Crack the Bro Code to Win Big @ Work (188). Learn How to Deal... When He’s Broke and You Make Bank (140), then check out Worst Dates Ever! You’ll Laugh Your Ass Off (42). And, hey, Trigger Warning! Sex Inside... (150).

FEATURES

How to Have a Safe Abortion (206).
BIORÉ’S® NEW WEAPON IN THE FIGHT FOR CLEAN PORES
Baking Soda Gently Exfoliates and Deep Cleans One Pore at a Time

Bioré®
free your pores!

Baking Soda Pore Cleanser

penetrates pores & gently exfoliates
GREAT FOR COMBINATION SKIN

don't be dirty

NET WT. 0.053 OZ. (1.5 g)

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TRY NOW & SAVE $2

To release cleanser from pod, remove top tab. Apply pressure from the bottom of the pod and press upwards towards opening. Squeeze cleanser into hands and work into a lather. Rinse thoroughly.

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SAVE $2.00
On any 1 Biore® Baking Soda Cleansing Scrub or Biore® Baking Soda Pore Cleanser

 ALSO TRY
 NEW POWDER SCRUB
 ACTIVATE WITH H2O

For a Deep Down Clean

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great for combination skin
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Concentrated easy-to-use powder scrub activates with water to form a gentle, fizzy face scrub.

These Baking Soda Cleansers loosen up and dissolve dirt and oil while deeply cleaning and gently exfoliating dry skin. Your pores are left clean, soft and smooth.

Bioré free your pores!

www.biore.com

NEW!

Everyday liquid cleanser deep cleans as it exfoliates.
“My hair caught on fire at a nightclub...”

CULTURE CRUSH

The doctor is in—find your cure with Mr. April (45). Get Facetime with Ivanka Trump (46), then curl up with Cosmo Reads (48). Single? You Deserve a Break Too (52)—perhaps with Cosmo Guy Nico Tortorella (54), Hot! vs. Huh? (56), and Fun, Fearless...Fail! (57)

STYLE

Get Sprung (59), and Look Hot Tonight in Denim on Denim that’s far from Podunk (56). Amp up your bag game with an Electric Feel (68), then get festival-ready faves for Under $50 (70). Make moves with this month’s Shopping Playbook (74), and check out Ashley Graham’s killer curves, because If You’ve Got It, Flaunt It (168).

BEAUTY

Wanna French? Make out with a twist on the classic mani (77), and rest easy in Creams for Better Dreams (82). Score purple swag for $10, Tops! (84), and get Your Clutter, Cleared! (98). Then sport Sexy Beauty All Month Long (100). Is Your Hair Fried? Here’s the Rx (102). Then freshen up—it’s All Spring Everything! (162)

BODY

Need new kicks? The Best Kicks Are...in Fitness Buzz (106). Find out if you’ve ever been “pphubbed” in Happiness Buzz (108), and check out Body News for lady-parts protection (110). Get your latest caffeine fix in Food Buzz (112). Then use your three-day festival pass to Party On...Safely? (124)

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218  Bitch It Out!/Shopping Information
222  Cosmo Quiz: Should You Downsize Your Squad?
3, 2, 1... done

Eva Longoria

Root COVER UP

OUR 1ST ROOT CONCEALER SPRAY
3 SECONDS TO FLAWLESS ROOTS

- Quick and easy gray coverage.
- Lightweight, quick-dry formula - no residue or stickiness.
- Lasts until your next shampoo.

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Let Sheryl Sandberg give you Silicon Dreams (179) and show you Yes, This Is Tech (182). Start Up Your Start-Up (194), and learn How to Talk Tech (199).

LIVE IT UP!

Make your place So Fresh, So Clean, So Fast! (201) Then grab some buds and Go Ka-Bloom! (204)

Stop using The Biggest Excuse We Make for Men (134). Then quit the blame game—We’re All Crazy…and We Still Deserve Love (136). Read “I Taught a Chastity Class—and I’m Sorry” (138), and find out why more women are Seeking: Two Dads for My Baby (142). Plus, Ask Him Anything (148).

GET KALEY’S SEXY LOOK


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ENTER FOR A CHANCE TO WIN!

ONE OF 20 YEARLONG MEMBERSHIPS FROM NETFLIX GO TO COSMOPOLITAN.COM/NETFLIX TO ENTER, AND SEE PAGE 223 FOR DETAILS.
“between the sand and sea is where I’ll be. I’m a lounge lover.”

Essie

between the sand and sea is where I’ll be. I’m a lounge lover.

24 THINGS TO DO THIS MONTH

1. DIG IN to the new Broadway show, Waitress (based on the cute-as-pie movie), with music penned by Sara Bareilles.

2. TRADE IN your boots for chic sneakers or sandals from Misha Nonoo’s luxe new collection for Aldo Rise ($90, aldoshoes.com).

3. SET THE DVR to “record series.” The fourth season of Inside Amy Schumer premieres April 21 on Comedy Central.

4. GET your groove and your grub on at Zac Brown Band’s Southern Ground Music & Food Festival in Charleston (Apr. 16 to 17).

5. SET THE DVR to “record series.” The fourth season of Inside Amy Schumer premieres April 21 on Comedy Central.

6. DITCH the baggie this 4/20 and stick your stash in one of AnnaBis’s odor-controlled bags ($295, annabisstyle.com).

7. REPORT to Melissa McCarthy, crushing it as an ex-con mogul who puts Kristen Bell to work in The Boss (Apr. 8).

8. CRUSH on Riley Keough as a law student by day, call girl by night in Starz’s The Girlfriend Experience (Apr. 10).

9. DIG IN to the new Broadway show, Waitress (based on the cute-as-pie movie), with music penned by Sara Bareilles.

DRESS for your dream job: Rent the Runway (app available for iOS) branches out into workwear this spring.

GO RETRO with Charlotte Olympia’s new line for MAC Cosmetics, all Old Hollywood glam ($18, maccosmetics.com).

CRUSH on Riley Keough as a law student by day, call girl by night in Starz’s The Girlfriend Experience (Apr. 10).

SET THE DVR to “record series.” The fourth season of Inside Amy Schumer premieres April 21 on Comedy Central.

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REPORT to Melissa McCarthy, crushing it as an ex-con mogul who puts Kristen Bell to work in The Boss (Apr. 8).
AURORA

Her haunting single “Runaway” hints at the addictive sound on debut All My Demons Greeting Me As a Friend.

ON HER ALBUM NAME: “Demon is a dramatic way of putting it, I guess, but it’s important to come to peace with stuff in your life—to be able to accept things as they are. There are many stories in the album, and not all of them are mine. It’s very dark, but with a bit of hope as well.”

SHARING IS CARING: “I think music is necessary. At a concert, you have so many moments with people in the crowd—you’re there for the same reason, watching an artist you all love. It’s a beautiful thing. I’m very proud to be a part of that.”

ON HAVING KATY PERRY AS A FAN: “She came to one of my shows last year, and she was really down-to-earth. She wasn’t wearing makeup or a wig. She was so kind to write a tweet about me—she knew what it could mean for a small girl from Norway.”

ALL THE FEELS: “I’m very emotional. I’m like an ocean with lots of waves and storms. I’m not someone who would be quiet [if I’m mad] and make you think, ‘Is she angry at me or not?’ I’m very honest.”

HER GO-TO MOVIE: “I love Titanic. But I always stop the movie right after her hand hits the window in the car. I don’t want to see them die, man!”

LÅPSLEY

The Brit’s soulful pipes, on display in her first album, Long Way Home, sound a bit like Adele’s if she were having an electropop moment.

BIRDY

The tracks on the singer-songwriter’s third effort, Beautiful Lies, offer major inspiration without once veering into cheesy territory.
WE (HAIR) DARE YOU FIND THE MANE OF YOUR DREAMS

Take the Sally Beauty Hair Dare.
Try one of our hundreds of salon-quality products under $10—and if you don’t love it, return it for your money back, guaranteed.

So split up with split ends. Dump your drugstore hair dye. Bid adieu to your old shampoo—and get the mane of your dreams from the experts at the new Sally Beauty.

Beautiful finds. Beautiful prices.
SALLY BEAUTY
sallybeauty.com/hairdare #sallyhairdare
Thank you for writing “The Swing Set” and giving readers an in-depth look at open and polyamorous relationships. I love learning about unfamiliar concepts, but I didn’t appreciate the jab insinuating that religious upbringings dictate monogamy. I think the choice to be monogamous or polyamorous is unrelated to religion.

—LAURA PHELON, 26, VIA IN-BOX

Great reporting (and fun read) by @TaffyAkner on human sexuality, a very difficult-to-report-on subject.

—JULIE SCELFO, VIA TWITTER

I really appreciate that the author understands that there are many nuances to the umbrella term nonmonogamous and the relationship is built to suit the people involved and is dependent on trust, cooperation, and communication.

—JACQUE HANSON, VIA FACEBOOK

Every time I read a new @DeannaPai piece about her journey as a “cancer witness” (LOVE this term, SO relatable), I smile from ear to ear 😊

—I LI VWEBB

April showers mean the birth of adorbs baby animals and return of hot brooding hero Jon Snow (we hope!). Pay tribute to your favorite spring things on Instagram and tag #Cosmation.

@AL IVWEBB

Want a chance to win $5,000?
Take our quick online survey and boom—you’ll be entered for a chance to win $5,000. Visit AprilSurvey.Cosmopolitan.com to start.

SHOW US YOUR COSMO
How does Cosmo fit into your life? Instagram or tweet your photo to @Cosmopolitan and include #MyCosmo. If we feature you in the mag, we’ll give you $50!

@Regan_Rudolph10
Actually obsessed with @Cosmopolitan food article (“When Did Food Get So Scary?”)! Dietetics major or not, everyone should read it 🤤前瞻性
HYDRATION
the key to skin that glows from within

Neutrogena® Hydro Boost Water Gel

Has your skin started to lose its get up and glow? Dehydration is a common culprit. Formulated with hyaluronic acid, Hydro Boost is clinically proven to quench skin instantly and release continuous hydration all day. Skin is plump, deeply hydrated, and back to its glowing self.

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Cocktail of the Month

Smokin’ Hot

Melt away any lingering cold-weather blues with a spicy sip that’s part mezcal (tequila’s cool older sister), part chili liqueur, and all together guaranteed to put that “Hot, Hot, Hot!” song in your head for the rest of the night. #SorryNotSorry

Pour 1 oz. Del Maguey San Luis Del Rio Organic Mezcal and 1 oz. Ancho Reyes Liqueur, and all together guaranteed to put that “Hot, Hot, Hot!” song in your head for the rest of the night. #SorryNotSorry

1 oz. Ancho Reyes Liqueur into an
San Luis Del Rio Organic Mezcal and
6 oz. Q Ginger Beer, and garnish with

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Spicy Pineapple

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Find the blend you need for the hair you love.
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FROM THE EDITOR

COSMOPOLITAN EDITOR JOANNA COLES
SHARES HER OBSESSIONS THIS MONTH.
FOR MORE, FOLLOW @JOANNA COLES.

MEANWHILE, IN SWITZERLAND...
At The Girls’ Lounge during the World Economic Forum in Davos, Intel boss-lady Roz Hudnell (right, with Cosmo’s Laura Brounstein) breaks down what it really takes to be a successful woman in tech. Some choice advice: “Seize the power to be different.” For more, see p. 182.

This Happened

Finding my better side: Queen Kylie Jenner stopped by the office to school me in the art of selfies.

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free the fantasy
euphoria™
Calvin Klein

fragrances for women and men
Nicknames: COCO, KAZER, CUTE-0, KALES

Biggest turn-on: A GLASS OF SCOTCH (ICE-COLD)

The last app I downloaded: INSTA FIT

All-time favorite TBBT line: Bazinga! Bazinga! Bazinga! Bazinga!

Friends always make fun of me for being: INSANE ON TIME!

Growing up, my favorite TV show was: SEINFELD, FRIENDS

And my favorite character on that show was: CLAIRE, RACHEL

Proudest moment: RECEIVING MY STAR ON HOLLYWOOD BLVD

My notebook doodles look like this: I LOVE DRAWING ❤️

The best beauty trick I’ve learned on-set: WASH MY MAKEUP OFF WITH OLIVE OIL

Thank You COSMO READERS 4 PICKING MY COVER!
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AND INTENSE HAIR HYDRATION

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ULTIMATE MOISTURE SYSTEM
Custom Crafted for Normal to Dry Hair

Protein, the building block of hair, is lost with every wash, blow dry and chemical treatment. Only Nexxus is uniquely formulated with pure Elastin protein, Protein Care Actives and Caviar Complex to replenish hair deep within. Hair is left deeply moisturized so it moves beautifully.

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WE KNOW YOU HAVE CONFESSIONS TO SHARE....E-MAIL THE DIRTY DETAILS TO CONFESSIONS @COSMOPOLITAN.COM, OR TWEET YOUR TALES TO @COSMOPOLITAN!

YOU REVEAL YOUR MOST EMBARRASSING, RIDICULOUS, WHAT-WAS-I-THINKING MOMENTS.

1

“I was in a dance recital doing a quick change. I couldn’t find my tights, so I grabbed another pair. The entire front of the crotch was gone. I had shorts on, but you could see the torn pieces. I fully performed in crotchless tights! Mortifying.”

—JORIE G., 21, STUDENT, MIAMI, FL

PHOTOGRAPHED BY AARON RICHTER
REPORTED BY EMILY C. JOHNSON
LOCATIONS COURTESY THE BUSHWICK COLLECTIVE

WALL ART: LEXI BELLA

EDITED BY MARINA KHIDEKEL

PHOTOGRAPHED BY AARON RICHTER
REPORTED BY EMILY C. JOHNSON
LOCATIONS COURTESY THE BUSHWICK COLLECTIVE
CELEB CONFESSION

“I’m involved with a girl who used to date one of my best friends. I’m trying to keep it a secret, but I know that’s not going to happen.”
—DANIEL G., 24, SPORTS MARKETER, PITTSBURGH, PA

GUY CONFESSIONS

“I won a schoolwide poetry contest in sixth grade by plagiarizing exactly the Clay Aiken song ‘Measure of a Man.’”
—JESSE B., 22

“My friend and I want to start a band, but we can’t play. Still, we talk it up, like, ‘Oh yeah, we totally have a band.’ We don’t.”
—REECE P., 19, STUDENT, SANTA CRUZ, CA
“When I’m hungover, I get McDonald’s fries, and then I go to the Wendy’s drive-through across the street to get their nuggets...and make the perfect meal.”  
—AMANDA P., 27

“I had been seeing this guy and he ghosted me. To get back at him, I posted a picture on Tinder and asked for dick pics, but I used his number instead of mine. I can’t imagine how many random dick pics he received. My friends and I howled.”  
—ALEXIS S., 21

“I was walking my dog past a gourmet shop, and the saleswoman came out and gave me a free sample. I ate it and it was nasty—turns out, it was for the dog.”  
—LINDSAY P., 27

“My BF let me borrow his car. While driving, my friends said there was a spider on me. I panicked, drove into a rose bush, and leapt out. So many people stared, and jumping the curb deflated two of his tires. At least I got rid of the spider!”  
—AMITI L., 20

“One morning, the guy I’d hooked up with the previous night would not leave my bed. My roommate and I proceeded to blast music until he finally woke up. I had to go to class, so it was definitely time for him to go!”  
—CATEY C., 23

“When I ran to a party, and I didn’t feel like drinking. So I ended up eating an entire bowl of Cheetos and throwing up the whole night. I was so embarrassed. I should have just had the beer.”  
—KEREN A., 22, MUSICIAN, THE BRONX, NY

“I went to a party, and I didn’t feel like drinking. So I ended up eating an entire bowl of Cheetos and throwing up the whole night. I was so embarrassed. I should have just had the beer.”  
—ALEXIS S., 21

“I found an amazing girl on Tinder. We met up, and she wound up being a drag queen instead of the girl pictured. We had a great lunch...but it wasn’t in the books for us romantically.”  
—MICHAEL K., 21, STUDENT, SAN ANTONIO, TX

“WHEN I WAS STUDYING ABROAD IN PARIS, MY HAIR CAUGHT ON FIRE AT A NIGHTCLUB—I WAS BENDING TO TAKE A PHOTO OF MY FRIENDS AND MY HAIR DIPPED INTO A CANDLE. I HAD NO IDEA UNTIL MY FRIEND STARTED HITTING MY HEAD TO PUT IT OUT. NOT THE COOL IMPRESSION I WAS TRYING TO MAKE IN PARIS!”  
—GABBY J., 20, STUDENT, NEW YORK, NY

“GUY CONFESSION
I have two boyfriends in Ireland, and they’re both named Steven. They don’t know about each other. I’m going to visit, and I have to split it up: three days with Steven 1, three days with Steven 2.”  
—COLBY H., 23, SMALL BUSINESS CONSULTANT, PITTSBURGH, PA

“I had been seeing this guy and he ghosted me. To get back at him, I posted a picture on Tinder and asked for dick pics, but I used his number instead of mine. I can’t imagine how many random dick pics he received. My friends and I howled.”  
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“I went to a party, and I didn’t feel like drinking. So I ended up eating an entire bowl of Cheetos and throwing up the whole night. I was so embarrassed. I should have just had the beer.”  
—KEREN A., 22, MUSICIAN, THE BRONX, NY

“WHEN I WAS STUDYING ABROAD IN PARIS, MY HAIR CAUGHT ON FIRE AT A NIGHTCLUB—I WAS BENDING TO TAKE A PHOTO OF MY FRIENDS AND MY HAIR DIPPED INTO A CANDLE. I HAD NO IDEA UNTIL MY FRIEND STARTED HITTING MY HEAD TO PUT IT OUT. NOT THE COOL IMPRESSION I WAS TRYING TO MAKE IN PARIS!”  
—GABBY J., 20, STUDENT, NEW YORK, NY

“GUY CONFESSION
I have two boyfriends in Ireland, and they’re both named Steven. They don’t know about each other. I’m going to visit, and I have to split it up: three days with Steven 1, three days with Steven 2.”  
—COLBY H., 23, SMALL BUSINESS CONSULTANT, PITTSBURGH, PA

“I had been seeing this guy and he ghosted me. To get back at him, I posted a picture on Tinder and asked for dick pics, but I used his number instead of mine. I can’t imagine how many random dick pics he received. My friends and I howled.”  
—ALEXIS S., 21

“I went to a party, and I didn’t feel like drinking. So I ended up eating an entire bowl of Cheetos and throwing up the whole night. I was so embarrassed. I should have just had the beer.”  
—KEREN A., 22, MUSICIAN, THE BRONX, NY"
Worst Dates Ever

“He was acting uncomfortable. Then he told me he’d used a hair-removal cream on his balls right before leaving the house.” —SHELLY H., 39

“He was so boring during dinner that when we went to the movies, I fell asleep.” —ALLIE D., 30

“He texted me that he’d be late. Then he said he had to change a tire. Then he got pulled over for a taillight that was out. Then I got a call from a cop asking me to pick the guy up because his license was expired. Ugh.” —CAT J., 26

“Right before we were about to have sex, he went into diabetic shock. We spent the night in the ER. I’m obviously relieved he was okay, but what a date.” —ASHLEE A., 28

“It was Valentine’s Day, and he said we were going to this fancy French place. I wasn’t dressed for it, but I was still excited. Then he pulls into a Burger King and tells me it was a joke and he was actually taking me to Burger King. He was laughing, and I had steam coming out of my ears.” —LIZ G., 28

“On our first date, he had his mother, father, and sister sitting at the table behind us.” —JESSICA H., 30

“He walked over, jerked his shirt and pants off—he had no underwear on—and proceeded to give me a very energetic, naked lap dance. Not hot.” —BRITTANY D., 25

“Um, no. So offensive. Epic fail. Literally deranged.” —DOUCHE-O-METER

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Luma is wearing FÉRIA 11, Cool Black.
Juliana is wearing FÉRIA 11.21, Ultra Pearl Blonde.

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JESSE WILLIAMS

With his new GIF app, Ebroji, the sexy *Grey's Anatomy* star turns tech guru and gives us all sweet memes.
Q/ What’s the best way to make a good first impression?
“Before entering a meeting, take the initiative to research and form educated opinions about important topics so that you have an insightful position to share if and when the time is right. Technology can be a major distraction, so leave your phone or laptop behind if it will not add anything to the meeting. Also, be on time or ideally, a couple of minutes early, and dress in a polished and professional manner.”

Q/ A lot of women feel like they’re frauds at work or really don’t know what they’re doing. How can we manage those insecurities?
“Start off by listening to the people around you. Absorb as much knowledge as you can, and if you don’t know the answer to something, do the research first and see if you can come up with the answer or a solution on your own. If this is one of your first few jobs out of college, rest assured, you are not expected to know everything. Ask smart questions—but nothing you could figure out yourself with a quick Google search.”

Q/ Given your dad’s presidential candidacy, do you think you would ever run for office?
“I do not think so, but I have learned in life to never say never! It is too limiting! That said, I am wholly focused on the growth of my own company—my lifestyle brand and IvankaTrump.com, a digital destination for women who work—as well as working alongside my brothers to expand the global footprint of The Trump Organization.”

Q/ Your father calls you a natural deal maker, but we always hear women are bad at negotiating. What’s your take?
“It’s a total myth, yes, but women have been taught to think that. When you’re negotiating, think about the situation, the person, and yourself. The best negotiators are secure with themselves. And never negotiate on e-mail. You need to hear the other person react in real time. The path of least resistance is to shoot an e-mail.”

Q/ It seems like everything runs so smoothly for you—have you had any major oops! moments?
“I’ve had plenty. I’ve cried over deals I’ve lost because I’ve thrown myself into things. The funny part is that most of the really bad ones, in retrospect, brought about the greatest result. Even if the project would have been a financial success, it would have come at the expense of seven other things I could be doing. We all have failures, but ask yourself, What did that failure enable you to do? Another successful project?”

Q/ Do you ever walk into a room of men who think you got your job only because of your name?
“I used to think about that, but you get to a point when you realize there are always naysayers. Those external things can’t be a driver in your life. You have to find motivation from within rather than from outside yourself.”
Cosmo Reads
All the titles you need to know about for your next #Shelfie.

1. WILL YOU WON’T YOU WANT ME?
by Nora Zelevansky
When Marjorie Plum, once queen bee of her Manhattan prep school, is forced into a pauper life, she realizes starting at the bottom might get her to the top.

2. ELIGIBLE,
by Curtis Sittenfeld
Pride and Prejudice is reincarnated with NYC editor Lizzy Bennet, whose return to her Ohio hometown gets messy when hot (and cold) doc Fitzwilliam Darcy shows up.

3. SCARLETT EPSTEIN HATES IT HERE,
by Anna Breslaw
What happens when a social outcast pens a burn book disguised as fan fiction? Cosmo writer Breslaw brings Scarlett Epstein face to face with The Populars.

4. MILLER’S VALLEY,
by Anna Quindlen
When the town where Mimi Miller grew up is faced with destruction, big questions arise: What makes a hometown? Is it a place on a map or the memories made there?

5. THE STOPPED HEART,
by Julie Myerson
In this hair-raiser, Mary Coles moves to a country cottage that seems too good to be true... and it turns out, she's right. Goose bumps ensue.

NEW FICTION
Zoe Saldana
SHANGHAI SCARLET 308
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INFALLIBLE
HIGH PIGMENT SHADES
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COLOR THAT FEELS
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MAKEUP DESIGNER/PARIS
I was told by my chemistry professor that I was ‘too pretty to do science.’

Of American women ages 18 to 64 have been harassed by a male stranger.

A guy at my college told me that I was ‘hot enough to rape. Am I supposed to be flattered?’

I was told by my chemistry professor that I was ‘too pretty to do science.’

87% of rape and sexual assault victimizations go unreported to police.

Sex in the Museum, by Sarah Forbes Forbes, curator at NYC’s Museum of Sex for more than a decade (in short, the sexpert supreme), offers a guided tour of the most orgasmic trends and subcultures imaginable.

I Know What I’m Doing—and Other Lies I Tell Myself, by Jen Kirkman In this collection of essays, the razor-sharp stand-up explains why a life forever under construction just may be the best life.

Everyday Sexism, by Laura Bates In 2012, Bates started Everyday Sexism as a social-media outlet for women fed up with sexual harassment. Now, she shares the ugly but important truths she unearthed.

More chilling than a horror film and more thought-provoking than an HBO doc, Joanna Connors’ I Will Find You is at once hard to read and even harder to put down. Twenty-two years after she was raped by a stranger, Connors sets out to explore the life of her attacker. In doing so, she not only unpacks her own trauma but also confronts issues of race, class, and gender. It’s heavy stuff. But with emotional honesty and profound questioning, Connors deftly turns her victimization into a considered meditation on how we treat others.

It’s impossible to read Joanna Connors’ I Will Find You without a mix of anger and relief. Connors was assaulted by a stranger in a New York City bar in 1994. After the assault, she continued with her life, even getting married, but it wasn’t until 2012, while writing about feminism on her blog, that she started to confront her attacker.

The book is divided into five sections. The first is an exploration of the legal process. Connors details the state of the system when she was attacked, and the time it took to get a conviction. The second section chronicles her attempt to follow her attacker to jail, a failed attempt that saw Connors getting arrested instead. The third section details her three years of therapy, which was unhelpful. The fourth is about theisen,
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MEET THE MASCARA WITH A CULT FOLLOWING.
DISCOVER THE VOLUMINOUS DIFFERENCE.

VOLUMINOUS ADDS LENGTH AND THICKNESS TO MY LASHES.
-MICADDICT, LOUISVILLE, KY

WORTHY OF THE HYPE.
-SASNUHY, N. HOLLYWOOD, CA

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Single? You Deserve a Break Too

Just because you aren’t married or don’t have kids doesn’t mean your time isn’t valuable. Rebecca Traister explains.

The assumption that a single woman’s life is somehow less crowded and stressful or her schedule is more flexible stems from old assumptions about what, exactly, gives a woman’s life meaning. For generations, women were defined by and their worth measured based on their roles as wives and mothers.

Now, although we’re beginning to get used to the idea that women can live independent professional, sexual, and social lives, we still fall back on the impulse to revere wifefulness and motherhood, to think of them as the driving and fulfilling forces of female life.

This is something I learned firsthand as a person who worked singly into my 30s. I pitched in to work longer hours around my peers’ honeymoons and maternity leaves, even when I was paying my own bills, maintaining an apartment, and responsible to friends and family without the benefit of a partner’s emotional support. I was stretched as thin, in terms of time and emotion, as at any other point of my life, yet I felt the assumption that, as a single woman, I had nothing better to do with my nights or weekends than work. But that wasn’t true. I had obligations to myself and also to the friends who filled my life with needs as authentic as any spouse’s.

When I fell in love, married, and had children, it’s true that my stresses changed, but people were more likely to acknowledge them as such. They urged me to relax, to take time for my husband and baby. As challenging as balancing life and work is, at least when you’re married, people recognize that you have a life.

But single women have lives too. A night out for a girlfriend’s birthday can be just as pressing as dinner with a husband. A weekend spent at a political rally just as crucial as one spent at a PTA potluck.

In a country that still does not guarantee new parents compensation for time taken after birth or adoption, it’s crazy to suggest that we talk about paid time off for those without children or partners. But if we want to account for the growing numbers of unmarried people in the professional world, we must also account for the fact that it’s not just brides, grooms, and new parents who require the chance to catch their breath, to flourish, and to live very full lives.

And if we can’t quite imagine guaranteed personal leave for single people who have their own needs, perhaps we can at least afford them a little more consideration. Stop weighing women’s lives on a scale that measures mostly marital status. We’re all more complicated than that.

Rebecca Traister is a writer-at-large for New York magazine. Her book, All the Single Ladies, is available now wherever books are sold.
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LOSING IT
“I was 15, in Mexico. I met an Italian girl from The Bronx. I’m an Italian kid—I mean, my name is Nico Luigi Tortorella—so it was like, ‘I’ve met the love of my life.’ We went to my hotel room and watched Scarface. It was ‘Say hello to my little friend’…literally. When she left, I went to my parents’ room. My mom and I tell each other everything. So I said, ‘I just lost my virginity!’”

