

PUT DOWN THOSE CHIPS! How to stop nighttime bingeing for good

SHAPE

SHAPE
25TH
ANNIVERSARY
SPECIAL

48
BEAUTY
PRODUCTS
WORTH THE
\$\$\$

YOU CAN DO IT!

NEVER
GAIN
ANOTHER
POUND

8 STRATEGIES
SO SIMPLE
YOU CAN
START NOW

FOUND!

Jeans that
make your
butt look great
The perfect pair
for EVERY body



RESIZE
YOUR
THIGHS
3 moves
to slim
down fast

NO MORE
EXCUSES!

The
Ultimate
20-minute
Workout
Guaranteed
to change
your body

How bikini
model
Vanessa
Lorenzo
stays
this slim

PLUS ORGANIC FOOD:
What's worth it, what's hype

fashion workbook



SIMPLY
THE SEXIEST
GUESS?
Original 3-zip "Marilyn" jean
(\$108; guess.com)

SHAPE
tested

Not Your
Average
Blue Jeans

JEANS NOW
COME IN MANY
DIFFERENT HUES.
SOME POPULAR
ONES THIS FALL :

WHITE
Goldsign "Envy"
straight leg (\$196;
shopbop.com)

FADED BLACK
Sass & Bide "Frayed
Midites" jeans (\$231;
shopbop.com)

VINTAGE
Miss Sixty "J-Lot"
trouser (\$229;
212-575-0315 for stores)

CLASSIC
Citizens of Humanity
"Faye" in Pacific
(\$154; bloomingdales.com for stores)

DARK WASH
7 For All Mankind
"Flynt" in Manhattan
(\$187; bloomingdales.com for stores)

SUPER DARK
Jordache "Faleon
Crest" skinny jean (\$145;
at Lord & Taylor stores)

JET
Siwy Denim "Hannah"
slim-crop (\$194; at
Nordstrom, 888-282-
6060 for stores)

SHAPE
tested

TALL, THIN OR CURVY: THE SEARCH IS OVER!

Yes! There's a pair of jeans out there you can feel great in. The ones below are staff favorites. The fit was fabulous — and had us admiring each other's butts the entire day.

PEAR-SHAPED



The high waist helps slim
your butt. Paige Premium
Denim "Hollywood Hills"
(\$165; revolveclothing.com)

PETITE



Your legs will look longer;
make sure hem skims foot.
True Religion Brand "Joey"
(\$216; nordstrom.com)

LONG LEGS



These come in longer-than-
usual inseam lengths.
Lee Authentics "Leola"
(\$150; leeauthentics.com)

FULLER FIGURES



visually slims all over. Lane
Bryant Seven7 "Julian"
(\$79.50; lanebryant.com)

BOYISH FIGURES



add curves with the
whiskering on the outer
thighs. Gap Original Long
and Lean (\$58; gap.com)

APPLE-SHAPED



These jeans have a bit of
stretch and a super-dark
rinse. J Brand SlimFit in Ink
(\$165; ronherman.com)

JORDACHE



\$3.99 U.S. \$4.99 Canada
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