ALMOST KILL HIM TONIGHT!

13,214 TIPS TO SPICE IT UP IN BED

Just When You Thought You'd Tried Everything, We Discovered A Thesaurus And Printed All Of Last Month's Tips Again In An All-New, All-Naughty Way!

WE ASK SALMA HAYEK
48 QUESTIONS ABOUT HER UNIBROW FROM "FRIDA"


Love Your Body... Enough To Change It

Face It: You Need Invasive Reconstruction Even Worse Than The Antebellum South

Hollywood's Latest Weight Loss Sensation
Die Yourself Thin With New Death Diet

Once a cheater, always a cheater
5 Ways to Gruesomely Murder A Man... And Get Away With It Scott Free!

Holy Crap!
222 Things You Do That Are Slowly But Inevitably Driving Him Away From You

PLUS: WE ADD THE PREFIX "SEX" TO OTHERWISE UNRELATED WORDS

HOT HOT HOT HOT
"DISAPPOINTING, DEFINITELY DISAPPOINTING"
J.Lo Speaks Out About Love Life with Mega-Hunk Hubby Ben Affleck

"MY WIFE IS A LYING WHORE!"
Exclusive Interview With Mega-Hunk Ben Affleck
simple but complex but nonsense

JACK-O-LANTERN

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I DON'T CARE HOW MUCH YOU LOVE SE AND THE CITY
I think she is ugly.

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*If you are going to be a stickler for details, then yes, Colin didn't graduate last spring, BUT, technically he was president while the bulk of the creative work was done on this issue. AND we are yet to replace him... not because we are unorganized, but because we are lacking the described trait of organization. Dun

FROM THE EDITOR
"I've got a great idea, let's do a parody of Cosmopolitan! That's a popular magazine. I bet the campus would get a real kick out of a cleverly constructed send-up." Or so quipped an eager young editor early last spring. Fast forward to 5 long months later and I have come to understand several important truths:

1) Good looking magazine parodies are painfully difficult to complete, and really should never be attempted unless you great pleasure out of spending hour after hour excitedly exclaiming phrases such as: "This font is definitely a closer match for that subtitle, but I don't like the look of the serif on that Y!"
2) Cosmo is a really stupid magazine.
3) Seriously, It is.
4) Which of course works really well for us, as we have an impressive track record of putting out stupid magazines.
5) Did I really use the phrase "I don't like the look of the serif" earlier in this editor's note? On
6) Oh god, I did.

With that in mind, let me just add that this parody never would have happened if not for the tireless efforts of Cole Entress, a great layout director and an even better close dancer. Enjoy.

CAL NEWPORT

THE MODELS PHOTOGRAPHED IN THIS MAGAZINE WERE DONE SO MOSTLY WITHOUT THEIR CONSENT, EITHER BECAUSE THEY WERE COERCED INTO IT OR BECAUSE THEY DID NOT ACTUALLY REALIZE, PRIOR TO THIS PUBLISHING THAT THEY WOULD APPEAR IN THE MAGAZINE, BUT THAT'S THE PRICE YOU HAVE TO PAY TO LIVE IN THIS GREAT COUNTRY OF OURS. GOD BLESS AMERICA!
16 Love Your Body...Enough to Change it. You've tried the diets, the ab-rollers, and the underwater kickboxing. Now try something that works: surgery. By Kacy Gordon.

12 13,214 Ways to Spice Up Your Love Life Whoa! Watch out for these sexy maneuvers, they are more effective than Chamberlain's famous right wheel counterattack on the first day of Gettysburg. By Ilya Abyzov.

13 Top Ten Reader Turnoffs

MAN MANUAL
4 Guy without a viable political ideology This month's socialist stud.

5 Ask *NSYNC The hottest guy group on the block answers your romantic queries...and leer seductively at each other.

IN EVERY ISSUE
6 Cosmo Quiz Are you a party animal? The answer is no.