MAKE IT A VIRGIN
“I got sober more than a year ago. It’s easy to fall madly in love when you’re wasted, but when you’re sober, you’re completely different people. The first time trying to have sex sober was...well, it took some getting used to. But it’s been great.”

GOING SOFT
“It happens to all of us. At one point in our lives, our dick just hasn’t worked. You have to let her know it’s not her fault. But if it happens more than twice, do something. And for the record, my dick works fine!”

THREE’S COMPANY
“Most of the women I’ve dated are bisexual. I’ve been in polyamorous relationships before. They didn’t work out ultimately, but I’m still close friends with them. Maybe I just wasn’t in the right throuple situation, but I’m open to all of it.”

—RACHEL MOSELY

SUTTON FOSTER’S YOUNGER MAN TALKS GROUP LOVE, SÖBER SEX, AND CASHING IN HIS V-CARD.
HELLO, HANDSOME MONKEY AT SEA

56

HUH

HOT!

VS.

BULL RIDER

BALL RIDER

LIFE BALL ATTENDEE

BEST-DRESSED

KYLIE JENNER

LIAM HEMSWORTH

MONKEY AT SEA

SURF CONTESTANT

SCOTT EASTWOOD

SUNNY LEONE

ADRIAN GRENIER

BEACH GOER

LIAM HEMSWORTH

SURF CONTESTANT

KYLIE JENNER

BEST-DRESSED

LIFE BALL ATTENDEE

CLOCKWISE FROM BOTTOM LEFT: GETTY IMAGES; SPLASH NEWS (2); GETTY IMAGES; SPLASH NEWS; GETTY IMAGES (2); SPLASH NEWS.
FUN, FEARLESS...FAIL!
From wow to WTF, we call the trends like we see 'em.

**HAVE A SLICE DAY!**

- Pizza waffles: for when you’re too hungover to choose between Pizza Hut and Waffle House.
- Kyle Feeney eats a slice a day for a year; raises a whole lotta dough for Autism Speaks.
- Stupidiotic.com’s Portable Pizza Pouch: accessory or serious cry for help?

**I FEEL KITTY**

- Kylo Ren? Is that you? Shelter cat @Catam_Driver finds stardom for resemblance to Adam Driver.
- Istanbul imam Mustafa Efe opens his mosque to the city’s stray cats. Assala-meow alaikum!
- Please don’t fat-shame the animals! Seattle Humane Society offers discounts on its hefty kitties.

**LET’S GET SNACK-FACED**

- Questlove’s face looks fresh as hell on the cover of his new book, Somethingtofoodabout.
- Makeup artist Tim Owens creates junk food-inspired looks. Funyuns are the new fierce.
- The Bread Face Blogger dives face-first into loaves. Hilarious, but what to do about the brow-crumbs?
Your hair and face get all the love.

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Las Vegas

Feelin' lucky? Roll the dice on your next party look by pairing an LBD with gilded bling that screams big spender, on or off the Strip.

1. CROP TOP, Missguided, $38, missguided.com
2. SKIRT, Mackage, $430, mackage.com
3. SWIMSUIT, Mi Ola, $95 (top), $85 (bottom), mi-ola.com
4. SUNGLASSES, Fendi, $575, Solstice Sunglasses
5. DRESS, NBD, $158, revolveclothing.com
6. NECKLACE, White House Black Market, $55, whbm.com
7. CLUTCH, Kotur, $595, koturltd.com
8. SHOES, Steve Madden, $90, stevemadden.com
9. RING, Melody Ehsani, $60, melodyehsani.com
Park City

Hit the ski lift in layers of fringed knits and standout snow gear—or take the swag straight to après-ski.
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COVER IMPERFECTIONS IMMEDIATELY
CORRECT SKIN TONE IN 10 DAYS

Pink to Correct Dullness & Fatigued Skin
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Kate Moss wears 24HR Supercurler Mascara in Black.
A bold new formula bends lashes up to 90-degrees! An eye-shaped brush builds hyper-curled volume. 24 hours strong!

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BYE BYE
LASH CURLER

A bold new formula bends lashes up to 90-degrees! An eye-shaped brush builds hyper-curled volume. 24 hours strong!

Kate Moss wears 24HR Supercurler Mascara in Black.
Rebel against basic with DIY vibes, à la this punked-out Marc Jacobs. Pins, studs, and patches? Rock on.
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1. SUNGLASSES, ZeroUV, $15, loveculture.com
2. BODYSUIT, AMI-Clubwear, $35, amiclubwear.com
3. PINS, Gelareh Mizrahi, $30 each, gelarehmizrahi.com
4. DRESS, Urbanog, $25, urbanog.com
5. SWIM TOP, AMI-Clubwear, $25, amiclubwear.com
6. SNEAKERS, ZooShoo, $20, zooshoo.com
7. EARRINGS, Bebe, $19, bebe.com
8. DRESS, Motel Rocks, $49, motelrocks.com
9. SHORTS, Express, under $50 with coupon code 9197, express.com
10. BOOTS, GoJane, $26, gojane.com
11. BOYSUIT, GoJane, $26, gojane.com
12. SUNGLASSES, Liz Claiborne, $32, JCPenney
13. SHORTS, Forever 21, $40, forever21.com
14. CUFF, Express, $25, express.com
15. TANK, White Crow, $29, tillys.com

WHO'S PLAYING
Avicii, Icona Pop, Chet Faker, David Guetta, Kygo, Tiesto, AlunaGeorge, Zedd, Martin Garrix, The Chainsmokers, Robin Schulz, Duke Dumont, Thomas Jack

Stagecoach
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WHO'S PLAYING
the new fragrance for her

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Rx For Glamour
I'm spending a few days in Miami for a wedding. I love that these pieces can transition from lunch with friends to the beach. Just wear a swimsuit under the peasant blouse and voilà! I'm all about light packing.

—KATHY LEE, senior accessories editor @KathyGLee

Matching coordinates—co-ords—are having a moment right now and are great for looking pulled together at work without too much thought. I'd wear this set with a bright bag and a bold lip.

—SARAH CONLY, fashion market director @SarConly

Shopping Playbook

That feeling when you hit a store or website and don’t even know where to begin...Cosmo editors share their winning picks. This month: Kohl’s.
Every Mood. Every Moment.

One Step Gel Manicure
Ready to Use, Press & Go!
- Stays Put, Stays Perfect
- Mega Gel Shine
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THE OG OF NAIL ART IS TRÈS CHIC AGAIN, THANKS TO BRIGHT COLOR COMBOS, TRENDY TEXTURES, AND DECONSTRUCTED DESIGNS.

BY LAUREN BALSAMO
**BEAUTY**

**Nail the Nouveau French!**

1. **Prep**
   - Start with a ridge-filling base coat (Essie makes a great one, $8.50, essie.com) to ensure polish dries flawlessly.

2. **Pick a Design**
   - Opt for opposing shades on the color-wheel (try a blue base with an orange tip), pair opposite textures (say, a sparkly gunmetal and a creamy neutral), or go with a nontraditional, graphic design at the tip (like the crisp cutout at Cushnie Et Ochs, above, or melting effect at Marques’Almeida, far right).

3. **Paint a Perfect Line**
   - Use a firm nail-art brush (we swear by Sally Hansen’s trio of different sizes in the I <3 Nail Art Brush Kit, $5.50, drugstores) instead of the flimsy one built into your polish cap, or fake it with stickers (we love Miss Pop’s New Moon collection for Tattify, $8, tattify.com). They’re especially great for shaky hands.

4. **Pair Trends**
   - Try a French tip with an “orbit mani,” which rims the sides and bottom in a second shade (see Jonathan Simkhai, below). Or double up by accenting the tip and moon (check out Rodarte, below).

5. **Polish It Off**
   - Seal in your work with Chanel’s Le Gel Coat Longwear Top Coat ($28, chanel.com). The thick, gel-like formula can extend the life of your mani for up to a week.

---

**SILVER LININGS**

7. SMITH & CULT
   - Nailed Lacquer in No More Mr. Night Sky, $10, ulta.com

8. JAMBERRY
   - So Fresh Nail Lacquer, $15, jamberry.com

**GOLD STANDARD**

4. DIOR
   - Vernis in Vibrato, $27, dior.com

5. JINsoon
   - Nail Lacquer in Oratorio, $18, jinsoon.com

6. CIATE
   - Paint Pot in Ladylike Luxe, $15, ciatelondon.com

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**PURPLE HAZE**

1. SALLI HANSEN
   - Insta-Dri in Plumet, $5, drugstores

2. ESSIE
   - Nail Polish in Haute Tub, $8.50, essie.com

3. MORGAN TAYLOR
   - Professional Nail Lacquer in Something to Blog About, $8.50, morgantaylorlacquer.com

---

**BERRY SEXY**

10. MARC JACOBS BEAUTY
   - Enamored Hi-Shine Nail Polish in Jezebel, $18, marcjacobsbeauty.com

11. DEBORAH LIPPMANN
   - Nail Lacquer in Single Ladies, $18, deborahlippmann.com

12. ZOYA
   - Nail Polish in Aubrey, $9, zoya.com
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HERE’S THE LONG & THE SHORT OF HOW TO GET IT.

THE SHORT STORY
The NEW Pantene Daily Moisture Renewal Shampoo + Conditioner system goes deep to the core to micro-target weak spots, making every inch of your hair stronger.* And Pantene’s 3 Minute Miracle Daily Treatment Conditioner melts into your hair for super-smoothness.

THE LONG, LUSH RESULTS
Longer, stronger,* even more WOW hair. So you can rock locks just as beautiful as Selena’s. WOW hair achieved!

*strength against damage vs. non-conditioning shampoo
When your hair is strong, you can go further than you ever thought. The new Pantene shampoo and conditioner system has a PRO-V Formula that micro-targets weak spots, for stronger hair. So you can love it even longer.
Creams for Better Dreams

The new bedtime regimen isn’t just about stellar skin, it’s about putting you in a better headspace. Ready for drift-off?

BY JESSICA MATLIN

AROMATHERAPY IS hardly new: From ancient Greece to hippie co-ops, dabbing your body with essential oils or soaking in a lavender-laced tub has been credited with enhancing your state of mind. But now, beauty brands are spiking their face creams with aromatic formulas, hoping the direct path to your nose will intensify the effect (with the bonus of smoothing out your wrinkles!).

“Depending on the fragrance and the percentage of essential oils in it, skin care can have a major effect on your mood,” says Mary Leber, a consultant for Kneipp, which sells products featuring essential oils to energize and calm the senses. Once you apply it to your face, the scent travels a short distance through your nostrils, up your olfactory nerve to your limbic system, a part of your brain that plays a key role in your emotions, memory, and subconscious mind.

AT ELIZABETH ARDEN, the scent of the new Ceramide Night Cream and Overnight Firming Mask (left) was developed specifically for its relaxing effects. A complex blend of vanilla, sandalwood, musk, and tonka bean, the fragrance has proven to mellow people out. Really. It was tested via subjects’ self-assessment but, more convincingly, also through MRI brain scan measurements. The cozy-smelling night cream activates the neurons in the areas of the brain associated with positivity and reward. (The cream and mask also pack in antiaging benefits not typically seen in most aromatherapy-based skin care: Both are rich in skin-plumping ceramides and hyaluronic acid, and the night cream has a brightening complex.)

“Aromatherapy is a form of herbal medicine,” says Amy Galper, founder and executive director of the New York Institute of Aromatherapy. She points to linalool as an example: The molecule, present in plants like geranium (in Bobbi Brown’s balm, above), was shown to reduce stress in lab rats in a 2009 study. (Bear in mind, the FDA does not regulate aromatherapeutic products and instead treats them as cosmetic products.)

Even SNOOZY OLD lavender (in Clarins, above) was recently proven therapeutic. Last year, the herb was part of a study in an intensive care unit. The results showed that inhaling lavender improved patients’ sleep and calmed their anxiety.

But even in the best of circumstances, there is no guarantee of sweet dreams—once you’re asleep, your sense of smell dulls, says Michael Breus, PhD, a sleep expert. However, you may be able to increase your odds. The scent of roses has been proven to have a positive effect, according to a German study. Researchers pumped the floral scent into the air, then in a different sleep sesh, pumped in sulfur. The rose-tinted dreams were a lot more pleasant. Suddenly, a posh linen spray (like Frederic Malle’s rose-water version, above) feels essential.

FREDERIC MALLE Dans Mon Lit Linen Spray, $120, fredericmalle.com.
CLARINS Santal Face Treatment Oil, $57, clarinsusa.com.
ELIZABETH ARDEN Ceramide Overnight Firming Mask, $88, elizabetharden.com
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TREATMENT SMOOTH 24/7

PANTENE PRO-V

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$10, TOPS! Budget-friendly buys that make you look (and feel) like a million bucks

By Lauren Balsamo

SO SCENTSYUAL
CARESS Mystique Forever Body Wash, $4, drugstores

QUICK SILVER
Smudge along your lash lines for a two-second smoky eye.
LOC LOVE OF COLOR One and Done Shadow Stick in Smoke Screen, $10, Birchbox

STARRY EYED
These galactic-inspired shadows are out of this world.
HARD CANDY Shadow Spheres in Light N' Night, $8, Walmart

SO SCENTSUAL
CARESS Mystique Forever Body Wash, $4, drugstores

NATURAL SELECTION
Blackberry extract removes oil and makeup without stripping skin.
AVEENO Absolutely Ageless Nourishing Cleanser, $8, drugstores

LOC LOVE OF COLOR One and Done Shadow Stick in Smoke Screen, $10, Birchbox

BODY BUILDER
Loaded with strand-plumping proteins for thicker hair.
BLOWPRO Blow Back Time Anti-Aging Density Spray Mini, $9.50, Ulta

PAPER MATE
Making touch-ups chic: this compact, packed with oil-blotting sheets.
SEPHORA COLLECTION Shine Only From Within Blotting Paper Compact, $8, Sephora

KISS OF CAB
Will set flawless makeup, doesn’t smear lips.
RIMMEL LONDON Only 1 Lipstick in Under My Spell, $7, drugstores

REVLON Dramatic Definition Mascara, $9, drugstores

BAT 1,000
Tiered bristles coat every last lash in a swipe.
REVLON Dramatic Definition Mascara, $9, drugstores

GRITTY IN PINK
A metallic finish makes any nail sweet.
CHINA GLAZE Nail Lacquer in Shut the Fron door, $7.50, Ulta

STARRY EYED
These galactic-inspired shadows are out of this world.
HARD CANDY Shadow Spheres in Light N' Night, $8, Walmart

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Starry Eyed
These galactic-inspired shadows are out of this world.
HARD CANDY Shadow Spheres in Light N' Night, $8, Walmart

Natural Selection
Blackberry extract removes oil and makeup without stripping skin.
AVEENO Absolutely Ageless Nourishing Cleanser, $8, drugstores

Loc Love of Color
One and Done Shadow Stick in Smoke Screen, $10, Birchbox

Body Builder
Loaded with strand-plumping proteins for thicker hair.
BLOWPRO Blow Back Time Anti-Aging Density Spray Mini, $9.50, Ulta

Paper Mate
Making touch-ups chic: this compact, packed with oil-blotting sheets.
SEPHORA COLLECTION Shine Only From Within Blotting Paper Compact, $8, Sephora

Kiss of Cab
Will set flawless makeup, doesn’t smear lips.
RIMMEL LONDON Only 1 Lipstick in Under My Spell, $7, drugstores

Revlon Dramatic Definition Mascara, $9, drugstores

Bat 1,000
Tiered bristles coat every last lash in a swipe.
REVLON Dramatic Definition Mascara, $9, drugstores
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I TRIED...

The Doctor

My first stop was logical: a dermatologist. “I see it all the time,” said Anne Chapas, MD, of Union Square Laser Dermatology. She told me that inflammatory pimples—like the one on my face—have a talent for coming back, as they’re often triggered by hormonal changes. Anything from your period to stress can spike your levels, stimulating these blemishes.

“Underneath the surface of each pore is a sac-like area consisting of the hair follicle and sebaceous gland,” says Dr. Chapas. “With every hormonal wave, this area can inflate with oil, bacteria, and white blood cells.” If this inflammatory response is intense enough and deep in the skin, a nodule or cyst can form. The clincher? “This type of acne is very hard to treat.”

Was a top derm in New York saying there’s no hope? Not exactly. “One great option is a topical prescription antibiotic and anti-inflammatory called Aczone, a gel that is shown to work well on hormonal acne,” she says. Even when the killer pimple isn’t active, patients use it regularly to prevent a flare-up.

If the problem persists, you can actually extract the “sac” underneath the bump. This entails an office procedure with local anesthesia, stitches, maybe a small scar.

I definitely wasn’t up for surgery and wasn’t sure about a prescription just yet, so I held off. (For more information on Rxs, read on.)

IF YOU HAVE

a zit that keeps coming back

BY ALYSSA SHELASKY

I blame Ethan Hawke... not just for turning me on to a lifetime of scruffy boyfriends but for setting off a recurring volcano of a pimple.

As a journalist, I was assigned to interview Hawke, my ultimate celeb crush. The week before the gig was stressful, between work, dating, life.

The day of the interview, I woke up with a huge zit on my left cheek, where I usually break out when I’m crazed.

I went to our Q&A self-conscious, hiding half my face. That stress zit was now popping up every few weeks, whenever things got tense. I’d had it—so I went for help. Here’s what the pros told me.
MANY SLEEP-AIDS HAVE PAIN MEDICINE. ZZZQUIL DOESN'T.
THE NON-HABIT FORMING SLEEP-AID THAT'S NOT FOR PAIN, JUST FOR SLEEP.

ALCOHOL FREE

The Naturalist
One of my greener friends suggested I see Karuna Sabnani, a naturopath who employs therapies like meditation and nutritional changes. Sabnani said to me, “You want to know how you’re doing in life? Look at your face. If you’re eating badly, hanging out with the wrong people, working a job you hate, it shows on your skin.”

The mind-body-skin connection made sense, but... could she kill my pimple?

No promises. Sabnani did, however, have some advice for preventing the next one: “You should drink plenty of water and no alcohol, and stop eating anything fried, processed, sugary, salty, or sour.” Whoo. “Get good rest, and lower stress levels. If you’re not centered, your skin will express that.” This seemed unrealistic. I could eliminate some toxins, but a girl’s gotta live!

As for my IRL pimple, she suggested applying a dab of raw honey. It brought the pimple to a hard pointy head. But total destruction? No.

The High-Tech Facial
When I heard there was a new spa in town that could zap my zit quickly without all the Zen, I ran. For $65, a 15-minute appointment at Skin Laundry—an L.A.-born spa concept, in cities in New York, California, and Arizona—promises ultra-glow-y, clearer skin with the wave of a wand. While one session won’t erase an active eruption, it aims to reduce the inflammation and prevent new ones.

The treatment uses a YAG laser, which deeply heats the skin, temporarily shrinking the oil glands. It also kills bacteria. The next step is an IPL (intense pulsed light) laser, which helps improve skin tone and boost collagen.

The lasers prickled a little, but it was relatively pain-free. It didn’t even leave me red or puffy. After four sessions, the zit disappeared, never to appear again. Admittedly, I’ve maintained weekly appointments. Now that I’ve stopped worrying about pimples, I have the mental real estate to start obsessing over something new—antiaging!

IF YOU NEED AN RX
When over-the-counter products aren’t cutting it, your derm may recommend one of these potent meds. Here’s a primer.

Topical antibiotics. For powerful pimple-fighting effects, derms often prescribe an antibiotic like clindamycin in conjunction with benzoyl peroxide (either separately or in a combination product like Duacl or Onexton). Dapsone (aka Acczone) is a newer alternative that’s applied as a stand-alone therapy. “Topical antibiotics are usually well tolerated, which makes them great starter treatments,” says Gervaise Gerstner, MD, a dermatologist in NYC. “Topical antibiotics are often prescribed in conjunction with benzoyl peroxide, or a retinoid like Retin-A.”

Retinoids. In addition to improving fine lines, texture, and tone, prescription retinoid creams and gels are known for their skin-clearing powers and can take two to three months to work. The original topical retinoid is Retin A, but there are several different versions on the market.

Oral antibiotics. “Because they’re working from the inside out, they can be more effective than topical forms,” says Rebecca Kazin, MD, of the Washington Institute of Dermatologic Laser Surgery. (Two popular pills are minocycline and doxycycline.) But like all antibiotics, they can come with side effects, like an upset stomach, sun sensitivity, and yeast infections.

The Pill. If your acne is driven by fluctuating hormones, a birth-control pill reduces the level of androgens, lowering breakouts.

Spironolactone. This diuretic (which can cause you to pee more) was originally developed to help lower blood pressure. But doctors quickly realized that it cleared acne because it acts as a hormone regulator. “It works exceedingly well for acne along the jawline, neck area, chest, or back that fluctuates with the menstrual cycle,” says Dr. Kazin, who initially puts patients on it for a three-month trial.

Isotretinoin. This potent drug (flip the page to learn more) shrinks the oil glands that help bacteria breed. It can result in serious side effects (including birth defects), which is why users need to take regular, monitored pregnancy tests. Some derms won’t consider putting patients with moderate acne on it until they’ve exhausted other options, including systemic antibiotics for three months.

—NICOLE CATANESI
NEW Head & Shoulders Nourishing Care Collection with lavender essence and natural extracts nourishes your hair and scalp for both 100% flake-free* and beautiful hair. Now, your hair can have it all.

*Visible flakes with regular use. ©2016 P&G
Mornings were the worst. I felt dread before I even opened my eyes. I knew what I’d see in the mirror, but each day, I hoped it would be different. It never was. My teenage face was still crowded with painful acne cysts ranging from red to purple, like a Martian landscape. I hated looking at myself, so I could hardly blame the reactions I got from others.

Strangers at the grocery store told me what I’d done to cause my acne (used too much hair spray, drank too much soda). My homeroom gave me a group lesson on how to wash my face while I fought back tears and listened. More than once, I found Oxy pads on my desk, a not-so-subtle suggestion. Once, a boy asked me out, only to call me later to tell me it had been a dare. As a result, my guard was always up, my stomach always churning. I avoided eye contact at all costs. I didn’t eat pizza in public, afraid I’d hear the obvious comparison. There are virtually zero pictures of me at this point in my life.

My acne made me feel totally isolated. Sure, I knew other people had bad skin, but no one’s was as severe as mine. It felt like a punishment. What had I done to deserve this? I wondered. I thought it would always be this way, something unchangeable, like height. I just wanted to disappear. So much so, I hoarded enough medicine (prescription pain-killers, cough syrup, anything) in the event I just couldn’t face another morning. I wasn’t being overdramatic. Clinical depression may be two to three times more likely if you’re waking up with breakouts daily, according to a study in the Journal of Cosmetic Dermatology.

Luckily, I never had the chance to do anything dire. My mother—and a doctor who prescribed me a controversial treatment—saved me in time.

The medicine was called isotretinoin, sold under the brand name Accutane, explained Esta Kronberg, MD, my new Houston-based derm. It had only been FDA-approved for a few years, and she had just started prescribing it. (We’d never heard of it.) As she took pictures of my teenage face, I tried not to feel too hopeful as she explained how this daily pill took an entirely different approach to treating the condition. It was specifically effective on the cystic bumps that I was suffering from.

Istretinoin works through a variety of mechanisms, but the primary one is that it decreases proliferation of cells in the oil glands, in part through apoptosis—or programmed cell death, says Diane Thiboutot, MD, professor of dermatology at Penn State College of Medicine. Since the oil feeds the specific form of acne bacteria (called P. acne), once you take away the food (oil), you take away the inflammation.

Within the first month, my skin began to clear. In nine months, I was completely clear. Seriously. (The only side effect I experienced: My skin and lips became extremely scaly due to decreased oil production. It’s common.)

While my skin underwent a miracle transformation, so did my day-to-day. Once I felt people weren’t staring at my skin, my confidence increased. My mom said I started to smile more. I even tried out for a play. (Months before, just the idea of being onstage would have put me into a panicked state.) The following year, I met my first boyfriend and went to my first dance.

About 85 percent of those on isotretinoin see similar success to mine, according to the American Academy of Dermatology. “To date, the efficacy of isotretinoin has not been superseded by any other treatment,” notes a 2009 review in the journal Dermato-Endocrinology. “It’s still the miracle drug for patients with severe acne or with moderate acne that hasn’t responded to anything,” notes Dr. Kronberg. “I prescribe isotretinoin every single day.”

I knew about Accutane’s troubled reputation—the drug has been linked to severe depression. But it completely lifted mine, if not saved my life.
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what are you watching?

Zit-popping videos are racking up serious Likes. Nicole Catanese explores what’s beneath the trend.

IN THE DARK corners of YouTube and Reddit, acne is having a moment. Type in blackheads and enter a black hole of extraction videos. These homemade films are often grainy and shaky, yet some have racked upward of several million views. But when Cali-based derm Sandra Lee, MD, hit the scene in late 2014, amateur hour was clearly over. Known as Dr. Pimple Popper, Dr. Lee’s high-def clips have amassed more than 750,000 Instagram followers, and she now has a virtual gross-out empire. So what’s the draw?

Bonding Over Blemishes

Sometimes seeing something icky—but authentic—can make you feel better about yourself.

“Humans are a social species, so it’s exciting to see others participate in behavior that is usually seen as embarrassing or gross,” says Matthew Traube, a psychotherapist who specializes in body-focused repetitive behaviors. “Seeing a doctor popping pimples validates the behavior and sends the message that you don’t have to be ashamed of it.”

Click Away the Stress

“People tell me that they need my videos to relax,” notes Dr. Lee, “and that watching them every night helps them sleep.”

Kristen, a 29-year-old @DrPimplePopper fan, queues one up every night before bed. “It sounds bizarre, but they help me unwind,” she says. “There’s a sense of accomplishment to a great pop.”

Really, who can’t relate to that feeling of satisfaction after popping a blackhead or bump lurking just beneath your skin? “Most of my patients describe tremendous relief while they are picking, as it’s self-soothing,” explains Traube.

For chronic skin pickers—indicative of a larger mental-health issue—these videos may offer an outlet. “Just like watching someone bite into a slice of lemon might make your eyes water and mouth pucker, watching someone get extractions can also produce a physiological or emotional response or release,” says Traube. It sounds odd, but it gives some a clean slate.

ACNE ALL-STARS

To find out what really works, we crowdsourced some of the country’s biggest stores for their top-selling blemish fighters.

A drugstore icon, this salicylic acid–infused wash has kept excess oil at bay since 1993.

NEUTROGENA Oil-Free Acne Wash, $6

A 30 percent pigment load and salicylic acid gives this long-wear formula concealing and healing power.

COVER FX Blemish Treatment Concealer, $25

Ahhh! That cooling sensation and gentle exfoliation action leaves skin feeling smooth and clean—never stripped.

CLEAN & CLEAR Deep Action Exfoliating Scrub, $5

In the event of an acne emergency, reach for benzoyl peroxide. It helps unclog pores, control oil, and reduce redness, stat.

CLINIQUE Acne Solutions Emergency Gel-Lotion, $17.50

A drugstore, this salicylic acid–infused wash has kept excess oil at bay since 1993.

NEUTROGENA Oil-Free Acne Wash, $6
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BY JESSICA MATLIN

PICKUP STICKS
If your makeup brushes are lying around your bathroom or at the bottom of your bag, they're collecting germs. A diner-style straw dispenser is a cute way to keep them clean and at arm's reach.

TABLECRAFT Diner Collection Old-Fashioned Straw Dispenser, $16, amazon.com
ROYAL & LANGNICKEL Moda Brushes, $5 to $10 each, royalbrush.com

CASE CLOSED
Edit your makeup stash down to your VIP items, then pop them into these stackable, acrylic organizers—a dead ringer for the fancy ones like the Ice Box (around $400!) that celebs obsess over.

THE CONTAINER STORE Luxe Acrylic Modular System, components range from $12 to $37, containerstore.com

PIN THIS!
Given how many memes there are about lost bobby pins (“I've got 99 bobby pins, and I can't find one!”), the struggle to hold on to these suckers is real. Get a magnetic knife bar, which looks cool with a mix of bright pins like Remington Just Stay Pastel Bobby Pins, $3, drugstores.

RSVP Endurance Stainless Steel 10" Deluxe Magnetic Knife Bar, $28, sears.com
Going for that new job or promotion? Planning a define-the-relationship talk with your guy? Dealing with friend drama? Organizing your space? From dressing for the job you want to finding long-lasting love and keeping things hot, Cosmo’s got you covered with the practical, doable tips you’ll need in our brand new book.

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BOOST YOUR BASE
Spike your foundation, primer, or lotion with these drops to diffuse dark spots, neutralize redness, and make dull skin more luminous. The dropper-style delivery (new to the color-correcting world) mixes seamlessly for a flawless AF finish.

MEET YOUR NEW #MAKEUPSQUAD
Estée Lauder's new spin-off brand, The Estée Edit, is curated by trendsetters like Kendall Jenner. This eye palette (a must!) comes with two “transformer” shades that offer a cool glow-in-the-dark effect.

NATURAL SELECTION
We love the new Goop line because...
- a. It's created by the queen of green Gwyneth Paltrow.
- b. It makes #SkinGoals come true.
- c. Everything is at least 78 percent certified organic.
- d. All of the above.

PEEP SHOW
Step up your lash game with Dior's legendary Diorshow mascara—now in four limited-edition shades. Rock them alone, or layer over your go-to black for a hint of tint.

IN FULL BLOOM
Smells as pretty as fresh-cut roses, and the flower-topped bottle looks as gorge as a bouquet on your vanity.
Finally a LIPSTICK that loves you back.

Luscious, full-coverage color you'll love. 8-hour moisture that loves your lips in return.

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Is Your Hair Fried?

Color and heat are hell on hair (duh). But these unexpected offenders are just as killer when done again and again. Here’s how to get back to sexy.

BY JESSICA MATLIN

NEW COLOR CURE

Hair color pros are hot on Olaplex: a nourishing treatment that reconnects the hair’s disulfide bonds, which break when hair color is processed (but are crucial to strong, healthy strands). During the add-on service, your colorist mixes the liquid treatment in with the dye or lightener. (You can also supplement at home with Olaplex’s special weekly treatment.) To find a salon that uses it, visit Olaplex.com.

Switching Up Your Style

“I can tell just by seeing short, spiky strands at the crown or nape that a client frequently yanks out one style for another—like a top knot for a pony,” says James Corbett, color director for Clairol.

RX: Gently detangle before restyling, and use a light oil or leave-in conditioner to buffer against friction, says Nathan Rosenkranz, an expert for Alterna Haircare. And if an elastic feels so tight that it may snap, so could your hair, says Corbett.

Sleeping With Wet Hair

Sorry, night showerers: “Wet strands are very fragile, as they stretch more easily and can break as you change pillow positions,” says Nathaniel Hawkins, a stylist in NYC.

RX: Prime damp strands with a p.m. mask (like Living Proof PhD Night Cap Overnight Perfector, $28, livingproof.com), and sleep on a satin or soft cotton pillowcase to minimize drag, says Rosenkranz.

Under-Conditioning

Are you like the estimated 53 percent of young women who don’t condition with every wash? Expect dry hair and, over time, breakage.

RX: Unless you get greasy a day post-wash, use dry shampoo or a cleansing balm two or three days in between. When you do wash, condition! “It mimics the cuticle’s F-layer, the protective coating we’re born with that deteriorates,” says Rolanda Johnson Wilkerson, PhD, a principal scientist for Pantene. Check out DeveloPlus Anti-Aging Hair Treatment System ($20, drugstores).

Damage Control

Want to repair your hair? Try these fixes.

SHAMPOO
PANTENE Expert Age Defy Shampoo, $5, drugstores

CLEANSING BALM
KEVIN MURPHY Re.Store, $32, kevinmurphy.com.au for salons

MASK
AUSSIE 3 Minute Miracle Moist, $4, drugstores

DETANGLER
TANGLE TEEZER Compact Styler, $20, beauty.com

HEAT GUARD
WELLA PROFESSIONALS EIMI Thermal Image Heat Protection Spray, $17.50, wella.com for salons
AN INCREDIBLE REBIRTH FOR DRY HAIR.
ELIMINATE DRYNESS IN JUST ONE WASH.*

BECAUSE YOU'RE WORTH IT.*

Can a shampoo really change your hair?
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-Blake Lively

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*When using full system of shampoo, conditioner, and treatment vs. a non-conditioning shampoo

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MUCH POUNDING YOU
FEEL? DON’T SWEAT IT.
RESEARCH SUGGESTS
FOLLOWING THAT CRITERIA
IS LESS CRITICAL WHEN IT
COMES TO KEEPING
YOU INJURY-FREE THAN
WEARING FEEL-GOOD
SHOES. TURN THE PAGE
FOR NEW PAIRS WE LOVE.

BY ABIGAIL LIBERS
FITNESS BUZZ

I WORK OUT BUT GET WINDED WALKING UP STAIRS. WTF?

There are a few potential explanations for the huffing and puffing. One: You’re not as strong as you think. You could have absolute strength (why you can do dumbbell presses, no sweat) but not enough relative strength, which is how strong you are for your body size. Build it by doing body-weight workouts like yoga or running. Two: Maybe your stair-climbing form is crummy. Place your whole foot on each step, press through the heel, and use your glutes to pull the leg up. One last theory is that you exercise too much. Not allowing your body to recover can make everyday activities tougher. Don’t do intense sessions on back-to-back days.—A.L.

ASK THE TRAINER

SOURCE: KELVIN GARY, NASM, FOUNDER AND OWNER OF BODY SPACE FITNESS IN NEW YORK CITY

BROOKS TRANSCEND 3

The laser-cut mesh upper on these colorful kicks keeps your feet well-ventilated during long sweat sessions. $170, brooksrunning.com

SAUCONY KINVARA 7

At just 6.6 ounces, these lightweight sneakers will help you pick up the pace so you can finally break your PR. $110, saucony.com

MIZUNO WAVE CATALYST

The perfect everyday running shoes, these will give you the support you need to log lotsa miles. The soft upper fits feet like a glove. $110, mizunousa.com

NEW BALANCE FRESH FOAM 1080

Super stable with hella cushioning, these runners will keep you comfy through 5ks and half marathons. $150, newbalance.com

ANTI–CAMEL TOE LEGGINGS

Nothing ruins post-gym brunch like realizing your spandex capris have created an unsexy crotch situation. But Prismsport leggings (from $82, prismsport.com) work for fitness and Sunday Funday. The pants, offered in trendy patterns like marble and snakeskin, don’t have a vertical center seam—no more riding up.

BEST TIME TO TRY ON RUNNING SHOES, BECAUSE FEET ARE MOST SWOLLEN AT THE END OF THE DAY.

SOURCE: AMERICAN COLLEGE OF SPORTS MEDICINE

SNEAKERS: STUART TYSON/STUDIO D. STYLIST: SABRINA GRANDE. WOMAN ON STAIRS: BETH STUDENBERG/THELICENSINGPROJECT.COM.
WHAT DOES LIFE LOOK LIKE DURING YOUR PERIOD?

#LooksLikeThis

Life looks great with Tampax Pearl.
Its Built-In Backup™ Braid gives you the best protection* at home and on-the-go.

*among regular absorbencies

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HAPPI N ESS BUZZ

SHOULD YOU BE ON ANTI-D’S?
Nearly 70 percent of people with an Rx for antidepressants have never met the criteria for major depressive disorder, says a new study in the Journal of Clinical Psychiatry. Some anti-d’s are appropriate for issues like chronic pain and severe PMS, but because of side effects, they should be taken with caution under a psychiatrist’s care, says study coauthor Yoichiro Takayanagi, MD, PhD. Your treatment preferences matter. If they’re not being considered, get a second opinion. —J.C.

TAKE THE STRESS OUT OF WAITING

If you’re a head case while waiting for a big reveal—Did I get into grad school? Is he going to propose on my birthday?—you might be doing yourself a favor. “Keeping only a positive outlook can backfire,” says Kate Sweeny, PhD, whose research was published recently in the journal Emotion. “If the news is good, it will feel underwhelming. If it’s bad, you’ll be unprepared, which can be overwhelming.” To wait right, spend the time distracting yourself (seek out absorbing activities, like tackling that 800-page Hamilton biography) and prepping for both outcomes. Creating a game plan, such as scheduling dinner with a friend to celebrate or commiserate, will get you ready to accept any news.

By Jessica Cassity

And Now, the Headband of Happiness
Espresso can’t always give you zip. Ditto pinot noir for extra Zen. Enter Thync, a new wearable whose makers claim to help with both. A sticky strip wraps along hairline to your temple, where a Bluetooth device sits. Through an app, it sends electrical pulses to the brain, giving you your “vibe” of choice (calm or energy). Cosmo staffers said Thync provided a pick-me-up but were put off by the intense tingling. Whether it’s worth the $199 price tag depends on your curiosity… and budget. —Helen Zook
SOME THINGS NEED ARTIFICIAL COLORS.

WE DON'T.
My dog ate half my pack of BC pills—no, really! What should I do?

If you can get your hands on a new pack of pills within 24 hours, you’re golden. Start it the next day (where you left off for formulations with estrogen levels that change each week; at the beginning for a steady-dose med). If you can’t get a replacement pack by the next day, wait four days, then start fresh. Use backup contraception, as missed days can hurt the efficacy of your Rx. Then call your vet—and monitor your pup!
Pure Silk Shave Cream contains aloe to moisturize your skin, giving you the smoothest, most touchable legs without irritation. Shaving with Pure Silk is the easiest way to love your legs!

“SHAVING WITH SOAP AND WATER WON’T GET YOUR LEGS THIS SOFT AND SMOOTH!”

- Jana Kramer
Singer/Songwriter
Nothing beats a meal in a bowl. For a lower-calorie fix that still packs protein, try poke. The Hawaiian favorite (pronounced poh-KAY) is raw fish piled atop rice and veggies—and it’s landed on the mainland. Make it at home for you and three friends with this recipe from Dakota Weiss, executive chef at Sweetfin Poke in L.A. Expert tip: Buy sashimi-grade fish, and avoid pieces with muted colors or a fishy smell.

**California Winter Poke**

- 1½ lb. fresh ahi tuna loin, cut into ½-inch cubes
- 2 avocados, cubed
- 1½ cup pomegranate seeds
- 3 leaves shiso, cilantro, or mint, chopped fine
- 1 Thai green pepper, chopped fine
- 3 t. toasted sesame seeds
- 3 scallions, chopped fine
- 1 T. sesame oil
- 4 T. ponzu

Mix all ingredients together, and serve over a ½ cup of steamed brown rice per person.

**50 Grams**

That’s the max amount of added sugar (meaning sweeteners like HFCS or dextrose, not the naturally occurring kind found in fruit and dairy) adults should have per day. The average American gets more than 1½ times that. See how easily sugar adds up below, and watch your labels.

—JUNO DEMELO

<table>
<thead>
<tr>
<th>Blueberry yogurt + ½ c. granola + grande caramel macchiato</th>
</tr>
</thead>
<tbody>
<tr>
<td>66</td>
</tr>
<tr>
<td>2 margaritas (from a mix)</td>
</tr>
<tr>
<td>56</td>
</tr>
<tr>
<td>2 pancakes + ½ c. pancake syrup</td>
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</tbody>
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**Weird or Worth It?**

**P.B.&C.**

As in, caffeine. Made with green coffee extract, Steem peanut butter offers 50 percent more of the stimulant per serving than joe. What we question: the claim that it delivers a steadier release of energy. “There’s no evidence that fat slows the absorption of caffeine,” says Alicia Romano, RD. This tester’s take: Steem gives a jolt sans jitters, but the slight bitterness is a bummer.

—J.D.
We would invite you to try it, but you already have.

When we took the artificial flavors, preservatives and dyes out of Kraft Macaroni & Cheese, we wanted to be sure it still tasted like the Kraft Mac & Cheese you know and love. So three months ago, we quietly started selling the new recipe in our old boxes to see if you’d notice. And your silence spoke volumes. After all, it’s pretty hard to speak with your mouth full.
all the fun. none of the boredom.

totally over mindless treadmill miles? us too. fortunately, working up a sweat doesn’t have to be a bore. hop off the dreadmill, grab your bestie (because laughing at your rhythmically challenged friend will burn extra calories) and check out these new ways to work it.

indoor surfing
don’t live near an ocean? no problem. bring the stability training and cardio bursts inside with a surfboard simulator class. so many calories burned, no stinging saltwater in your eyes.

morning rave
perhaps not the raves you’re used to, these oh-my-god-it’s-so-early dance parties are booze-free, instead offering a fun workout with hydrating drink options.

rebounding
yes, jumping on a trampoline like you did as a kid will burn calories. it’s low-impact, high intensity and comes with a side of nostalgia.

trapeze
maybe you aren’t ready for the circus (yet!), but trapeze class will build muscle, condition your core and improve your coordination.

no matter what the workout, stay hydrated before, during and after your sweat session with vitaminwater zero.

vitaminwater.com vitaminwater.tumblr.com #resettozero
Barre studios are having a serious moment—and with good reason. The technique is an allover toner that does a particularly good job of whittling the waist, lifting the butt, and improving your posture. This routine, designed by Andrea Rogers, founder and creator of Xtend Barre, can be done anywhere there’s the back of a chair.

BY DANIELLE McNALLY


PHOTOGRAPHED BY MUNETAKA TOKUYAMA
1 THIGH TONER
Stand to the right of a chair, feet together, holding back of chair with left hand, right arm in a half circle at chest. Lift heels, and bend knees slightly. Bend left knee more as you slide right leg to side (shown). Reverse motion. Do 16 reps. On the last rep, keep leg extended and pulse up 16 times. Switch sides to complete set.

BEGINNERS WELCOME
Don't be intimidated by Rogers' perfect technique. She's a former dancer, but you don't have to be. “Our tagline is No Tutus Required!”

2 LITHE LEGS
Stand to the right of a chair, feet wider than shoulder width and turned out. Hold back of chair with left hand, right arm extended out to side, elbow soft. Bend knees. Straighten left leg as you lift right leg, sweeping right arm and leg in a circle toward center of body and up (shown) and back to side. Do 16 reps, then switch sides.

TEST YOURSELF
Leg circles feeling easy? Rise up on the ball of your foot with each rep. This will fire up your abs and the calf and glute muscles of your standing leg.

3 BALANCE BOOSTER
Stand to the right of a chair, right foot forward, left foot back, holding back of chair with left hand, and right arm extended out to side, elbow soft. Lift heels and bend knees (A). In one motion, straighten legs and rotate body to face chair, bringing arm in front of you (B). Reverse motion. Do 16 reps, then switch sides.

BURN MORE CALORIES
Don’t pause between reps. Instead, Rogers recommends flowing continuously from front to side, front to side. This will raise your heart rate, adding a cardio element.
WORKOUT

4. **BOOTEUS MAXIMUS**
   Stand an arm's length away from the back of a chair, facing it with feet together. Bend forward at hips, and rest forearms on top of chair. Bend left knee as you extend right leg to hip height behind you.[shown]. Lower leg so that toes tap floor. Do 16 reps, then switch sides.

DRESS THE PART
Snag yourself a pair of "grippy" or "no-slip" socks. Standard socks don't offer any control, and going barefoot (unless you're on plush carpeting) could give you blisters.

5. **CORPS STRENGTH**
   Stand to the right of a chair, left foot forward, right foot back, holding back of chair with left hand, and right arm in a half circle at chest. Bend knees to lunge[A]. Straighten left leg, and kick right leg to hip height in front of you as you raise right arm overhead[B]. Reverse motion. Do 16 reps, then switch sides.

LISTEN UP
According to IMS data from June 2015, the average co-pay for generic prescriptions on commercial health plans ranges from $9.45-$18.55.

Terms and Conditions
By using the RELPAX $10 Co-pay Card, you acknowledge that you currently meet the eligibility criteria and will comply with the terms and conditions described below:

- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed, in whole or in part, by Medicaid, Medicare, or other federal or state healthcare programs (including any state prescription drug assistance programs and the Government Health Insurance Plan available in Puerto Rico [formerly known as “La Reforma De Salud”]).
- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed by private insurance plans or other health or pharmacy benefit programs that reimburse you for the entire cost of your prescription drugs.
- Patients must be 18 or older.
- By using a co-pay card, a patient may pay only $10 per prescription. Savings provided by each co-pay card are limited to $100 per month. Each co-pay card may be used once per month for twelve (12) months. Provided you continue to meet the eligibility criteria, you may be eligible to receive a second co-pay card during the offering.
- Each patient is limited to one active co-pay card at a time during this offering period and the co-pay cards are not transferable.
- You must deduct the value received under this program from any reimbursement request submitted to your insurance plan, either directly by you or on your behalf.
- The co-pay card cannot be combined with any other rebate or coupon, free trial, or similar offer for the specified prescription.
- The co-pay card will be accepted only at participating pharmacies.
- The co-pay card is not health insurance.
- This offer is good only in the United States and Puerto Rico.
- Pfizer reserves the right to rescind, revoke, or amend the co-pay card without notice.
- Offer valid from 4/1/11 to 12/31/17. No membership fees apply.

For help with the RELPAX $10 Co-pay Card, call 1-800-926-5334, or write: Pfizer, ATTN: RELPAX, PO Box 2225, Morrisville, PA 19067-8025. www.pfizer.com You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.
take your bedroom moves from hot to hotter to HOTTEST!

Get the STEAMIEST, most rev-it-up sex advice ever! With everything from warm-up moves to daring erotic techniques and steamy sex positions—COSMO’s lusty collection helps readers BOLDLY go where they may never have gone before!

Why settle for 50 when you can get 69 shades . . . of COSMO? Whether you’re all about adventure or just want to spice things up for the night, you’ll love these sexy little games. Just pick a card from the deck—like Finish the Fantasy or Naughty Sex Dates—and get your kinky on. BONUS: BONDAGE CORD INCLUDED!

A sexy favorite is now in a sizzling card deck with 99 POSITIONS—plus 12 “lust lessons!” Every position’s illustrated in detail with precise and tantalizing instructions. So pick a card, any card—whichever you get, the results will be HOT!
NOW YOU CAN SNACK the WEIGHT OFF!

Introducing revolutionary new snacks.

New sweet and savory, 100-calorie snacks are packed with protein and fiber! It's never been easier to lose weight fast and keep it off, with the clinically proven SlimFast Plan.*


*Individual results may vary. Based on the SlimFast Plan or calorie-reduced diet, regular exercise, and plenty of fluids. Check with your doctor or health care provider before starting any weight loss plan. © 2016 SlimFast.
Q/ A lot of women might think lack of sleep isn’t a big deal because it’s not a chronic issue. It’s just been one of those days when life prevents good sleep. That happened to me yesterday. I had to get up at 5:30 a.m., and by noon, I was dragging. So I canceled what I was going to do and took a nap. Of course, there are certain things you can’t cancel, but usually there is something you can move without being disrespectful.

Q/ What’s your advice for those nights when you’re freaking out, Oh my god, I’m in bed but I’m not sleeping; it’s 1 a.m., 2 a.m.? Those wide-awake moments often happen because we crash. We are on our phone, answering e-mails, going through our feeds, then just turn off the lights. We fall asleep because our bodies are exhausted, but we haven’t turned off our minds. So what wakes us up is the brain. I have a simple ritual: Thirty minutes before I go to sleep, I turn off all my devices and escort them out of my bedroom. People say, “What about an alarm?!” Have an alarm clock. Don’t have your smartphone by your bed.

Q/ Can I keep it in a drawer next to my bed? It can’t be somewhere you can reach without getting up. Because if you wake up in the middle of the night and you can’t sleep, you’re going to turn to your phone, almost like a pacifier. And then it’s less likely that you’ll go back to sleep because your day life has invaded your night life.

Q/ If you sleep more, you also get more out of what you do when you’re awake, right? Everything, yes. If we were talking yesterday morning, when I was sleep-deprived, I would be going through the motions. Today, because I got more sleep, I’m really enjoying this with you.

Q/ Let’s talk about the beauty part now. When you don’t get enough sleep, your skin can start to look crappy, right? When we say beauty sleep, that’s very real. Models and
actresses, they talk about sleep as one of their beauty weapons.

Q: You also tend to eat poorly if you’re tired.
The connection between weight and sleep deprivation is huge. If you’re sleep-deprived, your body craves fat and carbs to give you energy.

Q: Coffee is my friend.
I love coffee. I just don’t drink it after 2 p.m. Let’s say you’re going to sleep around 10. You want an eight-hour gap. That’s a good rule of thumb. It may be that you can drink coffee until four o’clock. You have to experiment.

Q: Is there anything we should be drinking before bed?
If you want, you can have something hot and soothing. Licorice tea is a favorite, lavender tea. Alcohol may get us to sleep, but it metabolizes quickly and we wake up later on. Another part of the ritual is to put on dedicated bedtime clothes—unless you sleep naked. It could be a cotton tee or little silk things. But it can’t be gym clothes because then your brain gets contradictory messages: Are we going to the gym or are we going to sleep?

Q: What about when you are sleeping with someone new?
You’ll have the excitement of the new, which is energizing, so you’re probably not going to get much sleep... especially if the sex is good. But actually that is a fun, exciting thing that often gives us more energy during the day.

Q: So sometimes giving up sleep for sex is a good idea?
Absolutely! An orgasm is a very good sleep inducer.
A GROUP OF EDM FANS IS ON A MISSION TO MAKE FESTIVAL SEASON LESS RISKY. BUT NOT EVERYONE IS DOWN WITH THE PROGRAM.
a three-day EDM festival in upstate New York, and 28-year-old Kellye “Mohawk” Greene is racing against time. Having finally located her booth uphill from Steamboat Stage (which belches smoke from twin stacks along with an endless stream of bass-heavy music), she unloads boxes of earplugs, condoms, and rubber bracelets that read Say “Know” to Drugs. She sets out informational cards on substances ranging from nicotine to LSD and hangs a neon yellow DanceSafe banner just as the grounds open.

With her signature mohawk and colorful plastic bracelets, Greene looks like many of the festivalgoers. Unlike them, she’s not here to play in interactive light domes and listen to Space Jesus and Diplo. As the volunteer head of the New York chapter of DanceSafe—a nonprofit with 14 regional chapters that provides drug and safety education in the rave scene—she’s here hoping to save lives.

Electronic dance music (EDM) has exploded in recent years, with global revenue reaching $6.9 billion in 2015. Calvin Harris, EDM’s top-earning DJ (and Taylor Swift’s BF), netted $66 million last year alone. That revenue isn’t coming from song downloads or album sales. Nearly 85 percent of EDM income in North America
is generated from festivals and clubs, says a 2015 report from the International Music Summit. For fans, EDM isn’t just about the music, it’s about the moment. It’s a sensory experience of music, lights, dancing, and often, drugs.

The dilated pupils and delirious smiles floating past the DanceSafe booth indicate that’s the experience at Mysteryland. Users report that MDMA, aka Molly or ecstasy—the drug of choice at many EDM events—promotes feelings of closeness and bliss. It can make lights look brighter or music sound better. “Molly makes you so incredibly aware of happiness,” says Stephanie, 26. “It heightens my sense of touch to a level that’s almost meditative.”

It’s also illegal and potentially dangerous.

Emergency room visits in which users reported taking LSD or MDMA more than doubled between 2004 and 2011, according to the Substance Abuse and Mental Health Services Administration. Last year, the issue made headlines when 11 Wesleyan University students were hospitalized after taking what they believed to be Molly. The pills were later found to contain AB-Fubinaca, a synthetic cannabinoid with psychoactive properties, and 6-MAPB, a psychedelic “research chemical.” Although all students survived, one had to be revived after his heart stopped.

The incident illustrates a pressing problem with Molly today: People buying it have no idea what’s in it. It could be pure MDMA...or it could contain caffeine, amphetamines, or a host of new synthetic analogues and research chemicals. Joseph Moses, a spokesperson for the DEA, says crackdowns on the chemical precursors used to make MDMA in the mid-2000s led to more experimentation with synthetic analogues. “These drugs are produced in labs in China, never meant for human consumption, and mislabeled as industrial solvent or rust inhibitor to be smuggled into the U.S.,” he says.

When Beth, 28, bought Molly from a dealer at an EDM party in Manhattan, she assumed she was getting pure MDMA. “It was during my wilder days, so I took two,” she admits. The pills hit her hard and fast. “Instead of feeling fabulous and wanting to dance my ass off, I felt groggy and fuzzy, and I couldn’t really move or talk. I sank into a cushioned chill-out area where a couple felt me up, kissed me, and pulled down my top.” A friend found her before more happened, but Beth had trouble waking for hours afterward and felt weak and depressed for days. She never found out what was in the pills.

DanceSafe is trying to prevent situations like Beth’s. When permitted by event organizers, the group provides on-site pill testing. Attendees bring their pill or powder to the DanceSafe booth, scrape a small amount onto a ceramic plate, add a drop of a chemical reagent, and watch the colors change. Purple may indicate 6-APB, for instance, and light green signals PMA, which produces effects similar to MDMA but is toxic at much lower doses. The drug has caused enough fatalities to earn it the street name Dr. Death.

DanceSafe also sells testing kits at events and through its website. The site’s safety tips include encouraging potential drug users to tell a friend, preferably one who’s sober, every substance they ingest and how much. They also advise caution when dosing (for instance, try half a pill, then wait an hour to see its effects). DanceSafe believes that, armed with information, people can make better choices about what they put in their bodies.

At Mysteryland, it doesn’t take long for attendees to ask about pill testing. Greene delivers the same news dozens of times: They can’t do it. Mysteryland has asked them not to sell kits or perform on-site checking. Many other festivals haven’t responded to the group’s requests to set up a booth or have said they don’t have space, says Missi Woolridge, DanceSafe’s executive director.

Why would organizers shy away from providing tests that could help keep their customers from taking something toxic? “We can’t allow drug testing based on the implications such services reflect on the event,” says Brian Tamke, festival director of ID&T, which produces Mysteryland. The implication being that drug use is endorsed.

As Moses of the DEA notes, “pure” Molly is not benign. The drug has a long list of negative effects, including nausea, chills, cramping, and blurred vision, according to the National Institute on Drug Abuse. An overdose can cause high blood pressure, panic attacks, and in severe cases, loss of consciousness and seizures. “You hear about hospitalizations and people say, ‘That was just a bad batch of MDMA,’” he says. “There is no such thing as a good batch of MDMA.”

In some cases, the festivals’ insurance or legal advisers have prevented harm-reduction services from having a presence at events. In 2002, then-Senator Joe Biden introduced a bill known as the Reducing Americans’ Vulnerability to Ecstasy (RAVE) Act. It subjects any organization or individual seen as “maintaining a drug-involved premises” to fines up to $250,000. “Unfortunately,” says Tamke, “the RAVE Act does weigh on our decisions about what services to provide.”

Several festivals have instituted a zero-tolerance drug policy. Back in 2010, when a 15-year-old girl died after taking MDMA at the Electric Daisy Carnival in Las Vegas, the festival declared any use or possession of drugs would result in removal and prosecution and installed drug-drop amnesty boxes at entrances. In 2015, there were 76 felony arrests (nearly all for narcotics) over the course of the three-day event. Still, since instituting its zero-tolerance policy, the event has reportedly seen more than one drug-related fatality each year.

Desiree Naranjo, spokesperson for Insomniac, which produces Electric Daisy Carnival, notes that “the
tragic outcomes that can affect those who participate in illicit drug behavior extend far beyond any genre of music or any type of live experience.” It’s unfortunate that the media focuses on this while ignoring the scope of substance abuse and the need to improve education strategies, she adds.