7 My Seduction Scandal Mating rituals that backfired worse than a Yugo running on kerosene and cat food.

11 Cosmo For Guys More specifically: Cosmo for the guy picking this up from the floor of his girlfriend's bathroom.

14 Bedside Astrologer Advice we pulled out of our ass, and that amuses us to see you read.

18 Readers Respond! Readers reveal their sexual pressure points, and their ATM codes.

19 Cosmo Conversation Starters Use these factoids to amaze your conversational partner with how truly inane and vapid you really are. They worked for Drew Barrymore.
guy without
a viable political ideology

Name: Vladimir Pjea
Age: 27
Height: 6'2
Weight: 170 pounds
Sign: Cancer
Hometown: Moscow
Favorite thing: "Playing rugby. I was on a semipro team for a couple of years in Leningrad...I mean St. Petersburg."
Hi Lance Bass of *NSYNC,
I'm with this total hottie right now, but I can't help feeling that something just isn't right. Don't get me wrong. The sex is great. But I notice that he seems kind of...dumb. Like the other day, he asked me if Kit from Night Rider was ever nominated for an Academy Award! Anyway, is it okay to stay with an idiot just because he's a stud? Thanks,
-D. Moore, Hollywood

Dear D,
That's a good question, but to be honest it's not something that has ever really happened to me. My advice is to find out if he really cares about you, or is just using the group to make a name for himself. Because I don't care how good the sex is, it's important not to sell out and not to be a slave to a corporate image. Sometimes, you just can't be the hot one. Don't worry if things come to an end between you two, because in life not everything goes as planned. Sometimes things work out perfectly, and sometimes just when it seems like you are finally going to get the attention you deserve, the Russians end up backing out due to lack of payment.
-Lance

Hi JC Chasez of *NSYNC,
I think I have a pretty good thing going with my boyfriend. But we've been together for about a year, and he still refuses to introduce me to his parents or his friends? Do you think he is just anti-social? Or am I just not good enough for him?
-J. Lopez, Los Angeles, CA

Dear Coppey,
I'm very much in favor of hanging out with people who are better looking than you are. It's an easy way to get money and fast girls thrown at you even though you are growing strange facial hair and look remarkably like a 37-year-old child molester. As long as you are secure in your dancing ability, you can totally ride their coat tails all the way home.

Much Love, Joey

Dear Lop-Dog,
Your boyfriend probably isn't anti-social, and I am sure you are good enough for him. He has just probably been really busy lately working on his debut solo album, Schizophrenic, which will hitting record stores soon featuring a foot-tapping blend of live music and jiving electro-pop.
-The Big JC

Hi, Joey Fatone of *NSYNC!
How do you feel about dating someone who is significantly more attractive than you are? Are these pairs destined for failure?
-D. Copperfield, Normal, IL

Heinous: That's nothing, one time in bed I called out a vivid description of my girlfriend's best friend's feces.

Illegal: I am going to kill the president.

GIRLS:
Forgivable: The bright side is that now you can guilt him into being really nice to you for a couple of weeks; take advantage of the situation to get him to go to that sappy Meg Ryan movie you have been wanting to see!

Oedipal: I would explain to him how his remark made me feel, and make sure that he understands how much it hurt me. Then I would kill my father, have sex with my mother, and claw my eyes out.
COSMO QUIZ

Are you a party animal?

Are your Mondays mornings filled with wistful thinking, or headaches and hangovers? Take this quiz to find out if you're the life of the party or in need of some seriously strong celebration steroids.

1. You're getting ready for a night out with the girls, and you can't decide what to wear. Do you:
   _a_. Throw on a tank top and jeans, and remark that the clubs will be dark anyway.
   _b_. Go with something slinky; you've got a hot body, why cover up what God gave you?
   _c_. Reach for a crimson coat, add two swords to your waist, and two bandoleers adorned with numerous pistols and knives across your chest.

2. How do you describe the perfect party?
   _a_. A few friends sitting around, gossiping over wine.
   _b_. Raising the roof until crowd control crashes in.
   _c_. A ten-day blockade of Charleston Bay, to be broken up only by a brief but exceedingly bloody battle with the British Royal Navy.