Woolridge argues that education is exactly what her group is trying to do and that get-tough policies haven’t eliminated drug use and abuse. “Our society is trained to think the only answer is zero tolerance,” she says. “However, we’ve never had a completely drug-free society, and it’s unrealistic to think that’s attainable.”

AS THE SUN SINKS behind the hills and Mysteryland’s light shows paint the sky crimson and green, traffic at the DanceSafe booth slows to a trickle. “When we tell people we don’t have test kits, most go, ‘Okay, well, never mind,’” Greene says. “Often, that doesn’t mean ‘Never mind, I’m not going to do drugs.’ It means, ‘Never mind, I’m just going to take this and see how it goes.’”

In 2013, Shelley Goldsmith, a 19-year-old student at the University of Virginia, died of heat stroke caused by a combination of ingesting MDMA and dancing for hours in a hot club. “Empathogens—drugs that make you feel good and energetic—can mask thirst or discomfort until it’s too late,” says Matthew Baggott, PhD, a neuroscientist at the University of California at Berkeley. “MDMA can also slow heat loss by constricting blood vessels in your arms and legs. When blood can’t carry the heat to your surface, skin feels cold while core body temperature rises.” Staying hydrated and taking breaks can mitigate the danger.

But Shelley Goldsmith didn’t realize she was overheating until it was too late. Her friends report that “I need water” was the last thing she said before collapsing. Her mother, Dede Goldsmith, has been working to amend the RAVE Act with the help of Senator Tim Kaine’s (D-VA) office. “It prevents promoters and organizers from instituting safety measures,” she says. “The pair would like Congress to clarify the definition of “maintaining drug-involved premises” to exclude offering free water, chill-out spaces, crowd control, and harm-reduction services such as the ones DanceSafe provides.

The White House Office on National Drug Policy doesn’t yet have a position on drug safety at EDM events. Goldsmith met with the office last fall in hopes of changing that. She doesn’t encourage drug use, she says, but wants people to be informed should they take that gamble. “If Shelley had seen a DanceSafe booth and picked up one of those cute postcards on the risks of MDMA, she might have realized that she was running the risk of heat stroke,” Goldsmith says. “She shouldn’t have died.”
A gentler, more natural way to TREAT ACNE

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Dealing with acne and problem skin is one of the most difficult and frustrating problems facing both children and adults. Promises of quick fixes and celebrity endorsements have left consumers disappointed and disillusioned. Blemfree™ takes a scientific and natural approach to creating healthy skin.

The Blemfree™ Primary System has everything you need to cleanse, tone, correct, and nourish your skin. Its patented ingredients are safe, effective, and unique to other products on the market. Blemfree™ was formulated by Equibal Labs, the industry leader in professional skin care solutions for over 30 years.

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“I’m Sleeping With Someone New. Send Help!”

SO STARTS AN E-MAIL FROM A DESPERATE READER. WE’VE GOT YOUR BACK! HERE’S EVERYTHING YOU NEED TO MAKE SEX-PLORING WITH A NEW PARTNER FUN AND NOT AWKWARD.
First-Time Sex: Your Place or Mine?

By Rose Surnow

You’re three Proseccos deep, his hand is on your thigh, and your loins are sizzling like a plate of shrimp fajitas. You know this date’s going to end with sexy time. There’s just one question: Your place or mine?

Personally, I am all about the home-court advantage. Going to a new guy’s house is taking a risk! Sure, he might live in a gorgeous home with an infinity pool and a NordicTrack. But what if he lives in a freezing basement with an illegal ferret named Scratchy? Here are three reasons you should never go to a dude’s place for first-time effing.

1. Boy Bathroom

Have you ever been inside a 20something dude’s bathroom? It’s basically a Where’s Waldo of rogue pubes. There’s never any hand soap, and the toilet looks like a Jackson Pollock painting.

2. Terrible Decor

No way I can climax in a twin bed facing a Shawshank poster.

3. Fear Factor

Everyone meets online, which means all you really know is that he “works hard/plays hard” and went to Machu Picchu. He could be a murderer or a DMB fan for all you know! #FullBodyShivers

POSITIONS THAT IMPRESS

These foolproof moves will have him worshipping you.

THE FRESH FROLIC

While you lie on your back, have him face you, kneeling, and pull you up by your calves until your back is off the bed. He’ll enter you in a downward, G-spot-friendly angle that’s a tight fit, thanks to your close-together thighs, plus a flattering view of your bod.

YOUR FIRST RODEO

As he’s lying on the edge of the bed, knees bent and feet on the floor, straddle him, facing away. Tuck your calves under his body for leverage as you ride him. The angle’s amazing for your O. Bonus: Reach under and massage his balls. You’ll blow his mind.

THE ROOKIE ROCK

Straddle him, with knees bent and toes just touching the bed. Now rock back and forth. For a shallower ride, lean back and brace yourself. The head of his penis and first third of your vagina contain the most sensitive nerve endings, and you’ll hit every angle.

DIRTY TALK THAT’S NOT WEIRD

No-fail sexy sayings to bust out early in the game

- “I WANT TO DO BAD THINGS TO YOU.”
- “I CAN’T WAIT TO FEEL YOU ON TOP OF/ UNDERNEATH/ INSIDE ME.”
- “PLEASE DON’T STOP.”
- “HOW ARE YOU SO GOOD AT THIS?”

— A.B.
Help Him Help You!  

Not only does it flatter guys to think we’ve given you pleasure, it also turns us on to see you lose your mind. Which is why we need help navigating your uncharted lady parts. This is never more true than during that first nerve-racking time in bed, when we want to impress you and make you orgasm. Help us get you there with these cues.

1. **Moaning**
   
   Men are like dogs: dumb and happy to lick you if we’ll be praised. Moaning lets us know we’re doing something right—a Milk-Bone you can toss for a trick well done.

2. **Use Your Hands**
   
   It’s dark down there, and we’re thrusting around in foreign territory. Sometimes, we’ll need your assistance getting to the sweet spot. Guide us to the promised land.

3. **Just Say It**
   
   There’s nothing wrong with resorting to English. Guys are cavemen in the sack—grunt!—but we can still hear you. Give directions—higher! slower! there!—with confidence.

4. **Put on Porn**
   
   Porn is a risky proposition for someone new. But women know their bodies best, which makes lesbian porn a great educational source for dudes. Tell him you’re putting it on to get the juices flowing. We’ll be taking notes.
Get Over It! It’s time to swipe left on your sexual hang-ups. BY DANIELLE KAM

1. Your Sex Skills
It’s normal to feel insecure. Sex therapist Madeleine Castellanos, MD, suggests thinking about sex beforehand by visualizing a fantasy. When you’re alone, pick a spot you like to touch and gently stroke it with your finger as you visualize. This primes the brain. During the deed, have your partner caress that spot—and others, too, while he’s at it!

2. Your Jiggly Bits
Even if you feel Shrek-like, odds are your partner won’t notice or care. Dr. Castellanos suggests checking yourself by asking: How much will these things affect your ability to enjoy sex? Replace negativity by focusing on what’s pleasurable, like how this hot person wants your bod.

3. Bodily Functions
Whose idea was it to get jalapeño chili again? “Everybody passes gas and gets bad breath,” says sex therapist Laura Berman, PhD. The bright side? “If you practice good hygiene, it’s not something that he won’t have seen before, and he’s probably going to fart more than you.” (So, semi bright side.) The point is, you’re both human.

FIRST-TIME SEX CONFESSIONS!

“It was hot!”
The first time with my boyfriend, he grabbed my foot, licked my big toe, and then dragged his tongue all the way down my leg. In the moment, it was the hottest thing ever. To this day, we talk about that moment and how bold that move was.”
—ALICIA V., 20

“It was so not!”
After I had sex with this guy for the first time, he started wheezing. He said, “I’m having an asthma attack, but I didn’t want to stop.” It was awkward.”
—MICHELLE G., 19
So, You’ve Been Together Forever... Here’s Why You Can—and Should!—Try New Sex Things

Dating coach and Cosmo columnist Matthew Hussey tells you how to keep your sex life stronger for longer.

One of the greatest things about being coupled up is having someone you trust to sexually explore with, right? In new hookups, people don’t know our boundaries or the secrets of what we’re really into. In relationships, who better to satisfy us than the one who knows which buttons to push?

I want to believe this idea. But as a dating coach who talks to thousands of women and men every year, I’ve come to realize something unsettling. For a huge number of couples, the very opposite is true.

Most long-term partners know less and less about each other sexually over time. What’s more, if they left their relationship tomorrow and had a one-night stand, many would probably do more of what they wanted with that random individual in one night than they did with the person they love in the last year. A study in the Canadian Journal of Human Sexuality confirms this: “The longer our romantic relationships, the less willing we are to risk being sexually novel,” the researchers found.

Why does this happen? Well, it’s psychologically easier for us to expose our unshackled desires and introduce new sexual behaviors in hookups. In relationships, we fear offending our partner (“So you haven’t been happy this whole time?”) or receiving their judgment (“You want to bring sex toys into bed? Why?”) or getting embarrassed. The result? Couples who indulge kinks with porn or erotic literature but have the same routine sex with each other.

Maybe this isn’t you. Perhaps you’re part of those lucky few couples who have sex without restraints (or with restraints, if your kinks lean that way). If so, keep swinging from those chandeliers and dripping candle wax on each other’s bodies. But even if you feel sexually in synce, it’s worth asking yourself: “Could there be ways my partner would like to explore that I don’t yet know about?” Consider: A study in the Journal of Sex Research found that when couples are more willing to engage in “sexual transformations” (trying new sexual things to boost their partner’s pleasure), it leads to greatly increased relationship satisfaction.

If we want our relationships to last and stay fulfilling, we need a culture of candor where we ask our partner for what we desire in the bedroom and embolden them to do the same. I had a girlfriend say, “Tell me what more could I do to turn you on. What’s something you want to try, even if it’s weird? I want us to have fun exploring each other’s fantasies.” Just like that, I was free to show my real self.

Talking openly about sex isn’t the only way. Making a bold sex move can make our partner feel safe to do the same. Maybe you show up to a date in a brinette wig if you’re actually blonde. Or the mere suggestion that you visit an upscale sex shop together (maybe both of you pick something you want to try?) can be enough to show that you are open to the new.

Bridging the gap can also mean creating something from nothing. Let’s say he gives you a light tap on the bum when you’re out, but you really want him to be more forceful and spank you. Tell him, “When you do that it turns me on thinking about other things I want you to do…like spanking me…”

People yearn for stability and emotional comfort, but we also crave adventure and sexual excitement. Too often, relationships nurture the former and treat the latter as optional.

I know this much: If someone is going to agree to have sex with only me from this point forward, the least I can do is commit to doing the best job I can of maintaining excitement. Hasn’t there been a time when you saw something sexy in a movie and thought, “That’s hot—I wish I could try that”? It’s important to voice those desires and realize your partner’s tastes are constantly changing too.

When we start to see our partner as the best person to go to for fulfilling our sexual cravings, we’ll stop believing that the toll of a monogamous relationship is giving up on our dirty little fantasies.
THE BIGGEST EXCUSE WE MAKE FOR MEN just…dating? “If women are looking for a long-term commitment, they might have to date a lot of guys first before they find one who’s in the same place,” points out Joanne Davila, PhD, a professor of clinical psychology at Stony Brook University who studies healthy relationship skills and is coauthor of *The Thinking Girl’s Guide to the Right Guy*. "Some guys can be perceived as emotionally unavailable when, really, they’re just looking for different things."

Then there are the guys who actively take advantage of your emotions and seek out turbulence in a relationship. But unless a guy is kicking puppies or otherwise exerting overtly asshole-ish behavior when you first lay eyes on him, you can’t instantly tell he’s an asshole. (The scary truth: Assholes look just like the rest of us!)

“When you first meet somebody, typically there aren’t huge warning signs—people are on their best behavior,” Davila says. “It takes a little while to see someone’s true colors and to find the right person.”

And BTW: No one is asking men to open up and become more emotionally available. And you know what? Those sweet, friendly, emotionally available men you passed up because they had weird mannerisms or bad facial hair or a resemblance to your ex—they probably think you’re emotionally unavailable. Mind blown.

1 It’s Blame-y and Baseless

The idea that we go after emotionally unavailable partners is a put-down used to shame and blame single women. It puts the onus on us to choose more wisely next time: *You idiot, get it together. You’re never going to find a man if you keep chasing after emotionally unavailable ones.* When really, my friend isn’t single because she was attracted to two men who weren’t ready to commit to her. She’s single because she hasn’t met the right guy yet.

And yet most women who are actively dating have had the accusation lobbed their way. “The first time I heard it was my sophomore year of college, when I kept falling for guy friends who were more interested in building relationships with their new frat bros than with me,” recalls Elizabeth, a 31-year-old editor in New Castle, New York.

But isn’t falling for people who aren’t quite right for you just…dating? “If women are looking for a long-term commitment, they might have to date a lot of guys first before they find one who’s in the same place,” points out Joanne Davila, PhD, a professor of clinical psychology at Stony Brook University who studies healthy relationship skills and is coauthor of *The Thinking Girl’s Guide to the Right Guy.* “Some guys can be perceived as emotionally unavailable when, really, they’re just looking for different things.”

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2 It’s a Cloaking Mechanism

There may be stagecraft at work here: Some women might say “Oh, he was just emotionally unavailable” to
avoid the larger truth that maybe he just wasn’t that into them in the first place. “People like to see themselves positively,” says Erica Slotter, PhD, an assistant professor of psychology at Villanova University who researches identity and relationships. “Sometimes we use emotionally unavailable as a scapegoat at the end of the relationship. We say the demise was the other person’s fault, allowing us to feel good about ourselves.”

Just ask Michelle, a 33-year-old optometrist in New York City: “When a relationship didn’t work out, I used to tell people ‘He screwed me over’ when actually we just weren’t right for each other,” she says. “After a split, the guy usually says the girl is crazy. I think it’s a similar attitude, only it sounds less aggressive and more adult to label the person *emotionally unavailable.* But it’s a cipher…and meaningless.

Look, some men really are emotionally unintelligent—bad at expressing their feelings and hopeless at caring about yours. (Our collective definition of masculinity might be partly to blame. “In our culture, there are different rules about displaying emotions for men and women,” Slotter points out.) And if you keep spending time with these kinds of emotionally stupid partners and (this is key) it bothers you and you’d rather be with someone empathetic, it’s worth defining what you want: a partner who’s caring, emotionally intelligent, and into you (and not afraid to show it). Breaking down exactly what you weren’t getting from past relationships—those all-important capital-n needs—can help you weed out the losers and find your catch. Explaining away the whole mess by saying he’s emotionally unavailable? Slightly less empowering.

When I was younger and newly single, I dated a spate of men who cited episodic depression as the reason they couldn’t hang out. They mentioned it in soft, apologetic e-mails using figurative language. One said he’d been “in a cocoon.” The other explained he gets “buried under life.” Around that time, a friend’s love interest told her he’d been MIA because “when life gets crazy, I just hit stop.” We listened and felt empathy, and we carried these reasons to our nay-saying girlfriends, the ones furrowing their brows and going “You haven’t seen him in how long?” Of course, in every case, the episodic depression actually wound up being due to “feeling things out with a new woman.” But those e-mails had given us hope! A change in the status of their emotional availability seemed days away.

Now, of course, I can’t stop face-palming. These dudes were literally telling us they were not about to meet our needs, and we used it to justify sticking around! This is all too common, says Davila: “People spend a lot of time hoping other people are going to change,” she says. “When you keep making excuses for why something’s not working, it’s disastrous.” A danger with this term is that it’s inherently a temporary thing. He’s emotionally unavailable right now, but if I just wait it out until he gets over his ex or breaks up with his girlfriend, he’ll finally become available! But it usually doesn’t work that way. We attribute his unwillingness to commit to outside circumstances (rather than to his own choice, which is what it is—if he wanted to be with you, he would) and waste so much time waiting around for a man’s emotional availability to change. “I still have guys in my life who I feel will ‘pull out of it’ and realize I’m the best thing ever and come running,” Michelle admits. “A girl can dream.”

Even more fun than dreaming? Continuing to meet people who might delight or challenge or adore you, until you meet the one whose emotional availability is in line with yours. Get it, girl.
THE QUESTION has never been “Am I crazy?” but rather “Am I so crazy that I’m doomed to be alone all my life?” As the child of a mentally ill poet and a raging alcoholic philosophy professor who gave me away to be raised by their even crazier psychiatrist, I worried I might be too warped to ever fit perfectly against somebody else. That my crazy parts would keep all the good, sane people away. In a way, this is exactly what happened.

I felt dented and broken in so many ways that my 20s and 30s were absolutely littered with failed relationships. But the brilliant thing about growing older is that you care less. I realized it was hopeless to try to pull myself...
together and act normal and sane because I wasn’t and never would be. I stopped trying to be all suave and position myself to others as “well-rounded” or “together” and just crashed through the door like an ox.

And it totally worked. Case in point: my Whitney Houston period.

I never cared much for Whitney “The Voice” Houston during her big belting prime, but I became obsessed with her during her catastrophic comeback tour, when she could barely make it through the chorus without coughing, gasping for air, or calling out to the audience, “Help me out, y’all!”

As she traveled to a new city each night, I spent the next day watching the latest cell-phone videos on YouTube. She was so awful in Australia that huge numbers of the audience walked out. It was the most spectacular trainwreck, and I held on as it flew off the tracks.

At the time, my own apartment was a disaster of dirty laundry, filthy sheets, and dogs impatient for their overdue walks. Dinner was courtesy of GrubHub every night because cooking would be a horrendous distraction from Whitney. I was more than a year overdue for my next book and had pretty much stopped writing altogether so I could focus on Whitney’s decline.

This was me at my worst, and to my astonishment and glee, I was not living alone. I was married, three years and counting. I was insanely in love and so was he. I was also quite cognizant of the fact that my husband, Christopher, is likely the only man who could have tolerated my inexplicable, relentless obsession with Whitney’s public downfall.

“You’ve got to see her at the O2 Arena,” I told Christopher before he could even take his coat off when he got home from work.

“Oh no,” he cried, covering his ears and shaking his head from side to side. “Please, no more Whitney. My mind will melt. I can’t.”

But of course, he could. And he did. I made him watch every warbling version of her new single.

“IT’S AS IF HE WERE CREATED AT THE FACTORY JUST FOR THE PURPOSE OF LOVING ME ABSOLUTELY AND COMPLETELY.”

“Wait, listen to her do the R. Kelly ballad in Seoul! It sounds like she wasn’t wearing her teeth!”

The bed was littered with potato-chip crumbs, dog hair, loose peanut M&Ms, and other debris, but none of that mattered to Christopher. It’s as if he were created at the factory just for the purpose of loving me absolutely and completely.

Because I didn’t accept myself “as is” earlier in life, in order to reach Christopher, I had to trudge through a minefield of exceptionally wrong people. I cringe to recall Shawn, the menswear designer who offered to “edit” my closet and then proceeded to throw away all my clothes except for a single pair of Levi’s 501 jeans and a navy blazer my dad mailed me one year for Christmas.

There was Mitch, with whom I couldn’t have sex because he reminded me of an insect but whom I nonetheless stalked online, posing as hot guys who wanted him in order to catch him cheating on me. And even though I cheated on him numerous times, I did this “to see if I could still even have sex.” Thus, my own infidelity was all in the name of research and entirely beside the point.

Earlier, there had been a guy who wanted to wear a diaper and said, “Let’s be babies!” Then there was Alex, whose hair smelled like vomit. Chester owned too many guns; Don thought I should “smile more.” There was an undertaker who smelled like embalming fluid. And there was a guy named Rick who festered in the pit of my Whitney videos. But as Dennis was by far the longest mistake of my dating life. Early on when I asked him blissfully, “Are you as happy as me?” and he replied, “No, not as happy as you,” I should have ended it. That blatant inequality of affection really doesn’t have the durability to last a lifetime. But I stayed. I did more than stay; I insisted to myself for years that he could come to love me. Especially the version of me that would appear once I improved and became more normal.

I learned to distrust my instincts. This is the psychological equivalent of stabbing an olive fork into the flesh of your soul. After Dennis, I never again turned away from my instincts.

Christopher had been there all along. Because he’d always been my literary agent or my boyfriend. I met Dennis several months later and made it last 10 years longer than it ought to have. And then I blew up my world, and all the pieces fell onto Christopher’s desk.

I was a wreck. But I was no longer capable of bullshit dating stuff. With Christopher, I don’t put my “best foot forward” or turn on the charm. I do not hold in my stomach. My behavior is extreme, manic, confusing, and irresponsible. Any other guy would have run out the door, horrified, leaving me to fester in the pit of my Whitney Houston videos. But as Christopher tells me, “I knew how awful you were when I married you. I love you!”

The parts about me I felt were defective, he sees as essential. What I considered a flaw, he views as a charming quirk. Am I crazy? Of course I am, but I’m exactly his brand of crazy.

Augusten Burroughs is the best-selling author of Running With Scissors. His new memoir, Lust & Wonder, is out this month.
WHY I SEX-SHAMED STUDENTS IN THE NAME OF RELIGION.

BY KELLY GONSALVES

“LET’S DO AN ACTIVITY,” I’d say, holding out a big strip of tape to a dozen wide-eyed eighth-graders. I explained the game: Press the sticky side against your skin, then pass it to your neighbor to do the same. Once everyone took a turn, I held up the tape again for them to see: a useless, lint-covered piece of trash, incapable of attaching itself to anything anymore.

“It’s a metaphor,” I explained. “When you have sex before marriage, you become dirty, unwanted, and unable to bond with anyone.”

That’s a message a lot of kids hear. In her book A Love That Multiplies, Michelle Duggar—of TLC’s controversial but massively popular

“WHO WANTS TO UNLOCK A LIFETIME OF SHAME AND GUILT?”

purity-pushing clan—relates a lesson her husband, Jim Bob, gives their children, in which he compares sleeping with someone who’s had multiple partners to drinking a cupful of 100 people’s spit.

In my hometown in New Jersey, I spent three years pushing that same idea on hundreds of preteens at my church. Four years later, I’m finally saying I’m sorry.

Growing up Catholic, I actively participated in my church’s youth group. But I was also a hopeless romantic. I found myself searching for ways to reconcile my religion’s anti-sex teachings with the steamy bedroom scenes in every rom-com I loved. My Catholic schoolteachers and priests gave me the language I used to bridge that gap: Sex, one of life’s most pleasurable experiences, was truly worthwhile only if I saved it for the man of my dreams.

At 16, I launched a mandatory workshop for students at our church’s private middle school. The topic? Chastity. After years of self-reflection (I’m now 22), I realize my main motivation was my own intense curiosity about sex. I wanted to talk about sex constantly, even if I was convincing people not to have it.

While abstinence refers to refraining from hooking up, many religions see this as just a small part of chastity, a lifestyle in which appreciating sexuality means indulging in its so-called best form—only within wedlock. Faith communities often make it
a matter of morals: Avoiding masturbation, porn, and getting sexual with anyone you haven’t walked down the aisle with becomes necessary to “staying pure.” In my lesson plans, I raved about the amazing bonding powers of sex, but that came peppered with warnings about how awful it would feel to know your spouse had touched someone before you—and how your own past lovers could ruin your sex life forever. (Mind you, I was still a virgin at the time, so these were all assumptions.)

I made flow charts that illustrated a terrifying slippery slope from premarital sex to life-ruining decisions about parenthood, adoption, and abortion. I gave out-of-context statistics about defective condoms and STIs. I trafficked in fear.

Once I got to college, my exposure to other lifestyles and gender-studies classes began to chip away at my beliefs. During a visit home, I slept with my high school boyfriend. It blew my mind in every way I had always imagined it would. When we split, I had sex with someone new. I wasn’t in love, but I didn’t regret anything.

Except what I’d taught those kids. The more educated I became, the more disturbed I was by the ideas I’d peddled. At best, abstinence-only education is ineffective: Most research shows teens who go through such programs have just as much sex and contract as many STIs as students with more comprehensive sex ed. At worst, classes like mine are dangerous. A 2011 study analyzing 48 states’ sex-ed laws as of 2005 found that the 21 states with abstinence-only programs had on average 67 percent more teen births than the 11 states required also to teach medically accurate facts about contraception. “Comprehensive sex ed gives students all the choices and explains all the risks,” says Gloria Brame, PhD, author of The Truth About Sex. “Abstinence programs keep them ignorant.” In purity culture, those who “sin” by having sex are often judged or outright shunned. Horrified to think of the potential consequences for my young charges, I reached out to as many as I could find to apologize for my ignorance and make amends.

Because of my class and promises she made to her family and church, one of my students, now 18, says she felt like a hypocrite when she first slept with her boyfriend of two years: “I felt like, What if God hates me now?”

“I know logically that you’re not a dirty, less worthwhile person if you get physical with someone,” says another girl, 18, who took my class, “but when it’s been ingrained in you for so long, it’s hard to shake that voice.”

Some of my past pupils told me they’re still holding off on sex until they tie the knot. A couple of them even thanked me for the class. One guy, also 18, said he’d slept with his girlfriend for the first time a month prior and doesn’t regret it, although he still believes people with lots of partners have “no morals.”

Learning about the harm caused by the type of program I led prompted me to explore my religion in greater depth than ever. Today, I still consider myself a practicing Catholic...but I’m also a feminist. And I love sex. I believe my Church still has a long road of self-reflection and change ahead.

To be clear, I think abstinence can be a valid choice in a balanced sex life. The key is having the freedom to choose for yourself without pressure, fear, shame, or some crazy girl guilting you into it with a linty piece of tape.
A recent study found that more than half of millennial men would be cool with not working if their spouse made bank. Peter Martin breaks down why we should all be into the idea.

What if your guy wanted to be a stay-at-home husband?

A lot of guys say it three beers in or, as I have, no beers in: If my wife made enough money, I’d love to be a househusband.

Now, I don’t have a house, just an apartment in Brooklyn. And I’ve had a wife only as of December. But I do have a couch, and I’d love to sit on it even more than I already do. Especially if it were with the blessing of my new spouse. I’d keep our place tidy, grocery shop, do laundry when the hamper filled up, and clean the shower just often enough. Maybe I’d even get into cooking.

If we were to have kids, I’d become the cool dad: unencumbered by the stress of work, able to hold a baby in one hand and a Reuben in the other, all while kicking a soccer ball with the neighborhood kids who’ve heard about this mythical parent.

My wife, the person all this hinges on, sometimes indulges this fantasy. “As long as you’re happy,” she says, before pointing out that she’d need to make a lot more money for me to quit my job. Still, I’m not the only man to feel like this role shift would work. A friend of mine in his mid-20s, Matt,
has repeatedly mentioned his desire for his future wife to be the breadwinner. “I don’t want to go to work anymore,” he says. “I’d take care of the chores, and if I had time, I’d even pick up a wood-working project.” (Trust me, ladies, Matt can rock a pair of safety goggles.) And women friends of mine have heard dudes drop the “I’d love to be a stay-at-home husband” line on a date.

The numbers prove a change is happening: A 2015 study of 1,100 millennial professionals by the Boston College Center for Work and Family found that 51 percent of the men would be comfortable not working if their spouse made enough money. According to a 2012 Pew study, two million dads in the United States are their families’ primary caregivers (read: stay-at-home dads). In 1989, it was barely half that. Partly, says Noelle Chesley, PhD, a sociologist at University of Wisconsin at Milwaukee who specializes in family studies, the movement is due to men losing jobs during the recession, but it’s also that women are getting more college degrees than men are, and there are more women, if not enough, in the C-suite. Today, 5.1 million breadwinner moms are bringing home higher incomes than their husbands. A recent New York Times op-ed titled “Men’s Lib!” argued that if women are taking on more traditionally male roles at the office, men should be as comfortable taking on traditionally female roles at home. And the dudes agree. Think about it. If my wife and I decide one of us should stay home to take care of our future kids and she can get tricky, but after talking to the couple. A 2015 study at the University of Alberta suggests that men who help out around the house have more sex (that’s why they call it choreplay!). I like to think that my wife will be so turned on by me in an apron that she wouldn’t be able to resist some action.

I get that the SAHH situation can get tricky, but after talking to the men who are making it work with their wives, I see more positives than negatives. Ladies, you can be free to be as ambitious as you want to at work, knowing more of us guys who are lucky enough to be with you are happy to take care of things at home while you work. Another added benefit for me? If we have kids, those kids would become my job, and I could finally let my job define me. This really is the future. Embrace it. I’ll be on the couch if you need me.

If we see women as equals in the office, why can’t men be seen as equals in running a home?”

1. It Gets Weird at Parties
All the men I spoke with agree that you (and your SAHH) should plan on having an answer to the question: What does your husband do?” “Nothing” might get a laugh, but it also begs more questions. (My plan: I’ll tell people I’m an online trader. It doesn’t take much backstory and is not interesting enough to prompt follow-ups.)

2. You’re Going to Feel the Pressure
If your husband is sitting at home enjoying the fruits of your labor, you’ll inevitably feel more pressure to perform at work. One SAHH, Tim, 38, quit his full-time job to pursue his dream of becoming a writer, not exactly lucrative endeavor right off the bat. Which was fine...until it wasn’t. “She felt stressed that she had to have this job for us, for our security,” he says. “Ultimately, she said, ‘Look, I hate it, but I’ve begun to resent you.’” So they evened things out: He took a part-time job while continuing to freelance so she could leave her 9-to-5 and try out comedy writing.

3. You’ll Think About Money Differently
Right now, if I want to come home with a new flat screen, I can. Because I put money into the pot, it feels fine when I take it out. But if I stop contributing financially, I don’t want to have to justify every purchase to my wife. In Chesley’s research, “some men felt that they couldn’t spend the way they did before. In fact, a few of them had part-time jobs for that very reason,” she says.

4. People Worry About a Man Among Kids
You’d obviously trust your own husband with your kids...but would you look askance at another SAHH at the playground? One I talked to, James, 41, said a lot of the moms saw him as a possible predator at the playground. Not that he didn’t understand. “If I see another man there, I’m keeping my eye on him,” he says. The SAHHS I spoke with said the other moms eventually warmed to them. I can be patient.

5. Sex—It Will Definitely Change
Here’s where the SAHHS say the traditional gender-role switch gets a little depressing. It can be tough wanting to mess around after 12 hours spent on the phone with the cable company, picking up dry-cleaning, making breakfasts, changing diapers, and schlepping groceries. You grab peace in increments of seconds. As one dad, 44-year-old Brooke, told me, “There are times when I can’t wait till 8:30 when the kids are in bed and I can just go to sleep.” This will obviously vary depending on the couple. A 2015 study at the University of Alberta suggests that men who help out around the house have more sex (that’s why they call it choreplay!). I like to think that my wife will be so turned on by me in an apron at 3:00 a.m. that she wouldn’t be able to resist some action.

I get that the SAHH situation can get tricky, but after talking to the men who are making it work with their wives, I see more positives than negatives. Ladies, you can be free to be as ambitious as you want to at work, knowing more of us guys who are lucky enough to be with you are happy to take care of things at home while you work. Another added benefit for me? If we have kids, those kids would become my job, and I could finally let my job define me. This really is the future. Embrace it. I’ll be on the couch if you need me.
RACHEL, 3, WITH HER TWO DADS. HER BIRTH MOM, KAYLA, IS A PART OF THEIR LIVES.
Some women who are putting their babies up for adoption are choosing gay couples so they can still be the mom. Is this a setup for disappointment or a new modern family?

BY SARAH ELIZABETH RICHARDS

PHOTOGRAPHED BY BEN GOLDSTEIN
WHEN KAYLA CURTIS was five months pregnant, she got up the nerve to contact a local adoption agency, and a caseworker there gave her a password to look at online profiles of couples who wanted to adopt. She spent the next two weeks scrolling through hundreds of them. “It was like the Tinder of adoption,” she says. “They all sounded the same: ‘We’re a loving, Christian family’ or ‘Your child will have a safe, loving home.’” Then she came across the profile of Joe Branham and Tom Kraft, a recently married gay couple (Joe’s a real estate agent; Tom’s a project manager), both from large families, who lived in Nashville, Tennessee—about six hours away from Kayla’s home in southern Ohio.

“I liked that they wrote about wanting my involvement in their life and the baby’s,” says Kayla, who was then 20 and felt she and her boyfriend weren’t ready or able to raise a child.

By that point, she knew she was having a girl. “I pictured a big Southern Thanksgiving and her running around and saying hi to everyone and they’re all enamored with her,” Kayla thought it would be more rewarding to help a couple who had more hurdles to having a baby on their own. She believed men could be just as nurturing as women. But coworker lectured her about her plans, saying, “How could you give up your baby?” or “If you made a mistake, it’s your responsibility to raise the kid.” She considered quitting her job.

Some adoption experts say they’ve seen an increase in same-sex couples looking to adopt children from foster care since the U.S. Supreme Court legalized same-sex marriages last summer. The increase is in part because same-sex couples can now meet any legal or policy requirements that parents be married, says Adam Pertman, CEO of the nonprofit National Center on Adoption and Permanency. According to U.S. Census data analyzed for Cosmopolitan by Gary Gates, former research director of the Williams Institute, an independent think tank at UCLA Law, in 2009, an estimated 1.4 percent of couple households with adopted children under 18 were headed by same-sex couples. By 2014, that rate had doubled.

“We’re seeing some pregnant women picking gay dads because they get to be the only mom,” explains Pertman. “They’re still mothers, and they don’t lose that identity because they’re not raising their kids.” While some birth mothers choose lesbian couples because they like “all that feminine energy,” explains Janice Goldwater, founder and executive director of the adoption agency Adoptions Together, she’s seen more women seeking gay men because they believe they won’t have to compete with female parents for influence in their children’s lives.

Sesa Juliana, 39, of Albuquerque, New Mexico, didn’t set out to place her son Kyler with a gay male couple four years ago when she saw their Facebook ad (they have a friend in common). “I just fell in love with them. We have the same ideas about raising a kid, such as wanting him to be exposed to the arts,” says Sesa, a single mom of three whose youngest child was 4 months old when she got pregnant with Kyler.

She likes her role in the new family. “No one can replace me. I’m Kyler’s mom, and he’s well aware he has three parents: Papa, Dada, and me.” They Skype once a week, and Sesa and her 6-year-old spent last Halloween with them in Silver Spring, Maryland. Adds Kyler’s dad (Papa) Brad Benton: “We’ve explained to Kyler that he grew in his mommy’s belly for us and she is a part of our family.” One study shows children who have contact with birth relatives have a more positive identity as it relates to their adoption. “Even if it’s as simple as knowing ‘My birth mom is a good runner like me,’” says Susan Branco, a licensed counselor in Falls Church, Virginia, who works with adoptive parents and families.

But, Branco explains, many arrangements aren’t so intimate. After the adoption papers are signed—and the birth parents are reminded they’re giving up their legal
rights to see the child—the parties can decide what kind of contact they’ll have: Will they exchange photos once a year or have monthly visits? Yet such contracts are legally enforceable in only a handful of states. “Even in open adoptions, a birth mother has very little power,” says Branco. “The most power she has is before the kid is born, when adoptive parents will say what you want to hear. After that, she has little leverage and could be disappointed.” Branco cautions women hoping to retain a “mom” role to be realistic, since their kids will likely have other maternal influences, such as aunts and grandmothers, in their lives.

**BECAUSE THE** trend is so new, there’s little data on how relationships play out over time with adoptive gay couples, says therapist Debbie Riley, author of *Beneath the Mask: Understanding Adopted Teens*. Multiple studies show that children raised by same-sex parents are just as emotionally adjusted as those in traditional families. In Riley’s experience counseling families with adopted children, the best arrangements happen when families are flexible over time. “When kids are young, they might go happily along with whatever the adults decide, but when they hit adolescence, they may want more or less contact or say, ‘I’m glad you’re in my life, but why didn’t you keep me?’”

When Kayla’s water broke one night as she watched *Family Guy*, she called Joe and Tom, then she and her boyfriend drove an hour to the hospital—she chose one far away from her coworkers’ scrutiny. (Kayla says some coworkers and neighbors did not approve of her placing her child with a gay couple.) The delivery went fast, and when the baby emerged, Kayla asked the nurse to place her on her belly. “I wasn’t conflicted about keeping her, so I let myself enjoy those first few moments of bonding,” says Kayla, now 24. By the time Tom and Joe arrived with flowers, they were terrified Kayla would change her mind. (They’d had a prior adoption fall through.) “Do you mind if we pick her up?” they asked, cautiously. “I appreciated how they were so considerate about my feelings, and it was cute watching them fumble around trying to change her diaper. I knew without a doubt I’d made the right decision.” The new dads named the baby Rachel.

Signing the papers was harder than Kayla imagined. In Ohio, a woman has 72 hours to change her mind. Kayla and her boyfriend sobbed as a social worker asked:

“You are aware that you’re giving up all legal rights to this child?” Joe and Tom were crying too. Kayla says the next few months were rough. “I’d cry for no reason. I’d think about her and miss her. I carried around her blanket.”

**NOW KAYLA** does FaceTime with Rachel, 3, every few weeks. The dads and Rachel traveled to visit Kayla, and Kayla has visited them several times (she and her boyfriend have since broken up). “Kayla is somewhere between a friend and family who gave us the best gift we could ever have,” explains Joe, who’s been with Tom for 14 years. “Besides, she’s cool as hell, and we would have been friends with her in high school.” Rachel calls Kayla by her name. The dads will let Rachel decide what to call her in the future.

What might start off as a strong relationship can dwindle over time. When one D.C.-area birth mom placed her son with two dads at age 24 after finishing graduate school, she saw him 10 to 12 times a year. Now that she is married and has a 6-year-old, it’s closer to two or three visits with texting. She wishes she could spend more time with him—the dads said they’d love that too—but has to balance the relationship with her own family. “I can only do so much,” says the birth mom, who asked not to be identified, “and I know he has two great parents.”

Kayla hopes that as her daughter grows older, she’ll want to spend time with her. “I want to be the person she can talk to or visit when she wants to get away. But when she’s 16, will she want to have a relationship or be mad because I gave her away?” says Kayla, who has a new boyfriend and plans to return to school next year. “I don’t get to have a place in her life just because I gave birth to her.” Still, she hopes her daughter understands one main thing: “I don’t ever want her to think she was unwanted,” Kayla says. “Putting her up for adoption was the hardest decision of my life, but I picked a storybook life for her.”

OH, SNAP!
WHY DO GUYS... SEND DICK PICS?

We’re horny...and not thinking clearly. And it’s not like (some) women haven’t expressed interest in our penises before. Women don’t see my penis IRL and recoil. They’re attracted. It’s received warmly. Why should a pic be different?

Because sex, of course, requires context. Many men, however, require astonishingly little to be convinced they’re moments from sealing the deal. And by that, I mean horny enough to forget that a dick, out of context, isn’t appealing. The unsolicited dick pic almost never works as an overture, but when it does, it becomes the stuff of legend. One friend of mine (every guy has a friend like this) had success once. The girl responded positively and later slept with him. Now, he constantly chases that dragon, seeking another hit. With that mind-set, every dick pic not sent is a missed opportunity. Since most dudes derive lots of self-worth from how their dick appears and satisfies, nothing beats positive feedback. It’s even worth risking rejection for. So thank you, and... sorry. —ERIC GOLDSCHMIDT
**4 Online Dating Opening Lines He Can’t Resist**

The best e-intros make a connection right away. Dating mastermind Matthew Hussey shows you how to get a guy’s attention on the first try.

“Are you really [an X]??”

Asking him about his interests will get him, well, interested in you. Try “Are you really into salsa dancing?” Or say “Did you really vacation in Vietnam? That’s my dream!” You’re showing an immediate connection to some aspect of his life, and he’ll be eager to impress you even more.

“(That jacket/ those glasses/ that suit) in your pic…”

A cliffhanger builds intrigue—he’ll be dying to know what you’re thinking. For example, if he’s wearing a costume in one of his pics, say “That Buzz Lightyear costume….” When he responds by saying, “What about it?” reply “I WANT IT!” or “I salute you for being able to pull it off.”

“I have no idea if we would get along, but I had to send you a message just because you also love [X].”

Men feel safe and more open when they know that the woman they’re talking to approves of their passion for a particular band/book/cereal. Also, by telling him “I have no idea if we would get along,” you’re subtly challenging him to prove that you would, which drives him to please you.

“So, [Tom], are we going to talk or just stare at each other’s profile pics all day?”

It breaks the stalemate in a lighthearted way. Most guys are just looking for an excuse to be invited to speak to you, and now you’ve allowed him to take the lead. Also, using his name makes it personal, which makes him more inclined to write back.

**WANT MORE FROM MATTHEW? GET HIS FREE GUIDE FOR COSMO READERS, “9 MAGIC TEXTS NO GUY CAN RESIST,” AT 9TEXTS.COM/COSMO.**
Q/ I went on a fantastic date with this girl. After hours of great conversation, she mentioned that she’s “not a big texter.” It was only the first date, and we’ve barely texted at all. Is she already making excuses for being a bad communicator? Is this a warning sign?

A IMHO you shouldn’t read too much into this. You had “hours of great conversation” on your first date. If those IRL sparks are real, who cares if her emoji game is off point?

Q/ I met these brothers and hooked up with one of them. I thought I picked right, but now I feel like I effed up. The other guy is hotter and funnier. Is it too late to switch?

A Oh, brother. If you’ve been with one, it’s too late to go with his bro. You can try (ASAP!), but there will likely be consequences. Better to move on... maybe to an only child.

Q/ I’m starting to feel like every guy I date expects crazy, out-of-the-box sex— to the point where I feel like a freak for only being into vanilla stuff. Is there a way I can let dudes know that ahead of time, before we even make it into the bedroom, while still seeming sexy and not like a wet blanket?

A Aside from steering your dates away from S&M dungeons and “furry” costumes, I’d recommend dropping a few casual “but that’s not me” hints when something kinky comes on TV. As in, “I’m all for sexy movies, but the spanking in Fifty Shades doesn’t do it for me.” Just
Q/ I’m all about making the first move, but every time I’ve done that, it’s backfired. Every time I’ve waited for the guy has been more successful. Is there a sneaky way to get a guy to ask me out and have him think he took the lead?

A Plenty of guys love when a woman makes the first move, but guys also like the thrill of the chase. Remember: The person with the power in any deal is the one willing to walk away. Try flirting, but stop shy of asking him out. Walk away, so he has to show his hand if he wants to win yours. Not all guys will chase you, but a guy who wants to close the deal? He will.

Q/ My BF and I have a long-distance relationship, and he always asks for sexy pics. I don’t want to send them. How do I let him know that once and for all without putting a damper on things? And are there other ways we can keep it spicy?

A “Pics or it didn’t happen” is a rule of thumb for UFO sightings, not relationships. Tell him, flat-out, that you don’t do sexy selfies. Then decide on a solution that turns you both on: Send him a dirty text or voice mail or a link to a porn clip, or do phone sex. Or send a pic of your new lingerie spread out on your sheets. It’s hot, with no nakedness required.

Q/ When I put my ankles on my guy’s shoulders when we’re having sex, I get self-conscious about the way my stomach rolls look. I know you always hear dudes don’t notice, but how can that even be true? Isn’t he looking at/thinking about it too?

A By the time your ankles are on your BF’s shoulders, I’m sure he’ll be enjoying the view. His mindset is going to be all about admiring your naked body, not critiquing a few folds of skin. Besides, hot sex is about losing control and releasing inhibitions, not stressing and sucking in. Any guy worth sleeping with is going to get turned on more by what you do—and how you respond to what he’s doing—than what pose you strike.

Q/ LATELY, I’ve been hitting on married guys—completely unknowingly. Why do so many married dudes not wear rings? It’s ridiculous!

A Consider: They may have been in a rush and forgot to put it on that morning. Or perhaps they’ve recently lost weight and it keeps falling off. Or they just came from the gym and don’t wear it to work out. Maybe they just aren’t into jewelry. Or maybe they want to fool around and flirt with women like you. Actually, scratch all those reasons except the last one. The rest are pretty much BS. The hard truth is, some married (and for that matter, unmarried) dudes are just creeps. That said, there are plenty of good dudes out there who aren’t hiding wives. Promise.

Q/ I’m all about making the first move, but every time I’ve done that, it’s backfired. Every time I’ve waited for the guy has been more successful. Is there a sneaky way to get a guy to ask me out and have him think he took the lead?

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Hill is a contributing writer for Cosmopolitan and Cosmopolitan.com.
Q/ So I finally Googled what Nicki Minaj’s “Truffle Butter” song means. Oh. My. God. Do people really do that…and is it safe?
A/ Once you know the meaning behind the song, the way you’ll think about the condiment will never be the same. If you’re okay with that, read on. “Truffle butter” is the substance that forms around the vagina when you switch from anal to vaginal sex. And no disrespect to Nicki, but it’s a great way to get a UTI, says gynecologist Elizabeth Poynor, MD. Compared to the vagina, the anal region houses higher concentrations of bacteria, like E. coli for instance, and if you’re switching in the same session, you risk infection. Changing condoms in between is a good call, but it’s still possible to get a UTI. A better fix? Switch up the order from V to B. Vaginal bacteria isn’t dangerous to the anal area, says Dr. Poynor. Now someone should write a song about that.

Q/ In the middle of sex, the guy I’m dating says, “Say you’re coming!” I already talk a lot in bed, and now I’m lying to him. What should I do?
A/ Do more talking outside the bedroom, says sex therapist Tiffanie Davis Henry, PhD. The next time you’re at drinks or lounging on the couch, say, “Hey, I want to talk to you about something. When we’re having sex, what turns you on?” Then tell him your turn-ons, focusing on all the positive things he does (like his make-you-melt kisses or the hot way he uses his hands). Explain that his go-to line can take you out of the moment, which you’re usually thoroughly enjoying. He probably has no idea, and it’s an easy change for him that’ll get you O-ing even faster—no announcement necessary.

Q/ I get super sleepy after I orgasm. I thought this happened only to dudes! What’s the deal?
A/ While the lore goes that men morph into hibernating grizzlies approximately 10 seconds after sex, it’s not totally unheard of for you to feel like snoozing too. “When you orgasm, several hormones are released that have a relaxing effect,” says ob-gyn Lee Ellen Morrone, MD. So it’s not just about men. If you’re using muscles you don’t typically use, sex can be an intense workout, Dr. Morrone says. Either way, it doesn’t mean that the sex was boring; it lulled you both into a deep slumber. In fact, it probably means that the sex was amazing...and that you’re bound to have some sweet, sweet dreams.

Q/ I’m straight, but I always get turned on by lesbian GIF porn. Does that mean I’m not actually as straight as I thought I was?
A/ Nope! “A woman can be turned on by women, and it doesn’t make her a lesbian,” says sex therapist Diana Wiley, PhD. Lesbian porn tends to have plotlines that involve women getting pleased, which is probably why you find it more erotic, says Wiley. If girl-on-girl makes you hot, it could be that it just helps you understand your desires, whether you’re with a girl, a guy, or a GIF.
**Q/ What’s the most flattering filter for sending a naked pic?**

**A/ The kindest filters on any type of photo (your eggs Benedict brunch and beach vacay pics included) are ones that increase warmth, exposure, and contrast, the most Like-worthy combo, according to a 2015 study by Yahoo Labs and Georgia Tech that scanned nearly 7.6 million online photos for ones that had the most user engagement. In Instagram terms, that translates to Mayfair, Valencia, Hefe, Nashville, and Aden, all of which promise the most pretty washes on pics. (Just don’t accidentally post your nudie to your feed!) But now here’s some advice that you can file under #NoFilter: Not even Valencia can make up for self-confidence, the hottest attribute of them all, according to everyone ever. So snap like you mean it, filter as you may, and send away!

—JULIE VADNAL

**SEX TOY OF THE MONTH**

**WHAT’S THE BEST SEX TOY...THAT WORKS WITH LOTS OF POSITIONS?**

The bendy tip of the Crave Flex ($89, babeland.com) is slim enough to prop between you two during missionary, flexible enough for girl-on-top, and strong enough to get you that double-O in doggie. Best of all, it buzzes long enough for you to try them all in one session.
Hey there, all-star: This season is for changing the game. Work hard, play hard, and find your happy. Batter up!

TANK, Tory Sport. SWIM TOP, Triangl Swimwear. SHORTS, Miss Me. HAT, Lids.
PHOTOGRAPHED BY Eric Ray Davidson
FASHION DIRECTOR Aya Kanai

FOR MVP
Newly 30 and newly single, KALEY CUOCO, TV’s $28.5-million woman, opens up about her Big Bang costars, Insta cleanse, and why, yes, she is a $%#king feminist, okay?!

BY Taffy Brodesser-Akner

THIS PAGE: TANK, Tory Sport. SWIM TOP, Triangl Swimwear. SHORTS, Miss Me. SOCKS, Stance. HAT, Lids. OPPOSITE PAGE: TOP, Alice McCall. SHORTS, DL1961 Premium Denim
The last time I saw Kaley Cuoco, it was raining: gobs and gobs of gray water, dropping hard and vertical onto Burbank. But inside the restaurant, she was ebullient and cheerful and 20 minutes early, all of which are things that celebrities being interviewed generally aren’t. Ryan Sweeting, the tennis player she’d just married after dating him for only three months, was home, sick. We ate, and she ordered him soup to go. “I’m a good wife,” she told me back then. She’d married him in a swoop of love and optimism, and she was self-conscious about the haters on Twitter, and she had just starred in a comedy, The Wedding Ringer, where she played another funny blonde. She was 28, and her whole life seemed settled.

This time, two years later, when I see Kaley again, she’s still 20 minutes early, but not much else is the same: She comes into the restaurant where we’re meeting for brunch in Calabasas and orders a glass of rosé. “I know it’s only noon,” she says, “but I’m 30. Everything I do lately is because I’m 30.” She’ll wear leggings all day because she’s 30. She’ll stay home on a night when everyone else is out, something she would never have done even in her late 20s, because she’s 30. But it’s not about giving up. It’s about changing the tide on her life. “This whole last year has

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Beauty Tip:

A METALLIC MANI MAKES ANY OUTFIT COOLER. SWIPE NAILS WITH ESSIE NAIL POLISH IN NO PLACE LIKE CHROME, $8.50.
WET HAIR, DON'T CARE! TO GET KALEY'S COOL, FRIZZ-FREE TEXTURE, COMB JOHN FRIEDA AIR-DRY WAVES STYLING FOAM, $10, THROUGH DAMP STRANDS, AND GO.

Beauty Tip
WET HAIR, DON'T CARE! TO GET KALEY'S COOL, FRIZZ-FREE TEXTURE, COMB JOHN FRIEDA AIR-DRY WAVES STYLING FOAM, $10, THROUGH DAMP STRANDS, AND GO.

THIS PAGE: JERSEY, American Two Shot. SWIMSUIT, Asteria Active. OPPOSITE PAGE: T-SHIRT, Double Trouble. SHORTS, Others Follow. HAT, Lids
been so sucky that I actually was looking forward to turning 30 and just having a brand-new year. Everything had to change.”

**She gives me the update.** She’s off Twitter now. She realized that you can’t change the culture of troll-dom by throwing love at it or even by ignoring it. She’s been misunderstood. An interviewer asked her if she was a feminist. She answered no, and backlash ensued, which she wouldn’t mind if she didn’t feel like her words had been misconstrued. “Of course I’m a fucking feminist,” she says, rolling her eyes. “Look at me. I bleed feminism. I get equal pay to my male costars on a big show, I have my own home, I’m as independent as you could possibly be. Maybe I didn’t understand the question, but for me that’s feminism. I’m killing the game, man.” What she meant was that she owes the women who had fought for someone like her to have the kinds of rights and salary she has—same as the guys—and rather just feels like a recipient of their hard work and doesn’t want to take too much credit.

And after a short 21 months, her marriage ended. Kaley filed for divorce in September. This is the one thing she doesn’t have an eye roll and a laugh about. She’d been so determined to make it work and disprove all the people who had bet on a quick divorce. But when the split finally happened—she won’t discuss why, just “circumstances I couldn’t get past”—she didn’t care about the haters anymore. She cared only about how sad she was. As a result, she felt like her fans and even her critics “really embraced” her. She had desperately wanted the marriage to work out. “I wanted it to work so badly, more than anything, and tried harder than anyone could have tried.”

She decided to lay low. She still doesn’t quite understand celebrities who go out and are angry when they’re photographed. “That’s the business you’re in. You’re in this because of that, and if you don’t want your shit out there, you shouldn’t be in this business. Don’t be famous! Sorry you have a hit show....” She laughs.

She was fine at first, sort of numb, but she began having panic attacks when she went out with friends, crying with the sudden realization of what’s happened in her life, and that’s why she’s staying home. She realized she can’t rush through the pain or cover it up with work or another guy. “I have to really go through this,” she says of her breakup. She’s had breakups before. This one cut so much deeper though. “It’s like losing someone,” she says, her round, hazel eyes closing helplessly beneath the brown fedora she’s wearing. “And all of a sudden, the sadness hits me out of nowhere. It’s a loss of hope, it’s just...it’s a loss of hope.”

She knows one day she’ll feel differently. Right now, she can’t ever imagine being in love again—which is the least Kaley Cuoco thing ever. But man, she
There’s a bigger plan for me. I have to trust in that or I’d go crazy.

“THERE’S A BIGGER PLAN FOR ME. I HAVE TO TRUST IN THAT OR I’D GO CRAZY.”

I’ve lived in, muted neutrals, and...
Warm up all over by sweeping bronzer across your face, shoulders, and cleavage with a big fluffy brush. Swipe on a flaming orange lipstick (try Dolce & Gabbana Classic Cream Lipstick in Orange, $37), keeping eyes bare, to shimmer like the sky at dusk, says Sir John, celebrity makeup artist for L’Oréal Paris, who created these looks.

**TOP,** Bebe. **SKIRT,** Banana Republic. **EARRINGS,** Lauren Klassen.
April showers bring... unapologetic pops of color!

Drench yourself with vibrant makeup inspired by the alfresco season.

By Loui Venti
Photographed by Juco
Fashion Editor: James Worthington
De Molt
A matte finish gives pastel shadows a cool, street-style effect. Prep lids with primer to ensure maximum color payoff, then sweep matte baby blue (like Nars Dual-Intensity Eye Shadow in Pool Shark, $29) on upper lids, stopping at the crease.

Loves me, loves me not…honestly who GAF when your mouth looks this fab? To get blooming: Buff lips with an exfoliating face wipe, then apply a light coat of an azalea-inspired hue (Yves Saint Laurent Beauty Rouge Pur Couture Vernis à Lévres in Rose Folk, $35, is perfect) with a lip brush for a soft, delicate effect. Pair the look with a pale minty eye for pastel perfection, suggests Sir John.
Want to make a winged eye way more gorge? Trace emerald liquid liner along upper lashes, flicking it out, as Sir John did here. Then press shimmering shadow (we love L’Oréal Paris Colour Riche Mono in Green Promenade, $6) over the line for a textured finish.
To ROYGBIV your tips, let a coat of white lacquer dry, then use a striping brush (get one at any beauty supply store) to arc primary hues from mid-nail to tip. (Try L’Oréal Paris Colour Riche Nail in Red Tote, Tangerine Crush, Because You’re Worth It, Not a Cloud In Sight, Jet Set to Paris, Royally Reinvented, and Top of the Line, $6 each). For extra impact, tint lower lids with a liner that matches your favorite shade of the rainbow.
IF YOU’VE GOT IT,

FLAUNT IT

PHOTOGRAPHED BY BEN WATTS
FASHION DIRECTOR AYA KANAI

JACKET, Eloquii.
BODY SUIT, Ashley Stewart.
SKIRT, 7 For All Mankind.
SHOES, Rupert Sanderson.
EARRINGS, BRACELET, RING, Camille K

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BODY SUIT, Ashley Stewart.
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EARRINGS, BRACELET, RING, Camille K
SUPERMODEL, BODY ACTIVIST, AND LINGERIE DESIGNER ASHLEY GRAHAM (@THEASHLEYGRAHAM) DOESN'T JUST POSE FOR PICTURES, SHE'S ALSO CHANGING THE GAME ON HOW WE FEEL IN OUR SKIN. GO AHEAD, SLAY.
YOU CAN BE A PRETTY FACE ALL DAY, BUT WHAT ARE YOU GOING TO DO WITH THAT PRETTY FACE? MY ANSWER TO THAT IS, ‘I’M GOING TO CHANGE THE WORLD AND MAKE HER FASHIONABLE WHILE I’M AT IT.’”