3. Flying solo on a Saturday night sounds like:
   _a_. A good time to put a pot of tea on the stove, crack open a pint of Ben & Jerry's, and dig into that new Janet Evanovich novel you have been waiting to read.
   _b_. About as fun as watching that Riverdance video your mom inexplicably bought for you last Christmas.
   _c_. Your murderous flotilla has finally disbanded, and you are making your escape in a fleet sloop to retrieve your plunder from the deserted sandbar where you buried it a fortnight previous.

4. After an hour of mixers and martinis, your friend calls for a round of Tequila shots and Captain Morgan's.
   _a_. Cut yourself off and opt for a cup of coffee instead.
   _b_. Cut her off halfway, threatening to mix them yourself if she doesn’t hurry up.
   _c_. Gut her; you’re the only captain aboard this ship!

5. How many nights a week do you go out partying?
   _a_. Does TBS's Mega Meg Ryan Weekend movie marathon count?
   _b_. Only the days of the week that end in -day.
   _c_. On any given day, your fair ship the Queen Anne’s Revenge can have you patrolling the Carolina inlet by midday, commandeering a treasure-laden sloop by dusk, and enjoying a hearty mug of colonial mead by the second hour of nightfall.

6. Five minutes into a steamy convo with a cute guy in the club, you find out that he's dating someone else. How do you respond?
**COSMO QUIZ**

_7. What's your first reaction to seeing a British Warship on the horizon?_
_**a.** Flipping the channel back to Emeril's Cooking Party!_
_**b.** Vomiting yourself sober, then ordering another drink._
_**c.** Tacking backwind for stability as your mates prepare to man the cannons._

_8. Your boss invites you to her Christmas party, and the night drags on slower than a paraplegic in a marathon. You:_

_9. Two of your girlfriends start fighting at a club. How do you smooth things over?_
_**a.** Threaten to leave if they can’t amicably resolve the issue._
_**b.** Drink until you pass out, hoping that things will have cooled down by the time you come to._
_**c.** Knife fight. Then a hearty feast for the victor!_

_10. Can anything stop you when you're on the party prowl?_
_**a.** Wait, who prowls for parties?_
_**b.** Severe Alcohol poisoning._
_**c.** Only the Concorde, a 40-gun flagship dispatched to the Carolinas by the Duke of York._

---

**IF YOU PICKED MOSTLY A's the good girl**

Guys usually ditch you because you can't hold their interest, right? Time to add a little excitement to the mix. Try finding the wild child within you by wearing more seductive clothing, hang out at the trendy nightspots, and begin to offer strangers money in exchange for sex.

**IF YOU PICKED MOSTLY B's the advanced alcoholic**

You're 1 step away from being arrested, and only 12 away from being a respectable citizen again. Though your love life may be in shambles, and your crotch houses more organisms than the San Diego Zoo, at least you're not the good girl for God's sake!

**IF YOU PICKED MOSTLY C's an 18th century pirate captain**

You were finally tracked down to the Ocracoke Inlet, North Carolina by the Royal Navy and killed in a marvellous ambush on November 22, 1718. According to most historians, you were among the most successful swashbucklers of all time. Damn, girl!

---

"my seduction scandal"

**Things to avoid when trying to snag a snuggle-buddy**

"My new boyfriend was coming over for dinner, and I really wanted to set the mood. So I turned down the lights and let loose an angry swarm of bees. Little did I know he was deathly allergic to bee stings. I was so embarrassed, and our romantic night was ruined." -Carrie, 27

"I whipped out his pet rooster and bit it until it bled. Then it attacked me. Whoops!" -Meg, 25

"I've never been afraid to get physical with guys when the situations demands it. But this one time, when my new hottie was really egging me on, I finally let loose and gave him a playful punch to the head...with a bullet...fired from a gun...at night while he was asleep. Needless to say he hasn't called me back. I guess that's what I get for being a little rough around the edges!" -Allie, 35
3 Big Fall Trends

A sneak preview of the accents and accessories for fall's femme fatales

Breathable Mask, Faded Glory, $72

The 70s retro look is back in style...the 1570s that is! Get ready to go medieval, and try out the freshest new fashion trend since the one-strap halter top.

MEDIEVAL INSTUMENTS OF TORTURE

Carpenter's Stocks, Antiquity and Humility, $25

Rugby shirts made the preppy athlete look like last season's hottest trend. To remain on the leading edge of the Trust Fund Fashion Wave this fall, give these hot new preppy looks the 'ole college try.

PREPPY SPORTS

Fencing gear, Blue Gauntlet $380

The war of the jeans has begun! The days of your parents' spanking clean, bright blue Levis are over. If you want to keep looking demure in designer denim in the 21st century you have to be willing to go lower and more tarnished than mankind has ever gone before.

ALTERED JEANS

Ultra-low-rise jeans, Via Scolio, $78

Dirty Jeans, The North Face $136
From fashion Nightmare to Style Diva

1

BEAUTY IN THE BEAST?
We pinned down this style-shy specimen outside of our 5th Avenue offices. Using a little makeover magic, we transformed her dated peasant look into urban chic.

2

FOOTWEAR FAUX-PAS:
Capitalize on this new, stylish trend by adding casual flip flops dolled up with sequins.

3

LET IT GET TO YOUR HEAD:
Opt to diverge from your norm. Add a colorful accessory or two to brighten up your ensemble, accentuate all of your best features and grab some of that springtime attention.

4

WOMANLY WARDROBE:
Create those captivating come-hither curves effortlessly by adding a simple miniskirt to elongate your image and a tube top to show off your fiery side.
6 Easy steps to an Award-Winning glow

Apply a brown shadow in the crease above your eye to create contours. We really like Awake’s Sparkly Eye Goop Made From Jellyfish® ($200). A little pricey, but it is completely organic.

Using a sable brush, apply concealer at least two shades lighter than complexion under eyes to get rid of the evidence from those late nights out. Benefit’s Boi-ing® is a good one ($15).

Use a dark eye liner, like Alchemy’s Skin of the Oppressed® ($15) or Stila’s Shades of Moor® ($28) along the lash line to really make your eyes pop. You know, like corn, or human heads in outer space.

Use a suitable blush for your complexion, and sweep it from the apple of the cheek, along the cheekbone, up to the hair line. This sort of sleek, aerodynamic look is best accomplished with Joey New York’s Chisled Cheeks® set, or by standing in a wind tunnel.

Using light brush, blend face make up one more time to bring it all together. Pull your hair up, preferably above the level of your ears, to bring out your cheekbones and draw attention to the natural beauty glowing in your face.

Using a lip brush, apply a pink-based hue. To create full, pouty lips, apply the color just outside the line of your lips and fill in the bow of your lips. Vincent Longo’s Afresco-matic Lip Gloss® works wonders ($25).
DEAR COSMO...

How do I overcome my fear of commitment?
I used to be afraid of Sally Gordon who lives down the street from aunt Rose who lives on Elm Street because Sally used to try to kiss me but then I pushed into the drainage ditch and I got in trouble but that's okay. That was before Sally grew boobs.

I don't like my girlfriend's parents, help!
Harvey Shear has mean parents who won't let him see PG-13 movies even though I always see PG-13 movies and I am only 9 and Harvey is 10 and half and the guy at the movies isn't mean about letting us. Even if the movie has penis sex in it. Which isn't a big deal because we already saw it in the penis sex magazine we found in the back of Harvey Shear's dad's closet when we were looking for Harvey's birthday presents. He got a football.

What if my girlfriend won't go down on me.
Sometimes on the playground a girl won't go down the slide. Jenny is usually the girl who won't go down the slide. She says she's scared but she goes down the slide a lot so I think she isn't scared she just wants a long turn. One time I pushed her real hard forward but she grabbed the sides and didn't slide down, she just yelled so I pushed her from the side and she fell off and started crying like a baby. The recess monitor sent me inside, but now Jenny doesn't slide anymore and the rest of us can go down lots more times each recess.