BEAUTY TIP
NAIL THE LOOK OF FALSIES, MINUS THE MESS, WITH LASH STAR BEAUTY FULL CONTROL LASH SCULPTING MASCARA, $35, CREATED BY TRACY MURPHY (WHO DID ASHLEY’S MAKEUP HERE!).

JACKET, Modamix.
SWIM TOP, Profile Blush by Gottex.
JEANS, Banana Republic.
BAG, Monreal London.
SNEAKERS, Adidas Originals.
EARRINGS, Robert Lee Morris Collection.

JACKET, Modamix.
SWIM TOP, Profile Blush by Gottex.
JEANS, Banana Republic.
BAG, Monreal London.
SNEAKERS, Adidas Originals.
EARRINGS, Robert Lee Morris Collection.
IT’S JUST NOT HELPING WOMEN. I’M READY TO GET RID OF IT. IF YOU HAVE TO LABEL ME, I LIKE TO BE CALLED ‘CURVY-SEXYLICIOUS.’

I DON’T LIKE THE TERM ‘PLUS-SIZE.’

IT’S JUST NOT HELPING WOMEN. I’M READY TO GET RID OF IT. IF YOU HAVE TO LABEL ME, I LIKE TO BE CALLED ‘CURVY-SEXYLICIOUS.’”
VEST, PANTS, Love & Legend by Addition Elle. SHIRT, Lucky Brand. BRA, PANTY, Fortnight. EARRINGS, ASHA by Ashley McCormick.
OF WOMEN EMPOWERMENT
—AN ERA WHEN
YOUR GENDER,
YOUR SIZE,
AND HOPEFULLY
SOON, YOUR
RACE WILL
NOT MATTER
AT ALL.
THAT, TO ME,
IS SEXY.”

JACKET, Lane Bryant.
DRESS, Eloquii.
SHOES, Chloe Gosselin.
EARRINGS, RING, ASHA
by Ashley McCormick
HAIR: Anthony
Campbell using Oribe
for Campbell and
Campbell Salon at
The Wall Group.
MAKUP: Tracy Murphy
for Lash Star Beauty.
MANICURE: Julie
Kandalec for Dior
 Vernis. PROP STYLIST:
Molly Findley/Marek
and Associates.
MODEL: Ashley
Graham/IMG. See
page 223 for shopping
information.
blu PLUS+™
WORKS for me

"I gave up the smell but not the satisfaction."
- Amber

See My Story at:
www.blucigs.com/plusworks

Real Draw
Maximum Hit
Big Flavors

NOT FOR SALE TO MINORS. ©2016 blu eCigs. WARNING: This product contains nicotine derived from tobacco. Nicotine is an addictive chemical.
Real People
Amazing Results

“ When I was carrying the extra weight, I did not want to go out much because I did not feel my best. Now I want to go everywhere! Hydroxycut really works! ”

Sasha from California
Lost 33 lbs.
in 17 weeks

BEFORE
DURING
AFTER

Day 1
Week 8
Week 17

Sasha used the key ingredient in Hydroxycut (C. canephora robusta) with diet and exercise, and was remunerated. People using the key ingredient in a 60-day study lost an average of 10.65 lbs. with a low-calorie diet, and an average of 3.7 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise.

To learn more about Sasha’s story, visit: hydroxycut.com/sashastory

NEW ADVANCED FORMULAS!
NOW WITH 50% MORE DAYS OF SUPPLY*
We’re blushing, @RonellSmith. Thank you.

We like to think Slack’s changing the way that teams communicate. But don’t take our word for it.

slack.com/love
Silicon Dreams

GET A LEG UP ON THE HOTTEST, BEST-PAYING, MOST FUN, MOST IMPACTFUL JOBS OUT THERE WITH COSMO AND LEANIN.ORG’S GUIDE TO WORKING IN TECHNOLOGY.

PHOTOGRAPHED BY ERIC HELGAS

PROP STYLIST: ALLIE KIRCHER
WHEN APPLE released its health app, it could track weight, blood sugar, medication use, cholesterol, and virtually every other metric a person might need to monitor—except menstruation. The creators forgot—or perhaps ignored—a basic bodily function experienced by half the planet. It took a year, but Apple finally corrected its oversight.

This is just one example of why we need more women in tech.

The world’s earliest programmer was Ada Lovelace—yes, a woman!—who in the 1840s wrote the first line of computer code. But despite early gains by female computer scientists, the tech industry looks much more male than it once did. Women hold just 26 percent of jobs in computing. They make up only 18 percent of computer science graduates—a number that has dropped from 35 percent in the mid-1980s. Women who do go into these fields often say they experience a negative workplace climate and feel isolated. When things get tough, they don’t have enough role models to turn to for encouragement or support.

Reaching equality is the right thing to do. And it’s also the smart thing to do. When we leverage the power of diversity, companies and teams perform better: They are more innovative and bring in more revenue and profits. What amazing inventions, apps, or solutions to the world’s problems are we missing simply because we’re not tapping women?

Tech jobs enable people to have profound impact on society by building new products that make the world smaller and more connected. Tech jobs are exciting, fast moving, well paid—and fun. They’re also wide-ranging: technology is important in industries from music to manufacturing. And there are a lot of them: By 2022, there will be 1.2 million computer science job openings in the U.S. but not nearly enough talent to fill them.

If you’re a woman in computer science—or if you might want to be—you can find support through a Lean In Circle. We hope you’ll join or start one at LeanInCircles.org/cse. I didn’t always dream of working in tech…but I wanted to have an impact and there’s no better way to do that. Technology is an agent of change—a force that shifts the way we live for the better. Today, all women need tech. And tech needs women.

Sheryl Sandberg
Editor, COO of Facebook and founder of LeanIn.org

JOIN US!

FIND YOUR PEOPLE

Feel alone in a sea of testosterone? Members of Lean In Circle’s Computer Science and Engineering chapters talk about how much it helps to connect.

“JUST GETTING MY BOSS ON BOARD WITH MY ATTENDING THE CIRCLE WAS A GREAT FIRST STEP IN TAKING OWNERSHIP OF MY CAREER.”
—CAROL SURBAN, DIRECTOR OF CLIENT INFORMATION SERVICES, HONOLULU, HI

“I LEARNED TO JUST SAY YES TO RUNNING A TASK FORCE RATHER THAN QUESTION IF I WAS THE RIGHT PERSON FOR THE JOB.”
—ANNETTE WILKIE, PLATFORM EXECUTION LEAD, PORTLAND, OR

“My circle inspired me to sign up for grad-level classes as the only undergrad (and kick ass too!).”
—STEPHANIE MECHAM, STUDENT, ANN ARBOR, MI

“I had a 2-year-old and a new-born and felt unsure about how to move forward. My circle gave me the confidence to tackle job hunting.”
—SARAH MANCOLL, POLICY DIRECTOR, TAKOMA PARK, MD

OUR CAREERS EDITOR HOSTS GIRLS WHO CODE AT FACEBOOK HQ. 

COURTESY CHRISTOPHE WU/FACEBOOK
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FOR REMOVING EVERY TRACE OF YOUR WEEKEND IN VEGAS, SELECT 2.

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Receive a complimentary Sonic Radiance Solution deluxe sample trio with your consultation at Ulta and Dillard’s or with your purchase at Clarisonic.com/gift. While supplies last.
YES, THIS IS TECH

And no hoodie required! This industry is way bigger and more varied than the stereotypes. We got advice on breaking in from the brightest minds around.

BY JUDITH OHIKUARE AND DANIELLE KAM

Funding

KATHRYN FINNEY
Founder and managing director of DigitalUndivided
New York, NY

Finney studied women's studies and poli sci, then earned a graduate degree in epidemiology and first worked in that field. Always a lover of fashion and technology, she started a hit blog called the Budget Fashionista as an outlet and later served as editor-at-large at BlogHer. Seeing the power of tech entrepreneurship firsthand led her to start DigitalUndivided, which trains and supports black and Latina founders.

“The term founder is such an important one in the tech world. Few entrepreneurs of color realize that in this space, trying to build something and starting your own company—even if it fails—is still considered better than working for someone else’s. Or they may feel less comfortable taking that risk. To get on that path, it’s crucial to be linked into networks that can help you grow and be successful.”
Holograms

DONA SARKAR
Principal product manager of developer engagement, Microsoft
Seattle, WA, and New York, NY

Sarkar, who studied computer science and started as a software developer, now works with a team that uses holographic tech to create 3-D visualizations for graphic artists, set designers, musicians, and even the NFL. She is also building a 3-D app that helps fashion designers tweak their creations without resewing them.

“The idea of a coder locked in a room is a myth. On a typical day, I code, meet with the marketing team, and visit clients. This job is about solving problems for humans, so you need to be able to deal with humans.”

Software Development

JESSICA MCCAY
Lead software engineer, Under Armour
Austin, TX

An undergrad philosophy major, McCay later enrolled in a university computer science program, including job training. She worked on a start-up acquired by Under Armour, where she leads the team that builds mobile apps like MapMyRun.

"Once you get the job, you’ve only just begun the learning part. To keep up my skills, I like to read tech blogs and online tutorials and attend meet-ups. In a town like Austin, there’s even a meet-up for mothers who code."

Cars

JACKIE BIRDSALL
Senior engineer, Toyota
Los Angeles, CA

Birdsall fell in love with cars as a teen and majored in mechanical engineering. The fuel cell vehicle team, which she is part of, works on the North American launch of the Mirai, a hydrogen-powered car. They oversee the complicated logistics of rolling out such a cutting-edge car, including shipping, servicing, fueling, and meeting legal codes.

"Buy an old car—one without computer diagnostics software—and practice taking it apart and putting it back together. Engineering is moving away from nuts and bolts and combustion, but understanding vehicle dynamics is not going anywhere."

Fashion

NILOFER VAHORA
VP of licensing and product innovation, Rebecca Minkoff
New York, NY

Gadget-addict Vahora earned an MBA and worked on innovation and product strategy for Kate Spade & Company before joining Rebecca Minkoff, where she integrates technology into the company’s line. Exhibit A: its line of chic charging wristlets and wallets.

“The tech industry is the greatest offender of ‘shrink it and pink it’ design: starting with men as the primary users of a product, making it smaller and pink, and then assuming women will use it the same way. [When it comes to wearable tech], start by understanding what your consumer likes and wants.”

Anthropology

GENEVIEVE BELL
Intel senior fellow and vice president of the corporate strategy office
Portland, OR

Bell was a professor at Stanford when Intel recruited her in the ‘90s. As a “full-time anthropologist and part-time futurist,” she and her team study people in daily life to see what they need and predict what tech they’ll want in the future.

“The growth spaces are in data and semi-autonomous machinery. That opens up conversations about ethics and morality to behavioral psychologists, historians, and economists—not only mathematicians.”
FUN FEARLESS LOOKS THAT
#MAKEITHAPPEN

Maybelline New York gives you the tools and confidence to make things happen. That’s why for the second year, Maybelline New York was proud to be the presenting partner of Cosmo’s Fun Fearless Life event this winter at Cosmo’s HQ in NYC.

It was a day packed with conversations, networking, and an incredible lineup of speakers to help young women get the life they deserve—from the dream career, to the best relationships, style, and happiness.

To help you feel confident and ready to MAKE IT HAPPEN, check out these power looks that Maybelline New York’s celebrity makeup artist, Gabriel Almodovar, created exclusively for the event.

The FALSIES PUSH UP DRAMA MASCARA delivers instant volume and lifts lashes, thanks to its creamy plumping formula.

The BLUSHED NUDES PALETTE, with 12 shades infused with rose gold, brightens the eyes and creates sensuous (but still office-appropriate!) looks.

EYE STUDIO LASTING DRAMA GEL PENCIL in Sleek Onyx creates all-day intensity that glides on ultra smooth. Use it to tightline upper lashes.

EYE STUDIO BROW DRAMA sculpts and tints brows in one easy step. Brush in light, upward strokes and follow along brow contour.

EYE STUDIO COLOR BLUR in CHERRY CHERRY BANG BANG to the center of your lips and use the blurring tool to “pull” the color out to the edges of your mouth.

Apply LIP STUDIO COLOR BLUR

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AMAZING ADVICE

Maybelline New York’s SVP of Marketing, Anne Marie Nelson-Bogle, was also on-site, offering the crowd advice on creating your ultimate style statement.

“DEVELOPING PERSONAL STYLE is important because it is a reflection of who you are. It’s about having some staples that boost your spirit and allow you to FACE THE WORLD FEARLESSLY.”

Check out cosmopolitan.com/funfearlesslife for exclusive videos of the Fun Fearless Life 2015 panels and speakers.
**Education**

**SARAH FILMAN**
VP of curriculum, Code.org
Seattle, WA

Filman began her career as a program manager at Microsoft, working on products like its OneDrive cloud storage service. But she had a passion for teaching too and took a leave of absence to teach at Girls Who Code’s immersion program. That set her up for her role developing school curricula at the nonprofit Code.org, which creates computer science lessons.

“My current job is the perfect hybrid of technology and education. I bring extensive management experience and hard computer science skills to my team. But because I don’t have a ton of in-classroom experience, Code.org would never have hired me if I hadn’t pursued interests outside my normal job, like Girls Who Code.”

**Government**

**MAYA SHANKAR**
Senior adviser at the White House Office of Science and Technology Policy and chair of the Social and Behavioral Sciences Team (SBST)
Washington, D.C.

Shankar, a former violinist, earned a PhD in cognitive psychology. A conversation with a former undergrad adviser spurred her to pitch the idea of SBST to her current boss. Her team often collaborates with agencies to implement small technological “interventions”—say, increasing college enrollment by sending text messages with pre-matriculation info to low-income teens.

“It is so rewarding to be able to apply behavioral research insights to federal programs and then see improvements on such a large scale. That is the special advantage of working in government.”

**Movies**

**VICTORIA ALONSO**
EVP of physical production and executive producer, Marvel Studios
Burbank, CA

A theater and psych major, Alonso’s first job in L.A. was as a studio tour guide and page. She worked her way up the ranks and now helms the production process at Marvel, including design, storyboarding, costumes, special and visual effects, and post-production for movies like *The Avengers* and *Guardians of the Galaxy*.

“Know what your nonnegotiables are. Early in my career, my nonnegotiable was having a job, period. At other times, it was working on films with a mission. A few years ago, I considered saying no to a superhero movie filming in L.A. but said yes because my nonnegotiable was spending more time with my family. That film became *Iron Man*. Open your heart to something that may not seem perfect but is what you need at that moment.”

**Robotics**

**CYNTHIA BREAZEAL**
Founding director of the Personal Robots Group at the MIT Media Laboratory and chief scientist at Jibo, Inc.
Boston area, MA

For Breazeal, a spark lit by seeing R2-D2 in the original *Star Wars* led all the way to a PhD in electrical engineering and computer science from MIT, where she is currently a professor. She developed the field of “social robotics”—giving machines human-like qualities. She’s also an entrepreneur, cofounding Jibo, Inc., a company that designed a household robot that is a helper and companion.

“Make a list of your passions or the problems you want to solve. Then research what resources are available to you, from community college courses to MIT online classes to app-making tools in the Android store. If you’re in college, schoolwork isn’t enough—getting involved in extracurricular projects is what allows you to test your creativity and gain mastery over the tools and techniques you’re studying.”
Binx, who studied math and art history, creates visual displays of quantitative info for the operators of NASA's spacecrafts. She's also worked as a web developer and started a set of businesses that sell gifts using maps and data as art.

"After working in Silicon Valley, I got burned out on apps. Tech is everywhere, not just apps, so if you're passionate about something, go get involved in the tech side of it. No one thinks, 'I'll be a web developer at NASA!'—but we need people too."

Morillo’s family couldn’t afford a computer—so she studied IT and built her own. At Morgan Stanley, her team works to keep the financial giant’s data safe. She also volunteers with Black Girls Code and runs WOCInTechChat.com.

"Information security is an exciting field for people who like to solve problems. Salaries are skyrocketing because demand exceeds supply. Your school or company probably has an IT security program, so ask the chief information security officer or chief information officer what tools they use and if they offer training."

E-Commerce

SUKHINDER SINGH CASSIDY
CEO, Joyus
San Francisco, CA

Singh Cassidy started out on Wall Street before moving to London to work for British Sky Broadcasting. She also ran the international division of Google for six years and served as the CEO of Polyvore. In 2011, Singh Cassidy founded Joyus, a lifestyle e-commerce site for women. Last June, she also launched The BoardList, a talent marketplace that connects tech CEOs with women leaders they might want on their boards.

"To break into tech, surround yourself with entrepreneurs and entrepreneurial opportunities. Use Women 2.0 to find out where the action is in your area. Think about how you might improve a website you love. Even if you never create the service you imagine, interviewers will want to know you can think through consumer problems."

Streaming Television

BEATRICE SPRINGBORN
Head of original programming, Hulu
Los Angeles, CA

After starting out as a journalist, Springborn zigzagged into entertainment, working her way up to manager of development for movies at Pixar. At Hulu, she’s a top exec who reads scripts and develops and markets projects like The Mindy Project and 11.22.63.

"Know the style of the company you want to work for. ‘Old Hollywood’ is hierarchical. Tech companies are changing that. At Hulu, few people have assistants, and we have an open-office floor-plan. Things here are democratic. I find it completely refreshing."

Shopping

SANDY CONRAD
SVP of merchandising in electronics, HSN
St. Petersburg, FL

Fascinated with how and why products make it to store shelves, Conrad majored in marketing at Miami University in Ohio. At HSN, her team combs the marketplace for up-and-coming tech gizmos. Electronics is one of HSN’s largest divisions, and women make 75 percent of the purchases.

"Retailing is a career where you can get experience without an advanced degree. You can learn a lot in a brick-and-mortar environment, especially one with an online retailing component."
WATCHING the Academy Awards last year, Cindy Robbins was struck by Patricia Arquette’s acceptance speech for best supporting actress. After making the requisite round of thank-yous, Arquette went there: “It’s our time to have wage equality once and for all and equal rights for women in the United States of America,” she said.

Robbins is the executive vice president who heads up global human resources at Salesforce, a cloud computing software company in San Francisco. She began to wonder: Are we paying women fairly? With her colleague Leyla Seka, senior vice president and general manager of Salesforce Desk.com, they started reviewing salaries, one by one, for 17,000 employees, and they found some women were being paid less than their male counterparts (although there were also some men being paid less than women). Starting early this year, $3 million will go toward evening out paychecks. CEO Marc Benioff “was a supporter from the start, and action began quickly,” says Robbins. “He agreed that equality was a core value of the company.”

It’s not a core value traditionally associated with the technology sector, where 20-something men are abundant but gender awareness—and women themselves—is often in shorter supply. Women made up just 26 percent of the computing workforce in 2013, and one study of Silicon Valley start-ups found only 12 percent of engineers are women. On the funding front, it’s even more dismal. By some accounts, only 7 percent of investor money goes to women-led start-ups. Michael Moritz, chairman of the powerful VC group Sequoia Capital, recently said his firm is not “prepared to lower our standards” to invest in women.

Maybe #NotAllMen in tech are on board the equality train, as new research from Cosmo and Popular Mechanics shows. But change is in the air.

BY HANNAH SELIGSON
How to cut your cell phone bill in half.

1. Grab your phone.

2. Use our BYOP® SIM Activation Kit. Keep your 4G LTE network and number.

3. Sew extra big pocket on pants.

The Bring Your Own Phone Activation Kit makes it easy to switch almost any phone to a more affordable plan. Use it to keep the same network and number you currently have, and then buy our Unlimited plan for just $45 a month. No activation fees or credit checks. Start saving today. Learn more at StraightTalkBYOP.com

"Cut Your Cell Phone Bill in Half" is based on a pricing comparison of two of the leading service contract carriers’ monthly online prices for comparable individual post-paid cell phone service contract plans, including average charges, and Straight Talk’s $45 service plan, excluding the cost of the phone and limited time promotions. Source: Contract carriers’ websites, December 2015. To get 4G LTE speed, you must have a 4G LTE capable device and 4G LTE SIM. Actual availability, coverage and speed may vary. LTE is a trademark of ETSI. *At 2G speeds, the functionality of some data applications, such as streaming audio or video, may be affected. Straight Talk’s Bring Your Own Phone plan requires a compatible, unlocked phone, activation kit and Straight Talk service plan. User may need to change the phone’s Access Point Name settings. Please note: If you switch to Straight Talk, you may be subject to fees from your current provider. A month equals 30 days. Please refer always to the latest Terms and Conditions of Service at StraightTalk.com.
Moritz later backpedaled on those remarks. But a new survey from Cosmopolitan and Popular Mechanics suggests that, for such a future-looking field, some attitudes still seem stuck in a time warp. Eighty-three percent of men said their workplace provides equal opportunities, but only 59 percent of women agreed. Nearly 1 in 3 women in tech feel they are treated differently than male coworkers, and the vast majority of those women say it holds them back. In contrast, only 21 percent of men say women are treated differently...and nearly half of them think the difference is that people are nicer to women. "I'm amazed at how every woman [says] she had to work twice as hard as the men just to be accepted and seen as a worthwhile coworker," one respondent wrote. "Perhaps these women are missing the fact that a lot of men are just naturally stronger and more attuned to what is needed to succeed in the workplace, so they only seem to be working half as hard as women." Oof.

The happy news is that a lot of other guys get it, including leaders like Benioff who are in a position to move the needle for women. In Silicon Valley and beyond, from start-ups to tech titans like Google, Facebook, Intel, and Dell, companies are changing policies on how they recruit and hire, the benefits they provide, and the subtle messages they send in the office...all in an effort chip away at bro-tech culture. "If you want to be a good leader as a young man, you have to be able to understand the challenges women face," says Kunal Modi, 31, a management consultant in San Francisco. "You aren't going to be able to manage a high-performing team if you don't," he says. "If you reframe it like that, not just as something you are doing on behalf of women, then you really start to turn the conversation."

Bringing More
Women On Board

The irony—tragedy, really—is that the tech sector is well-poised to be a bastion of girl power. "It lends itself to equality because of the requirements of human capital. It's not a field that requires brute force or physical labor in a traditional masculine way," says Rachel Payne, CEO of the video platform company Prizma.

It's only outdated stereotypes that make people think women are less suited to the field. In a survey, nearly one-third of men say guys have more of a "natural inclination" toward technology than women do; only 17 percent of women agreed. Those biases often turn up as our preferences to hire people who look, sound, and act like us...or who look, sound, and act the way we think a computer scientist should look or act. That is to say, like the programmers of HBO's Silicon Valley, who are almost all young, white, male, and socially awkward.

Four years ago, Brent Grinna had only two women on his 14-person team at EverTrue, a nonprofit fund-raising software company in Boston. Today there are 26, comprising 42 percent of the workforce. Three out of 5 of the company's front-end engineers are women as well as 60 percent of the sales team. Grinna traces the influx to the hiring of Elisabeth Carpenter, his chief operating officer. "My sense was that once we had a strong female executive like Elisabeth on our team, more women were not only more likely to apply to positions at EverTrue but also more likely to accept offers," Grinna says.

Men who've worked with women in senior management at technology companies overwhelmingly say those women are no worse or better at their jobs than men are—it simply depends on the person. More than 80 percent of men in tech say they've learned from female coworkers, 35 percent have been mentored by women, and several respondents effusively praised their female bosses. But to get more women in leadership roles, recruiters realize their practices have to change. "If we don't have enough female or African-American candidates, the recruiter or HR manager isn't doing their job," says Stacy Brown-Philpot, COO of TaskRabbit in San Francisco.

Natasha Mohanty, who worked at Google for eight years as an engineer, found that unconscious bias was embedded in the hiring process. "Interviewers would say things like, 'Imagine you are playing a two-shooter video game.' It's an intimidating problem to solve if you've never played a game like that," says Mohanty, now chief technology officer at Prizma. "People in this field pride themselves on being merit-based, but it's only about merit if you give everyone an equal opportunity."

Today, those kinds of interview questions are off-limits at Google. Some companies, taking note of studies that women tend to overly scrutinize job listings, have pared down ads in hopes more women will picture themselves in the role even if they don't meet 100 percent of the qualifications. At others, more women have been invited to write job descriptions and conduct interviews to weed out language perceived by candidates as aggressive and masculine.

Fail to hire enough women at Intel and your annual performance bonus could be on the line. Reviews are now based in part on meeting a goal that 40 percent of new employees be women, African-Americans, Hispanics, or Native Americans. "Engaging men and women of all backgrounds is critical to realizing our full potential," says Barbara McAllister,
New Special K Nourish® multi-grain flakes with quinoa so you can handle the in-laws for the long (long, long, long) weekend.
director of strategy and external alliances. To make sure there’s enough talent to meet those ambitious goals, the company has committed millions to everything from scholarships in Oakland schools to investments in women-led businesses to sponsorship of women’s gaming teams.

**Keeping Women Workers Happy**

Getting women in the door isn’t enough for the technology sector—companies have to keep them. The obvious first step is tackling sexual harassment (in our survey, 48 percent of men working in tech admitted to referring to a female coworker as dramatic, emotional, pushy, or a bitch, slacker, suck-up, diva, prude, slut, whore, or pussy). It also means starting conversations, often through formal training programs, to identify and correct more subtle practices that make women feel unwelcome.

Dell is the first in the IT industry to implement a program known as MARC (Men Advocating Real Change), an initiative from the nonprofit organization Catalyst in which leaders commit to a series of actions: training on gender blind spots, mentoring at least one female coworker, and taking part in coed discussion groups to identify and change unconscious biases. Doug Hillary, vice president of the Performance Analytics Group at Dell, recalls that one manager, after going through the training, started to question the way that he was scheduling travel. He hadn’t considered that women might feel unsafe landing in the middle of the night in unfamiliar locations.

At the two-year-old start-up Earnest, a lending and student-loan refinancing company in San Francisco, nearly half of the 181 employees are female. “We wanted to eliminate a certain connotation that we had a bro culture,” says general counsel Beth Stevens. Three male managers made a point of attending a Lesbians Who Tech summit last year. And the company changed the name of a weekly company-wide get-together from Jank’n Drank—a ritual at tech firms that combines drinking and coding—to Wednesday Night Dinner. Says Stevens, “Now the event welcomes everyone, not just those who code and those who drink.”

Firms have also focused on retaining women after kids enter the picture. When Google extended its paid maternity leave policy from 12 to 18 weeks, the rate of women who didn’t return was reportedly cut in half. Netflix offers up to one year of parental leave, and Spotify gives both parents six months of fully paid leave any time before a child’s third birthday. Twitter announced a few months ago that it would cover the costs for mothers who are traveling for work to ship breast milk home.

Now the focus turns to making sure employees know they can use these benefits without harming their career. Facebook founder Mark Zuckerberg set a high-profile example by recently taking two months of paternity leave, updating followers with posts and photos of his newborn daughter. The message is that equality is now everyone’s topic to take on. “It is all of our responsibility as leaders—not just women, not just men—to make sure that our environments are inclusive and respectful,” says Hillary, the Dell executive. “Some of this stuff is achingly simple: Take a group of people who are interested, share your experiences with men and women, and have an open and honest dialogue. You will learn a lot about your own style, about what motivates your people, and how you could work better on both those fronts. Honestly, I don’t think it’s that hard. You just have to have the courage to initiate the dialogue.”
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FOR REMOVING THE SPF AND LOLs ACQUIRED DURING YOUR TROPICAL R&R WITH YOUR BFFs, SELECT 2.

THE NEW MIA FIT FROM CLARISONIC. The sonic cleansing device with two settings, one gentle and one more powerful, for wherever life takes you.

Receive a complimentary Sonic Radiance Solution deluxe sample trio with your consultation at Ulta and Dillard’s or with your purchase at Clarisonic.com/gift. While supplies last.
Embrace an Idea

“Find something that you know a lot about and that you’re really fired up about,” says Shaan Pruden, senior director, partnership management at Apple, who oversees the company’s relationships with app developers. One starting point: Think about what’s bugging you. Robyn Exton founded the lesbian dating app HER after using a few terrible dating sites. “They were all built for men. It was about whom the closest person was that moment,” she recalls. “A lot of them would have guys with profiles asking for a threesome or trying to convert you, and it was really frustrating.” Ruzwana Bashir was driven to cofound the activity-booking app Peek after spending 20 hours researching things to do for her upcoming trip to Istanbul. “I thought, Wouldn’t it be great to have this one-stop shop where I can book and buy and all these things, click, it’s done?” she says.

Don’t Sweat the Skills You Lack

Don’t know how to code? No computer science degree? It’s okay. “You don’t have to be an engineer or even a designer. Everything that I have learned has been through my own experience with other designers and other engineers and having a strong grasp on what is happening in the industry right now,” says Karen Poole, who cocreated the mobile app Steller, which lets users make virtual storybooks with
text, images, and video. “It can be intimidating,” she adds. “Don’t be scared.” Taking an online coding class in order to learn the basics—or just the lingo—can be a great way to build your confidence, even if you don’t plan on being in a technical role at the company. “Just the tiniest amount of information is going from zero to a hundred,” says Exton. “I knew about the [online] dating industry, but I didn’t know anything about coding. I had been hearing people talk about CSS and HTML and pica, and none of it meant a thing. And then suddenly seeing all these pieces fit together and what different languages are used for and what back end and front end are—that was a big change.” She studied coding at night using language-learning schools like Codecademy, then worked to build her app with a small team. “The day we submitted it to Apple was the day that I quit my day job,” she says.

Learn What Else Is Out There

Are there other ideas similar to yours in the App Store? If so, how could yours be better? “Keep an eye on what other people are doing in the app space, even if it’s not your category,” says Pruden. Maybe you’ll see “this really exciting way of onboarding a customer or really interesting use of animation. Stay current with what the latest and greatest [technologies] are,” she advises. There were other photography apps on the market when Poole came up with Steller, but she saw a gap in what was out there and wondered, “What would it look like if people could put these photos and videos together in a concise way that was created for viewing on the mobile phone and also had a beautiful, almost magazine feel to them?” After seven months of prototypes and mock-ups, she assembled a team of developers and decided to go for it.

Find Your Soul Mate

Yes, you could be a solo act, but most developers interviewed for this article strongly suggest finding a partner—or two. Bashir’s cofounder, Oskar Brunning, has a degree in fine art and two degrees in engineering from MIT. “Pretty much everything he can do, I cannot do,” she says. “Building a start-up is like making a meal: You can’t have just one ingredient. In companies that have sole founders, it’s very hard emotionally as well as the need to do all this different stuff.” Target these three skill areas for your app dream team, says Pruden: technical savvy, artistic design ability—“because it has to look great”—and business acumen. Think about your weaker areas. Do you need someone with a strong design eye? Who can code? Who has great industry or business contacts? You may need to reach out to a stranger or two. “If you are in design school and you have this amazing idea, at your school, is there an engineering school?” says Pruden. “Go make a friend. Partner up with folks, and create that small team of people who can go change the world.”

Make Friends Before You Make Money

“If you’re talking about building your network and you’re already trying to raise money, this is totally backward,” says Heidi Zak, cofounder of ThirdLove, an e-commerce company with an app to help women find a better-fitting bra. “Instead, think, I might want to raise money in a year or two. I need to build my network first.” App developers suggest going to tech conferences (Apple typically holds its World Wide Developers Conference in June in San Francisco), attending coding classes, and finding friends or friends of friends who work in tech. One simple networking trick Zak used: “Say ‘yes.’ The first year when we started, I said ‘no’ to everything. All we did was focus on the product. Now I say ‘yes’ to speaking opportunities, conferences, classes—you always meet interesting people, and you never know who they know and where those conversations will take you.” Be bold about asking questions even if it feels awkward at first—people usually like to talk about how they have built their business. “Two or three years ago, I wasn’t as comfortable just walking up to people,” Zak says. “You get used to it.”

THE WAY THE INDUSTRY WORKED BEFORE...

A SINGLE PERSON COULD NEVER BREAK IN. NOW ANYONE CAN GET A GREAT IDEA AND PUT IT UP ON THE APP STORE.”

—SHAAN PRUDEN, SENIOR DIRECTOR, PARTNERSHIP MANAGEMENT AT APPLE.
solve,” says Marne Levine, chief operating officer at Instagram. “You need to get people on board with the why before you sell them on the what. Too many people skip straight to their idea and fail to bring their audience along.”

If your app is aimed at women, you may need to explain to male investors why it’ll be popular. “It is typically guys who hold the money,” says Exton, who created the dating app. “For a lot of guys it was like, ‘There are really that many lesbians? Yep, there are.’

**Move...or Stay Put**

Of course there can be benefits to living in a tech center like San Francisco, Seattle, Boston, or New York. “In Silicon Valley, there is camaraderie and other founders sharing information in all kinds of ways—female founders too,” says Zak. But that doesn’t mean you’re required to rent a house in Palo Alto and live with all your coworkers. “It’s okay if you have this great idea with your buddy and you’re in the middle of nowhere,” says Pruden. “You don’t even have to be together.” She once met a group of founders at an airport luggage carousel who were high-fiving—it turned out they had all worked together creating a company online but had never met until that moment. “For the majority of people, I don’t think it matters where you are these days. You can FaceTime and Slack and all that good stuff,” she says.

**Be a (Utility) Player**

Launching your own product means you’ll need to be willing to pitch in on whatever needs doing. That skill and flexibility can serve you well if you eventually take a role at a larger company, says Levine. “At Instagram, the way we think about hiring is less about finding highly specialized individuals” and more about finding people who are “ready to meet the needs of the business as they evolve.” Being a founder requires chipping in all over the place, says Bashir, whether that means coming up with a marketing plan or cleaning up a messy office when you know someone’s coming in for a meeting. “Anything that needs to be done, you’ll probably do a decent job at it,” she says. “The need for persistence is incredibly high because nothing really works in the early days and you’re constantly pushing yourself ahead.”

**Prepare to Face-Plant**

It’s kind of expected. There’s even been a FailCon with events worldwide where start-up founders studied their own and others’ flops. “What I love about the app community is that people aren’t afraid to fail and it’s not seen as a failure,” says Pruden. “Part of the secret of success of the Valley is that people don’t go home in shame because they tried something and it didn’t work out. Maybe [your idea] was ahead of its time. The planets didn’t align. You learned a ton. Maybe you found your best cofounders ever and then a bunch of you are going to come up with another idea,” she says. “Failure isn’t a bad thing—it’s part of the whole process of what’s going to be a success next time.”

“**[TECH IS NOT]**
**REALLY A CAREER ANYMORE—**
**IT’S AN ASPECT OF ANYTHING YOU WANT TO DO.”**
—SHAAN PRUDEN, SENIOR DIRECTOR, PARTNERSHIP MANAGEMENT AT APPLE
Let’s start at the start. Coding (aka programming) is how you tell your computer what to do. The result is software—like an app or a site. Companies such as Codecademy and Code School help you practice. Then you can put work online or, if it’s an app, submit it to Apple or Google for a green light.

When you check Insta, you see the front-end styling. The back end makes sure, for example, that you can log in by checking your password against a database. Basically, the front end is Gigi Hadid’s glam squad, and the back end is the assistant who booked the studio. Both talents are in demand.

If you’ve used Google Docs, you know how open-source code works. Using GitHub, many people can contribute to a project, accepting or rejecting changes from others. You’ll learn, join a community, and show off your skills to potential employers.

A buzzword for the one-metric crap-ton of data piling up in the information age. It includes every nugget imaginable (yes, including factoids companies collect about you). The challenge for developers is turning this mass and variety of data into something usable.

If you’re new to the field, the jargon can be, well, technical. We break it down so you can keep calm and code on.
Lunchables with 100% Juice

NOW WITH CAPRI SUN 100% JUICE

lunchables.com
So Fresh,
So Clean,
So Fast!

LESS TIME DOING LAUNDRY (AND SCRUBBING THAT DAMN TUB) = MORE TIME FOR FUN. HERE ARE ALL YOUR SPRING-CLEANING HACKS!
SPILLS
That, um, expressionist art that’s happening in the microwave and fridge? Here’s your game plan....

Microwave It Away
Pour 2 cups of water and ½ cup of white vinegar into a microwave-safe bowl. Put the micro on full power for three minutes, and let the steam sit for two more so it loosens food bits. Then wipe the walls with a paper towel.

Layer Up the Fridge
Lay down plastic place mats in your fridge to catch goop. When spills happen, let them dry, then wipe the mat with a soapy scrub sponge ($10 for 6, casabella.com).

DITCH THE IRON
Glide the My Little Steamer Deluxe ($30, hsn.com) along hanging dresses and shirts before you bolt out the door. 

EVEN EASIER...
Spritz a bottom-of-the-pile tee with Downy Wrinkle Releaser Plus ($7, target.com), tug smooth, and still make it to brunch kinda sorta on time.

KEEP BLACK JEANS FROM FAADING
There’s nothing worse, right? Always wash dark denim in cold water with like colors. Then throw a ½ cup of white vinegar in the rinse cycle to seal in the color.

EVEN EASIER...
Swap your normal detergent for the ultra-gentle Woolite Darks ($10, walmart.com).

MAKE THE BED IN A FLASH
Tuck your top sheet underneath the foot end of your mattress so it doesn’t get tangled overnight. Just fluff and pull in the a.m.

EVEN EASIER...
Forgo the top sheet completely. No one is judging—or will even notice when the bed’s made.

laundry
GET CLINGY
Run a used dryer sheet along your TV and bookshelves to collect dust in one swipe. Genius, right?

EVEN EASIER...
Open a newspaper and lay it flat on top of cabinets where it’ll be unseen. Once a month, remove the top paper layer, no dusting required!

WHO EVEN HAS A VACUUM?
They take up space and are noisy, and heaven help you if you accidentally run over a necklace. A broom just as easily removes hair, dirt, and fallen popcorn kernels off area rugs and hardwood floors.

EVEN EASIER...
A cute (and pink!) hand broom and dustpan make even big messes go away in a flash.

JOY MANGANO’S (YA KNOW, FROM THE MOVIE JOY!) TIPS FOR GETTING YOUR SH*T TOGETHER

1. Buy cute supplies. “Products that are stylish make you smile, and you’ll actually want to use them,” says Mangano. (Like, ahem, her new turquoise Miracle Mop.)

2. Treat yo’self. Follow a weekly roomie cleaning sesh with a trip to the movies or that new noodle place you’ve been dying to try.

3. Wine! “Put on the TV, grab a glass, and dust away,” says Mangano. (We knew we liked her!)

GUNK
Keeping up with everyday buildup once a week means you won’t have to get all tornado-like when a friend announces she’s “in town tomorrow—can I stay over?” You got this.

Fix That Kitchen-Sink Smell
After garnishing a vodka soda, toss leftover lemon and lime slices into the sink garbage disposal, turn on the faucet, and run the disposal for a few seconds.

Make Your Water Bottle Sparkle
Bye, bottle brushes! Just pop a Bottle Bright dissolvable tablet ($6, containerstore.com) in your bottle, fill with warm water, and let sit 20 minutes (longer for tougher jobs).

Shine Up All Your Surfaces
For quick pre-party wip-downs, reach for glass cleaner. It gets spots off the mirror, makes countertops and fixtures sparkle, and even works on porcelain.

Unblock Your Showerhead
Fill a sandwich bag with ½ cup of white vinegar, and tie it around the showerhead. Leave it overnight, and voilà! It’s like a whole new shower.
LIVE IT UP!

Once spring hits, so do the best buds. And you don’t need to be a master florist like Flower Girl NYC’s Denise Porcaro to arrange even grocery-store flowers in cute ways.

BY JULIE VADNAL

One Flower Totally Works

SKILL LEVEL: SUPER SIMPLE

"Carnations get a bad rap," Porcaro says, but when you group a whole bunch of bright ones in an optical vase ($98, jonathanadler.com), the look is super chic.

Greens Are Gorge

SKILL LEVEL: YOU’VE GOT THIS

Start by placing greens—ferns, seeded eucalyptus, and dusty miller leaves—in a vase, then add bigger blooms to the mix. Spin the vase as you go to fill holes.

Everything Is a Vase

SKILL LEVEL: RIDIC-EASY

Empty wine bottles, perfumes, even shot glasses can hold stems, Porcaro says. One is a cute gift for a BFF. A group cascading down a table is an Insta-worthy centerpiece.

F LOW E R G IRL’ S TO P TIPS

1. SHOP SMART
Choose hardy flowers (roses, carnations, or ranunculus) that won’t wilt right away, and check the stems to make sure they’re not brown.

2. PICK A PALETTE
Go for a two-color scheme, or play around with different shades of the same color.

3. MAKE THE CUT
Before placing stems in water, measure them against the vase height, then snip to fit.

4. KEEP ‘EM FRESH
Change the water every day to make flowers last longer.

RAID THE MINIBAR FOR BUD VASES.

WHEN SOLO, RANUNCULUS LOOK CRAZY REDONKULOUS.

ANEMONES: EASY TO STYLE, CRAZY-HARD TO SAY.
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The moment you find a perfect sweet taste without a funny aftertaste, and zero calories.

Real ingredients. Perfect sweetness.
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HOW to have a SAFE ABORTION
IT'S NOT THAT LEGAL ABORTION ISN'T SAFE. IT'S REALLY SAFE. BUT NEW LAWS CAN FORCE WOMEN TO DELAY CARE OR EVEN SEEK ILLEGAL ABORTIONS, RAISING THE RISKS. THIS IS THE STORY YOU HOPE YOU WON'T NEED...BUT MIGHT WANT TO READ.

By Amanda Robb & Caitlin Moscatello

PORTRAITS BY TIERNEY GEARON
YOU SAY YOU WANT FEWER LATER ABORTIONS IN AMERICA, BUT YOUR NEW RESTRICTIONS HAVE LED WOMEN TO GET Abortions LATER IN PREGNANCY. BEHOLD HOW YOU’VE “PROTECTED” WOMEN.

By Amanda Robb

They seem to have such sensible, compassionate reasons to make abortion after 20 weeks of pregnancy a felony.

“It doesn’t prohibit all abortions...and presents a middle ground.”
—former Nebraska Senator Mike Flood, sponsor of the first state-level ban

“We have a moral obligation to end dangerous late-term abortions in order to protect women and these precious babies.”
—Rep. Marsha Blackburn, cosponsor of the proposed national ban

“The dignity of each and every human life is fundamental.” —Sen. Marco Rubio, presidential candidate

I’d love to teach these politicians what they are really doing, especially to the dignity of human life. I’d begin the lesson in the cramped office of the New Mexico Religious Coalition for Reproductive Choice. They’d sit on a lumpy maroon chair and listen as a staffer answers the coalition’s hotline. Ring. Ring. Ring. Each call is a woman desperate not to be pregnant. The coalition is part of a national network, with affiliates in 11 states, that provides food, housing, and transportation, like a sort of abortion underground railroad. Calls come into the office all day, then bounce to a staffer’s cell phone at night.

Most of the women calling are so far along, they have been outlawed from having an abortion in their home states, says Joan Lamunyon Sanford, executive director of the New Mexico coalition. They have taken out a loan on their family’s only vehicle or pawned a mother’s engagement ring. It’s wickedly stressful because the more pregnant you are, the harder getting un-pregnant becomes—in time, money, pain, and health risk. If only in this part of the world medical clinics that offer complete gynecological care weren’t so few and far between. Eventually, these women do every conceivable thing they can before it’s too late to get to Albuquerque, the city the anti-abortion group Operation Rescue calls “the late-term abortion capital of the world.”

It didn’t use to be.

The landscape changed after the 2010 election, which resulted in Republicans controlling 59 of the country’s 99 state legislative chambers and setting about passing new restrictions on abortion. “Those new laws increased the need for later abortions,” says Glenna Halvorson-Boyd, PhD, who, with her husband, Curtis Boyd, MD, directs Southwestern Women’s Options in Albuquerque, which does third-trimester abortions. “I would like to believe that was the ‘law of unintended consequences’ at work, but I believe it was intended.”

Some of the 289 new anti-abortion rules passed since 2010 are mendacious—Kansas and Texas require women seeking abortion be “informed” that the procedure is “linked” to breast cancer, which science says it pretty clearly is not. Some of the rules bankrupt clinics—nearly two dozen states require clinics to be tricked—
out like ambulatory surgical centers, maintaining millions of dollars of equipment and staff that they will likely never use. Some are grossly taxing for patients, requiring waiting periods and multiple appointments. And some of the laws present would-be-funny-if-they-weren’t-tragic conundrums for physicians—as when states require doctors who do abortions to have admitting privileges at hospitals that won’t give admitting privileges to doctors who do abortions.

The politicians passing anti-abortion laws often claim they want to make abortion safer for women. When then-Texas governor Rick Perry signed that state’s strict new abortion law in July 2013, he said it would help “improve the quality of care women receive.”

In the real world, the law has forced women to delay care. The wait time for an appointment at one of Dallas’s two remaining abortion clinics ranged from between 10 and 20 days as of last September, according to research from the Texas Policy Evaluation Project. The project estimates that if all clinics not meeting surgical-center standards were to close, an average 20-day wait time would translate to about 5,700 abortions delayed to the second trimester in Texas.

Amy Hagstrom Miller, who owns Whole Woman’s Health—a network of eight facilities in five states—says the Texas law all but eliminated the option of using the abortion pill. “Before, 40 to 50 percent of our patients in Texas chose medication abortion. Now it’s down to about 2 percent,” she says. Using the abortion pill used to take two appointments, but with increased state requirements, it can now take up to four.
Before the law, Miller worked with 14 doctors in Texas; after, only three were able to get admitting privileges. “Appointments for medication abortion have become nearly impossible to schedule,” she says. “The law has restricted access to the safest method of abortion that can be done earliest in pregnancy,” she says.

Legal abortion remains exceptionally safe, with a major complication rate in the U.S. estimated around 0.2 percent. But about the only thing activists on both sides of the issue agree on is that the procedure is less and less safe the later in pregnancy it is done. “Most of the issues are minor,” says Dr. Boyd. “But laws that force women to delay the abortion create unnecessary medical risk.” Bottom line: If you feel for unnecessary medical risk.

Even as new restrictions push more abortions into the second trimester, lawmakers are making those procedures less accessible. One procedure done after 20 weeks, dilation and extraction, or D&X, was rebranded by opponents as “partial birth abortion” and banned back in 2003 in a law signed by George W. Bush. At press time, 11 states ban abortion after about 20 weeks past conception—and Mississippi and North Carolina ban it earlier, after about 18 weeks. (To make things extra confusing, what many lawmakers call 20 weeks of pregnancy, your doctor probably calls 22 weeks. Physicians generally date pregnancy from your last menstrual period, not from the date of conception after that.)

All but one of the 18- and 20-week bans were passed on the grounds that the fetus can feel pain by then. Scientists who studied the issue, and doctors including the American Congress of Obstetricians and Gynecologists (ACOG), have concluded that a fetus probably cannot feel pain until functional connections develop between its cortex and thalamus, around 29 to 30 weeks. Still, GOP presidential candidates, including Senators Ted Cruz and Marco Rubio, have suggested they would support a national ban on abortion after 20 weeks—with no exceptions for women who are raped or victims of incest.

Today, if you need an abortion in the second trimester, the safest and most common procedure is a surgery called dilation and evacuation, or D&E. The alternative is labor induction, which can take place over several days and cause more complications.

Now D&E is under fire too. Activists have relabeled the standard of care after 13 weeks “dismemberment abortion” (it involves doctors breaking down the fetus in order to extract it). Last year, Kansas and Oklahoma became the first states to ban D&E. Courts in those states have ruled the laws enforceable, but similar proposals are being mulled in states including Michigan, Missouri, Nebraska, South Carolina, and West Virginia.

Julie Burkhart, founder and CEO of the Trust Women foundation and South Wind Women’s Center in Wichita, Kansas, calls her state’s D&E ban the Physician Intimidation and Criminalization Act. Says Burkhart, “I know of no
THE STICK IS PINK.
NOW WHAT?

1. TALK TO A DOCTOR
IF YOU HAVE AN OB-GYN YOU TRUST
Best case: You’ve discussed birth control and abortion and know she’ll talk to you judgment-free. Only about 14 percent of ob-gyns do terminations, so she’ll likely refer you to a clinic.

IF YOU DON’T Resist the urge to search abortion or pregnancy options—no risk getting a link for an anti-abortion pregnancy center. There are three of these for every actual abortion clinic in the U.S. (A sign it’s not legit: They won’t talk about pricing on the phone.) Instead, contact Planned Parenthood (800-230-PLAN or use their confidential chat service at plannedparenthood.org) or The National Abortion Federation (877-257-0012) for a list of local clinics.

2. GET YOUR $$$ STRAIGHT
IF YOU HAVE INSURANCE Call the number on the back of your card to ask what’s covered. While some employer-based and school plans include abortion, coverage is completely banned in 10 states. Fifteen more ban coverage for plans purchased through health insurance exchanges, and some of those ban it for state workers or Medicaid recipients. (You may be able to buy a “rider” that covers abortion, ask when you sign up.) Some plans cover abortion only in cases of fetal impairment, rape, incest, or a woman’s health risk.

IF YOU DON’T Ask about payment when you call for a consultation. If you or your partner don’t have the cash, many clinics accept credit cards. Fund AbortionNow.org lists groups that may help you pay.

3. BOOK AN APPOINTMENT
IF THE CHOICE IS A NO-BRAINER Call the clinic you talked to in call #1, or the one recommended by your doc, to schedule the appointment soon. Some states with recent clinic closures have lengthy wait times. Plus, in certain states, you’ll need to schedule two appointments: one for mandatory counseling and another as many as three days later for the procedure. Ask the health-clinic staffer what’s required where you live (and see our chart on p. 213).

IF IT’S NOT Schedule a time to talk to a licensed counselor or health-care professional in person or, if it’s too tough to travel, via phone. Many women counseled at Planned Parenthood decide that terminating the pregnancy is not right for them.

4. CONFIDE IN SOMEONE YOU TRUST
It’s important that at least one person in your circle—a friend, sister, partner, whoever—knows you’re having an abortion. If you choose to take the abortion pill, doctors recommend that you have someone on hand in the very rare event that you need medical assistance. For a surgical abortion, you’ll need someone to drive you home from the clinic.

YOU’VE GOT MAIL If you use insurance, know that you may get an explanation of benefits sent to the address associated with your plan. On your parents’ insurance? If you want to keep your abortion on the DL, you can pay out-of-pocket, ask health-center staff beforehand if they can send paperwork to a different address, or call your insurer to request that they skip the snail mail.

SHANELLE MATTHEWS 31, OAKLAND, CA

"I was in college, and I relied on my partner, who was a few years older than I was, to take care of birth control. I was unsure of the mechanics of sex—I never really got any sex ed. You can’t divorce my race from my experience. I had a family member who would remind me time and again that [getting pregnant] was the expectation in society for black teenage girls. There’s so much shame around that, which is partly why I didn’t tell my track coach the truth about why I had to take a week off."
studies on induction done [as early as 13 weeks] because it makes no sense medically to do a harder, more time-intensive procedure. Kansas women would be guinea pigs.”

Way would anyone wait so long?” is the question Halvorson-Boyd says people always ask her.

The vast majority of women who want to abort don’t “wait.” Among those who do, the reasons include fetal anomalies discovered midway through pregnancy, danger to a woman’s health, and emotional trauma after rape or incest. But those aren’t the stories told by most of the women calling the New Mexico coalition.

“The women who call our hotline are virtually all poor and often have brutally complicated lives,” Lamunyon Sanford says. So many of the women are moms. They love their children as wildly as any parent, she says. She thinks it’s sometimes that love that brings women to her door.

I spoke with several women who traveled from other states to New Mexico and had later abortions.

Kasey, a 28-year-old from Texas, said: “I had been throwing up for a month, but I was still getting a light period so I didn’t suspect anything. My boyfriend and I got into a huge fight—he would drink and things got physical. I called the cops and he ran. I moved in with a friend. Finally, no period. I went to a pregnancy center because I know they give free tests. They said I was 10 to 12 weeks along. But when I got to the real clinic in New Mexico, they said I was 21 weeks pregnant! I freaked out. It wasn’t until I got my financial-aid check that I was able to go back to New Mexico for the abortion. I took a Greyhound bus.”

Allison, a 37-year-old from Oklahoma, said: “I had sex on July 4th weekend. A random guy I met at a party. In the fall, I felt nauseous, but I didn’t think much of it—I had a 20-year, fifth-a-day rum habit. After a while, I took a test and found out I was pregnant. The timing couldn’t have been worse, because soon after that, I got arrested for DUI. They piss-tested me at the probation office, but I didn’t realize they were testing me for pregnancy. When I went in front of the judge, he said I was endangering myself and my unborn baby and even talked about prison. I had called a clinic in Oklahoma, but they had shut down. So I found the place in New Mexico. I made an appointment and missed it. I had no money, not to mention being drunk made it hard to get it together and drive almost 600 miles. I was thinking about what a screwed-up life the baby would have. Eventually, I was able to get funding and drove all night. I woke up in the clinic’s parking lot when a lady banged on the door and showed me a bunch of fetus dolls. I gave her the finger.”

At the news that I’m “Amanda, the reporter” calling, a 43-year-old woman says, “Shh, shhh,” to someone wailing in the background. To me she says, “I can’t talk. I’m busy.” She has seven kids.

At what point does obtaining a legal abortion become so difficult, so expensive, and so frightening that women
how bad
is your state?

Reminder: Abortion is legal. But state-mandated hurdles can make it feel like it’s not. Cosmo partnered with the Guttmacher Institute to identify which states protect your health and which seemingly couldn’t care less.

CONGRATS, YOU’RE IN A SAFE ZONE

CALIFORNIA, CONNECTICUT, ILLINOIS, MONTANA, NEW JERSEY, NEW YORK, OREGON, VERMONT, AND WASHINGTON HAVE NO MAJOR RESTRICTIONS.

3

Number of states (cough—North Dakota, Ohio, and Texas—cough, cough) where doctors must give women seeking the abortion pill a regimen of mifepristone that’s based on an outdated FDA protocol, potentially increasing their risk of side effects.

ALL DATA AS OF FEBRUARY 11, 2016

RESTRICTIONS

- Medication abortion can be performed only by a licensed physician, which excludes nurse practitioners, certified nurse midwives, and physician assistants, limiting providers.
- Abortion is banned at 18 or 20 weeks postconception. States allow exceptions in cases of fetal abnormality, rape, incest, or serious threats to a woman’s health or life.
- Restrictions on public funding make abortion less affordable.
- State-mandated counseling includes inaccurate or misleading information on the link between abortion and breast cancer, fertility risk, or negative psychological effects.
- Women must go to a separate counseling session first, for a total of at least two trips to the clinic.
- Private insurance coverage is limited.
- The provider must display and describe, or offer to show, an ultrasound image, which is medically unnecessary in first-trimester abortions and can be expensive.

—C.M.
take things into their own hands? Up to 4.1 percent of women seeking abortions in Texas have tried to do the termination on their own, a recent survey from the Texas Policy Evaluation Project estimates. In interviews with 18 women who had attempted self-abortion in Texas, more than half said they took misoprostol, “the abortion pill.” They bought the pills online or in Mexico and got instructions for use from friends or Google. One woman told interviewers she took three homeopathic pills every hour for more than a week. Another said that she obtained hormonal injections. Last year, a Tennessee woman was charged with attempted murder for trying to end her pregnancy the old-fashioned way—by putting a coat hanger through her cervix.

On one of those Southwest desert days that’s so hot, the world looks like it is melting, I trudge up the narrow stairs to the New Mexico Religious Coalition’s office to say good-bye to Lamunyon Sanford. I update her on the former patients I spoke with. Kasey got her own place, has a job in medical billing, and is working on a degree in social work. Allison, because of her arrest, was fitted with an ankle monitor that tracked her drinking and, a few months back, celebrated her first year of sobriety since the Bill Clinton administration. I don’t know how the mother of seven is doing.

Lamunyon Sanford and I consider for a moment the myriad of ways people suffer in this world, the mystery of how they find grace, and the fierce strength of the women who call the coalition. “So many say one thing exactly the same,” she tells me. “I just want to be a good mom.”

Her phone rings.
The handbook is set up to try to make patients feel guilty,” says Ronald Yeomans, MD, an ob-gyn and abortion provider in Kansas. “At eight weeks, a fetus does not resemble a newborn. It is less than 2 centimeters in size,” says Jennifer Conti, MD, an ob-gyn and family-planning fellow at Stanford University. It’s not until 9 to 12 weeks that fingers and toes start to form, and a woman’s neck and external sex organs are formed until 13 to 16 weeks, according to ACOG.

“The incidence of infertility in women who have had abortions is no greater than that of women who haven’t,” asserts Dr. Yeomans. As for complications, they’re super-rare. “There is no negative psychological effect of an abortion,” says Dr. Conti. “The concern should be for women who have an unwanted pregnancy and are forced to carry it to term.” They are four times more likely to suffer from post-partum depression, according to a 2013 University of North Carolina at Chapel Hill study. The increased risk was higher at a year after birth than three months, which may indicate a long-term risk of depression.

“Women who breastfeeding may have a bit lower incidence of breast cancer,” says Dr. Yeomans, and adds that there’s no medical basis for the statement regarding cancer and abortion. Both ACOG and the National Cancer Institute have concluded that there is no link between abortion and breast-cancer risk, a position supported by numerous studies—including a 2007 Harvard University study that followed more than 100,000 women for 10 years.

On the axis of scary-stupid, there’s this: In 23 states, so-called informed consent laws dictate that providers give women seeking an abortion “facts” about the procedures that are largely written by lawmakers, says David Brown, attorney for the Center for Reproductive Rights, and don’t have medical backing. You probably trust a doctor more than a bureaucrat with your sexual health, so we got MDs to right some of the wrongs in Kansas’s 31-page, not-so-informed handbook.

Women who breastfeed may have a bit lower incidence of breast cancer,” says Dr. Yeomans, and adds that there’s no medical basis for the statement regarding cancer and abortion. Both ACOG and the National Cancer Institute have concluded that there is no link between abortion and breast-cancer risk, a position supported by numerous studies—including a 2007 Harvard University study that followed more than 100,000 women for 10 years.

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Abortion has fewer complications than wisdom-tooth removal. But risks do increase slightly with each passing week of pregnancy, according to ACOG. Your options narrow too. Get familiar with them here.

### <15 WEEKS

**ASPIRATION**

The most common in-clinic abortion procedure, aspiration (also called a D&C—dilation and curettage), involves stretching the opening of the cervix and emptying the uterus with a suction device. On a case-by-case basis, the doctor may do a sweep with a curette to ensure all the pregnancy tissue is removed. It takes 5 to 10 minutes. While it’s more invasive than the abortion pill, you can walk out and be done.

#### WHAT TO EXPECT

Pain medication is standard, and providers will offer some form of sedation—ranging from numbing at the cervix to an IV drip to (rarely) general anesthesia. Then the doctor dilates the cervix with medication or a series of progressively larger instruments that push it open. Throughout the procedure, you’ll feel pressure. Some women feel painful cramping; others don’t. Still, “there shouldn’t be extreme pain,” says Jennifer Conti, MD. About 10 minutes later, the abortion is complete. If you were sedated, you will feel groggy for a few hours and will need someone to drive you home. You may have to change pads a couple of times a day, says Dr. Conti, and this spotting can last a few days to a couple of weeks. Your doctor may request a follow-up in two to four weeks to make sure you’re back to a hundred percent.

#### WHAT IT COSTS

$1,500 (or less) without insurance in the first trimester; costs are generally higher the further along you are.

### <10* WEEKS

**MEDICATION ABORTION**

It’s called the abortion pill, but it’s actually two pills: The first, mifepristone, is taken at the clinic—it blocks the hormone progesterone, breaking down the uterine lining. The second, misoprostol, is taken at home 24 to 48 hours later and causes the uterus to contract and expel pregnancy tissue.

#### WHAT TO EXPECT

Post pill number 2, cramping and heavy bleeding will last 24 to 48 hours. You might notice blood clots or the pregnancy tissue—a white-gray meaty material—but it won’t look fetuslike, says Pratima Gupta, MD, a fellow at Physicians for Reproductive Health. Wait a week before putting anything into your vagina (a tampon, a penis, even bath water) to avoid infection. You’ll have spotting, so stock up on pads. A follow-up within two weeks will check if all pregnancy tissue has been expelled—97 percent of the time, it has. If not, you may need aspiration.

#### WHAT IT COSTS

$800 (but often less) without insurance

### 13+ WEEKS

**D&E**

Dilation and evacuation is a two-part, sometimes two-day, procedure offered from the second trimester until viability. The cervix must be softened and stretched a few hours or the day beforehand, more so than with aspiration because the pregnancy is further along. The abortion itself, which is similar to aspiration but uses different instruments, lasts 10 to 30 minutes.

#### WHAT TO EXPECT

To open the cervix, your provider will give you misoprostol or insert one or more thin rods made of seaweed (for real) or synthetic material into your vagina, where they gradually expand. It hurts, so you’ll get pain meds or possibly something stronger, and antibiotics. After the cervix is soft, you’ll probably head to an operating room so you can receive higher levels of pain control as needed, says Dr. Gupta. You will be offered a shot in the abdomen to stop the fetal heartbeat, if that gives you peace of mind. Your doctor will remove the pregnancy tissue in portions with specialized medical instruments, such as forceps. As with aspiration, recovery will include some bleeding and cramping for a few days.

#### WHAT IT COSTS

$1,500 (or more) without insurance. Prices increase as the pregnancy progresses.

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*Based on date of last menstrual period, not conception. Source: American Congress of Obstetricians and Gynecologists. The gestational age at which these procedures are performed may vary depending on provider and individual patient circumstances.*
INDUCTION TERMINATION

This rare alternative to D&E (aka labor induction) involves delivering the fetus vaginally at a hospital. Women “go through a process similar to labor, with the cervix opening, and possibly pushing to deliver the pregnancy,” explains Dr. Gupta. It is a longer and riskier process than a D&E, so is generally only offered from 20 weeks until viability. Dr. Conti notes that induction enables the woman to hold the fetus and allows for a thorough autopsy.

WHAT TO EXPECT

Your provider will offer you an optional shot in the belly. Then she’ll use medications to soften the cervix and induce contractions. Your water will break, and you’ll feel cramping and pain. “You have the option of an epidural,” adds Dr. Conti. The process can take several hours or several days. Barring a medical issue, you can go home a few hours after the fetus has passed. Recovery is similar to that of women who’ve given birth, including vaginal swelling and soreness, spotting, and potentially, lactating.

WHAT IT COSTS

$5,000 (approximately)
Cost and insurance coverage varies. This is the average cost for an abortion at 20 weeks, according to the Guttmacher Institute.

AND AFTERWARD...

It’s not like ending a pregnancy is fun. But by three years later, 99 percent of women seeking abortions say they made the right choice, according to researchers who interviewed 667 women. Aspen Baker, who runs the after-abortion talk line Exhale, says people report “grief, confusion, relief, ambivalence, confidence, and hope. The main question is, ‘Is what I’m feeling normal?’” Answer: Yes. To talk to a counselor, call 1-866-4-EXHALE.

Dear Cosmo Reader,

I do not regret my choice. But that hasn’t made my experience easy. I began writing about it as therapy, then I heard about state after state proposing 18- or 20-week abortion bans…and candidate after candidate supporting them. And I felt compelled to take my private experience public.

In September of 2014, my husband and I went to see my ob-gyn for our 20-week anatomy ultrasound. The results were “concerning,” said our doctor, who recommended we see a maternal-fetal expert. Our baby had a skeletal disorder called thanatophoric dysplasia, which causes under-developed lungs, among other ailments. The name translates from Greek to “death bearing abnormal formation.” Gravely, she told us that if our baby survived birth, he would die soon after. We made a choice we could not have imagined before that exam. A choice that wasn’t really a choice at all.

To close family and friends, we admitted to “terminating” the pregnancy. To everyone else, we vaguely said we lost the baby. But the truth, in plain English, is that I had an abortion.

Many severe defects cannot be detected until 20 weeks postconception. I am fortunate to live in New Jersey, a state where abortion after 20 weeks is both a legal and accessible option. But I am from Nebraska, a state where it is not. My experience was more emotionally painful than anything I had gone through before, but it was far less than what must be felt by women in the 13 states where these laws exist.

Proponents of these bills claim they save the fetus from pain. But most scientists and medical boards (too many to list here) say that’s untrue. I doubt my baby felt pain when he died, but I know he would have felt immense pain at birth—and death immediately after. And what about the pain I would have felt when someone commented on my swollen belly? How would that have affected my marriage or my then-2-year-old son?

Consider this number: 1.3. That’s the percentage of all abortions in the U.S. that occur after 20 weeks. Who are these politicians trying to save? They couldn’t have saved my baby. It’s an election year. Before you snag an “I Voted” sticker, think of me. Let your representatives know that it’s not their right to choose a fetus, which wouldn’t have survived, over a family, who may never have recovered.

Yours,

Kelly Cervantes
33, New Jersey
D&E 21wks

20+ WEEKS

Kelly

217
Celestial energy turbocharges your spring goals right at the start of April. When Mars and Mercury go retrograde on the 17th and 28th, respectively, you may feel short on juice. Use this time to refresh and reassess as you plot your next steps.

**05.22 — 06.20**

You might feel in over your head, but you're capable of more than you think! A big break at work on the 17th will show who has your back. Keep up the pace until Mercury goes retrograde on the 28th, and then cool off with someone hot.

**YOU NEED:** A human-body alarm clock for sweeter slumber.

**GEMINI GUY:** His schedule is crazed right now. Jump in on plans with his friends and he'll be the one jumping you later on.

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**06.21 — 07.22**

Your career is so on right now, it is ridic. A change you've campaigned for will finally happen on the 6th. Settle in before Mars goes retrograde for two months on the 17th and you'll have time to kick it with a new friend after the 22nd.

**YOU NEED:** A banging party dress that makes you look as good as you feel.

**LEO GUY:** Feed your shared appetite for adventure by escaping someplace warm where you can enjoy the great outdoors as loudly as you like.

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**07.23 — 08.22**

Broadening your horizon is at the top of your agenda, so let your freak flag fly! Get it on with your main squeeze on the 12th, and then stake your claim at work on the 29th, an ace career day.

**YOU NEED:** To say “Hello” to your sensual side.

**VIRGO GUY:** He's so close to success, he can almost taste it. When the pressure is off, let him know you’re just as ready to be sampled.

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**08.23 — 09.22**

A chance idea of yours may get serious backing on the 17th. To see it through, step into the limelight, even if you prefer a low profile. Make sure everything’s Virgo-perfect before Mercury goes retrograde on the 28th. You've got this!

**YOU NEED:** To follow up with new contacts.

**SCORPIO GUY:** Late nights for both of you mean lots of Seamless action. Instead, whip up a healthy meal together that keeps you energized for... dessert.

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**09.23 — 10.22**

During the New Moon in Aries on the 7th, put on your favorite boots—you know, the ones made for walking—and stomp into the future. Make peace with the past so you can recognize love when the Sun moves into passionate Taurus on the 19th.

**YOU NEED:** To ditch the drama.

**LIBRA GUY:** If his flakiness has reached peak levels, let him explain, but be clear that respect is a must for you.
ARIES 03.21—04.20

Stellar gifts: You’re a force of energy whose fearless, can-do attitude inspires others.

Blind spots: Your impenetrable focus can sometimes make others feel left out or forgotten.

Fashion faves: You hate to feel constricted, so comfortable and sporty items are your go-to closet superheroes.

Indulgence: Weekend jaunts to the farmers’ market or heart-pumping workouts that energize your mind and body.

Seduction style: Your love of independence makes you a hard catch, but when you click with someone, you’re all in. You favor a direct approach that makes polite conversation (and private dirty talk) endlessly stimulating.

Your month: As fortune showers down on you this month, a few dark clouds may threaten to rain on your parade. Don’t let them! Pull the plug on any negative relationships once and for all. Keep your guard up even a little, and you’ll be fine.

Your year: A powerful transition ahead, don’t sweat the small stuff. Feeling uncertain about some of your big dreams? It’s okay to play your cards close to the vest while you make moves out of the spotlight, but be strategic and consistent.

BEST MATCHES
Libra: His easy charm and lively sense of humor make you feel comfortable any- and everywhere.
Aquarius: You’re a freewheeling pair whose inventive thinking keeps things exciting in bed.

THE ARIES GUY
Adam Rodriguez
04.02.75

LOVES: Funny, flirty women who keep him guessing.
HATES: People who talk down to him or boss him around.

DREAM DATE: A hot and heavy session before a rousing tailgate.
WIN HIM OVER: With great conversations and lingering touches that leave something to the imagination.

THE SAGITTARIUS GUY

SAGITTARIUS 11.22—12.21

Boom goes the dynamite—and your bomb-ass life! Your creative juices will flow at work, and much more will flow at home. By the New Moon on the 7th, everyone will be singing your praises. Mars goes retrograde in your sign on the 17th, so keep your game tight. YOUR NEED: To go after the 22nd.

TO BE YOUR BEST: To be with your gut.

THE CAPRICORN GUY

CAPRICORN 12.22—01.19

Sagittarius Guy: He feels like he’s king of the world right now. Why not match his mood and climb on top?

TO BE YOUR BEST: To be open to constructive criticism.

THE AQUARIUS GUY

AQUARIUS 01.20—02.18

You’re a freewheeling mix of energy whose fearless, can-do attitude inspires others.

TO BE YOUR BEST: To be with your gut.

THE PISCES GUY

PISCES 02.19—03.20

You’re a force of energy whose fearless, can-do attitude inspires others.

TO BE YOUR BEST: To be open to constructive criticism.

From Disney to Downton, Lily James breathes new life into classics. April 5, 1989

CLOCKWISE FROM TOP LEFT: COURTESY DANIEL S. DUNNAM; GETTY IMAGES (2).
They can’t stop talking about human growth hormone (hGH). It’s been featured on The Doctors, The Today Show, Good Morning America, Fox News, and CNN. Allure magazine, in its “Anti-Aging Special” issue, highlighted growth hormone as its year-end callout. Shape magazine began a recent growth hormone article with the provocative lead-in: “When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren’t the only things responsible for her youthful glow.” But when the United States Patent Office began issuing U.S. Patents to protect an oral compound capable of boosting the body’s own production of growth hormone to more youthful levels, the hGH revolution finally went mainstream.

The compound is being sold under the trade name SeroVital-hgh, and it’s quickly gaining an almost “cult-like” following because, let’s face it... something that may have the power to reduce wrinkles, tighten saggy skin, decrease body fat, increase lean muscle mass, boost energy, rev up sex drive, and make you look and feel decades — not years, but DECADES — younger is, at the very least, irresistible... especially when it’s protected by not one but eleven U.S. Patents. But is there a catch? Find out all the details at SeroVital.com. Can’t wait to try it yourself? It’s currently available at all Ulta stores, Kohl’s, select GNC locations, and direct from the manufacturer at 1-800-511-2508 or SeroVital.com. Use promo code HGH375 and get free shipping!
The European Wrinkle Pill

Have you ever noticed how topical cosmetic skin creams always talk about improving the “appearance” of the skin or “visibly” reducing wrinkles? They all contain wussy “appearance” qualifiers, because none of them will claim they change the skin’s structure. (You know who they are, with their $300 wrinkle creams... go check out their websites if you don’t believe it!) That’s why a revolutionary new “anti-wrinkle” compound is causing such a stir. This oral compound has the power to make your skin younger. Not younger looking... actually younger. We’re talking about rebuilding your skin, making it thicker and more dense (think less likely to wrinkle and sag), even decreasing wrinkles... not merely the “look” of wrinkles, but literally decreasing their depth, thereby actually smoothing the skin as it improves the underlying cellular matrix. There’s not a single cosmetic moisturizer, serum, or cream out there that will make those kinds of claims. And because it works systemically (throughout the entire body), it’s able to improve the skin everywhere, from the face, neck, and décolleté to crepey arms, loose abdominal skin... even buttack sag and elbow wrinkles. It’s sort of like a facelift for your whole body: it works from the end of your nose to the tips of your toes. This unique, total body, anti-wrinkle complex is called UniLastin®, and it’s available exclusively at UniLastin.com or by calling 1-800-380-9331 (promo code ASEPILL42 gives you free shipping!). About $79.

Can’t Sleep?

SLEEP DISORDER™ (SRSD)

Check this out! Check this out!

What does adding a few pounds have to do with aging? Those additional pounds of figure-destroying fat can make you look 10 years older... or more. Here’s a smart solution. It’s called TruBioTrim™... the all-new energy-enhanced, probiotic fat-burning formula everyone is talking about.

TruBioTrim will help you lose weight so you look thinner, tighter, and younger, but TruBioTrim also helps reduce belly bloat, increase metabolic rate, burn fat, provide digestive support... and give you all the youthful energy you need to get through the day.

The bad news... TruBioTrim will not be available in stores until May 15, 2016 (when it gets there, reach for the bright green box, and do not accept substitutes or look-alikes). Till then, you can order online at TruBioTrim.com or by calling 1-800-889-3867. A full 30-day supply is only $99 (use promo code TRU32 and shipping is free!).

The Super-Powerful “diet pill”!

WHERENEVER ELSE HAS FAILED!!

BiphedAdrene® is quickly making a name for itself in the “Super Pill” business because of its supercharged dual approach to weight loss: it’s composed of a unique Complex Phenylethylamine Provisional (for powerful appetite control, mood elevation, and sustained energy) combined with an Aggressive Thermogenic Compound (for fat burning and stamina). This two-pronged attack on fat is apparently what makes the compound so effective... and so popular. And it doesn’t just help provide very substantial weight loss... it also adds a mood and energy boost.

BiphedAdrene is available at GNC stores nationwide and direct from the manufacturer at Biphed.com or by calling 1-800-613-7642. Use promo code BIPHED139 and get free shipping. However, we emphasize this high-energy product is not for everyone because it is extremely potent and contains powerful xanthine (stimulant) compounds. Nevertheless, if “ordinary” diet pills aren’t doing the job, BiphedAdrene could most certainly be your best bet!

They’re flying off the shelf... but it’s not for everyone.
“Just what I needed to see while waiting for my car to be finished.  
Crack is bad, people!” —MEGAN M.

“Incredible! The woman in front of my BF on the plane threw her hair over her seat. Fortunately, it was only a 45-min flight.” —RUBY M.

“Wonder where this guy learned his table manners? Took his shoes off and is rubbing between his toes. #Gross #NotInPublic” —JANET C.

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CRAZY SITUATION WORKING YOUR LAST NERVE? VENT HERE!

ENGINE CHEEK

“Just what I needed to see while waiting for my car to be finished. Crack is bad, people!” —MEGAN M.

UP IN THE HAIR

“Incredible! The woman in front of my BF on the plane threw her hair over her seat. Fortunately, it was only a 45-min flight.” —RUBY M.

BAREFOOT BOOTH

“Wonder where this guy learned his table manners? Took his shoes off and is rubbing between his toes. #Gross #NotInPublic” —JANET C.
If you were called on a cellular telephone about a debt by or on behalf of Midland Credit Management, Inc., you may be entitled to receive a payment or debt forgiveness.

WHAT IS THIS CASE ABOUT?
A Settlement has been reached in a class action lawsuit In re: Midland Credit Management, Inc. Telephone Consumer Protection Act Litigation, United States District Court for the Southern District of California Case No. 11-MD-2286 MMA (MDD) (the “ Lawsuit”). Plaintiffs allege that Midland Funding, LLC, Midland Credit Management, Inc. (“MCM”), and Encore Capital Group, Inc. (collectively, “Defendants”) violated the Telephone Consumer Protection Act (“TCPA”), by calling numbers using an automatic telephone dialing system or an artificial or prerecorded voice between November 2, 2006 and August 31, 2014, inclusive (the “Class Period”), without prior express consent. The Court did not decide in favor of Plaintiffs or Defendants and Defendants deny any violation or liability. To settle the case, Defendants will provide a Settlement Fund totaling $15,000,000 composed of a $13,000,000 Debt Forgiveness Component and a $2,000,000 Cash Component. If you have an existing account with Defendants with a balance owed, and you have an approved claim, you will receive a credit against any amounts you owe in an amount based on a pro rata division of the Debt Forgiveness Component, which will depend on the number of those claims submitted. If you do not have an existing account with Defendants, and you approved a claim, Defendants will pay cash payment based upon a pro rata division of the Cash Component, which will depend on the number of those claims submitted. Defendants will also pay separate from that Settlement Fund the costs of notice and claims administration, estimated to be about $3,350,000 and pay attorneys’ fees and costs up to $2,400,000, subject to Court approval.

HOW DO I KNOW IF I WAS CALLED ON MY CELLPHONE DURING THE CLASS PERIOD?
If you have not received a postcard notice advising you of this settlement, we have no information about your calls by Defendants during the Class Period. The Claims Administrator has a list of cellphone numbers called. If you believe you were called by Defendants on any cellphone you had during the Class Period, you may determine whether you were called by comparing your cellphone numbers called. If you believe you were called by Defendants on any cellphone you had during the Class Period, you may determine whether you were called by comparing your cellphone numbers called. Defendants also will pay separate from that Settlement Fund the costs of notice and claims administration, estimated to be about $3,350,000 and pay attorneys’ fees and costs up to $2,400,000, subject to Court approval.

WHAT ARE MY OPTIONS?
You can submit a claim as described below. Or if you do nothing, you remain a Class Member, and if the Court approves the settlement, you will be legally bound by its terms and will release your claims relating to calls placed by, or on behalf of, Defendants. If you want to exclude yourself from this settlement, you must send a written request specifying that you request exclusion from the settlement. Defendants will provide reimbursement to the Claims Administrator for any cellphone numbers called. If you believe you were called by Defendants on any cellphone you had during the Class Period, you may determine whether you were called by comparing your cellphone numbers called. Defendants also will pay separate from that Settlement Fund the costs of notice and claims administration, estimated to be about $3,350,000 and pay attorneys’ fees and costs up to $2,400,000, subject to Court approval.

BEFORE YOU SUBMIT A CLAIM, YOU MUST READ THE SETTLEMENT AGREEMENT AND THE COVER LETTER ATTACHED TO THE SETTLEMENT NOTICE.
You may obtain a copy of the Settlement Agreement by going to Cosmopolitan.com. The Court will hold a hearing on August 26, 2016 at 9:00 a.m., to consider whether to approve the settlement as fair and reasonable, award a $2,500 incentive payment to each of the three class representatives, award attorneys’ fees and litigation costs in an amount not to exceed $2,000,000. You or your lawyer may ask to appear and speak at your own expense. More detailed Notice and a explanation of the claims process are available at www.MidlandTCPAsettlement.com. The website also explains the Settlement process in detail. You may write to: In re: Midland TCPA Claims Administrator, PO Box 30198, College Station, TX 77842-3198 to request more detailed Notice and a paper Claim Form for mailing in a claim.

TO RECEIVE A PAYMENT YOU MUST SUBMIT A CLAIM. YOU MUST SUBMIT A CLAIM BY CALLING 1-888-557-3460, OR YOU MAY SUBMIT A CLAIM ONLINE BY VISITING WWW.MIDLANDTCPASETTLEMENT.COM. YOU MAY ALSO PRINT A COPY OF THE CLAIM FORM AVAILABLE AT WWW.MIDLANDTCPASETTLEMENT.COM AND COMPLET IT, AND MAIL IT TO: IN RE: MIDLAND TCPA CLAIMS ADMINISTRATOR, PO BOX 30198, COLLEGE STATION, TX 77842-3198. ALL CLAIMS MUST BE SUBMITTED POSTMARKED BY APRIL 12, 2016. www.MidlandTCPAsettlement.com
COSMO QUIZ

1. You have a hangover and need carbs, stat. Plan of attack?
   □ a. Max out your data plan with group-chat brunch GIFs, then wait two hours for a table for 20.
   □ b. Head to your standing res, and shun anyone who shows up with a random plus-one.
   □ c. Order in. Instructions: Bring BEC directly to bed.

2. You find a funny Insta meme to “tag your besties” in, so you:
   □ a. Tag your top 40, then brace for a tidal wave of notifications.
   □ b. Save it to your secret #SquadGoals Pinterest board.
   □ c. Comment #FollowBack with your parakeet’s personal account handle.

3. You be up in the club like:
   □ a. A pride of lions herded around the DJ booth, monopolizing the dance floor.
   □ b. Huddled into a human bermuda triangle—no one gets in, no one gets out.
   □ c. Perhaps by club, you mean couch where I’m currently swaddled in my faux chinchilla blanket and memory-foam body pillow….

4. Groupon has a deal on flights to Costa Rica and you have spare vacay days, so you:
   □ a. Book the world’s biggest Airbnb treehouse.
   □ b. Print your “ship name on tees for when you form a beer-pong team at the airport bar.
   □ c. Buy one ticket to a jungle yoga retreat. Monkeys > people.

5. GNO karaoke means:
   □ a. Twerking in a conga line to “Sorry”—just like Bieber’s viral video dance crew.
   □ b. Choreographed side-eye to anyone who tries to join in on “Bad Blood.”
   □ c. Making a three-part Dubsmash compilation of Hamilton’s “The Schuyler Sisters” in the corner.

THE BREAKDOWN

Mostly A’s
MAXED OUT
You roll deep (read: cavernous). Plus, your massive crew is a package deal. The ultimate betrayal? Inviting only one of the Rachels to boozy brunch. A big group can make for an epic party, but it’s okay to pair off once in a while. Just don’t be shady—full disclosure is the way to go.

Mostly B’s
SQUAD OBSESSED
Your girl gang seems in sync. They know everything, even the regularity of your BMs. You have the number down to a science, and ain’t nobody messing with your clique. Caution: Don’t put all your eggs in one basket. Show some love to friends on the fringe. You might realize they’re inner-circle material.

Mostly C’s
HAPPY SOLO
We’ve all been there, sitting in a grouchfit covered in crumbs. Everyone needs an occasional break from girl time, but blowing off your friends too often may be putting you in a rut. Swap your sweats for your big-girl pants, and make plans that involve less Netflix and more chilling IRL.

BY DANIELLE KAM AND HELEN ZOOK
SHOULD YOU DOWNSIZE YOUR SQUAD?

DAVE HOGAN/GETTY IMAGES
Introducing Secret Outlast with new Xtend Technology for 48-hour odor protection that never stops. Because you never stop.

STRONG ENOUGH TO OUTLAST YOUR #EPIC48 ADVENTURES.

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Katy is wearing lash inserts