What is a good Valentine's gift that is creative, but not trite?
Don't get her a football. Harvey Shear once got a football and he cried and then his mean parents got mad.

My girlfriend and I want to have sex now, but the pill won't start working for another two weeks. Are condoms safe enough to use alone?
My uncle Rob lives in a condo with two dogs but my uncle Rob lives on the fourth floor so his condo isn't safe if he falls off the balcony but a robber would have to climb real high to get in his window. And then the robber would be bitten by the dogs unless the dogs fell out the window which is why he keeps them closed. One dog's name is Linus. If you and your girlfriend get a condo you should also get a dog like Linus. I don't like uncle Rob.

How do you give a woman multiple orgasms?
Make sure to stimulate her clitoris with equal parts care and passion. A well-lubed anal entry is also a nice touch.
13,214 Ways To Spice Up Your Love Life

Fall's here and your stud is no doubt in heat. That's why Cosmo has crafted the ultimate guide to heating things up in the sack...because if you don't, that cute 105 pound girl who works behind the counter at Starbucks – the one he smiled at on two nonconsecutive occasions – definitely will.

By Ilya Abyzov

1 Bring out a tray of ice cubes. One by one, suck on each ice cube until it melts in your mouth. Remark, “Boy, I sure do love those ice cubes.” Fall asleep and snore gently.

2 Try out a sexy new position: girl lying on her back with the guy on top.

3 Tell him that you're coming to bed soon and that you're going to wear his favorite outfit. Enter the bedroom dressed as Chewbacca. Refuse to take the suit off during lovemaking.

4 Tell him you want to get in the mood with some sexy role playing. You can play DJ Tanner from Full House, and he can play the role of Uncle Joey “punishing” you for lending your new stereo to Kimi Gibbler.

5 Handcuff him to the bed and blindfold him. Come back a week later and see what happened.

6 In the midst of passionate lovemaking, yell out: “Shit! Wait, wait, I forgot something – stop.” When he stops, get out of bed, get the phone, and call his grandmother. Discuss cooking recipes for half an hour.

7 Replace your regular sheets with coarse sandpaper

8 Insist on watching the History Channel in bed. Tell him it gets you “in the mood.” Proceed to call out the names of Panzer tank divisions while making love.

9 Tell him you've been a bad girl and need to be punished – then stand in the corner and don't let him touch you. Sob quietly.

10 Tell him that he's been a bad boy and needs to be punished. While he waits in bed, call up the FBI and report him as a terrorist leader. Bonus points if the neighbors see the police handcuffing him in his underwear.

11 Two simple words: “Tabasco Sauce.”

12 If he wants to get kinky and blindfold you, let him. As soon as the blindfold is on, hit him savagely with a claw hammer, then steal his car. Later explain you thought that he wanted to
play the other blindfold game — the one where you hit the guy with a claw hammer then steal his car.

13 After a passionate night of wall-rattling sex, tell him that he’s a great lover, but that he’ll never be quite as good as his father.

14 After a passionate night of wall-rattling sex, tell him that he’s a great lover, but that he’ll never be quite as good as Lynn Cheney.

15 Make love in the kitchen, halfway through insist on stopping for a minute while you fix up a batch of tuna salad...on your breasts!

16 During foreplay, have him smear chocolate and champagne all over your naked body. Start yelling “Oh my god, it burns, it burns!”

Tell him that you’ve bought a special toy for both of you to enjoy. Reveal that the toy is the classic board game Stratego™... Then glance suggestively at his buttocks.

18 During sex make it a game to see how many times you have to sigh loudly before he stops.

19 Halfway through doggie-style sex, suggest switching places.

20 Whisper into his ear before sex, “Don’t worry stud. It’s not size that matters, but how you use it,” then proceed to snidely remark “I retract my previous statement” every 2 minutes until he finishes.

21 Enter the bedroom in sexy lingerie and tell him in your huskiest voice that you’ve been waiting all day to have sex with a real man. Leave the room and call Cheech Marin.

22 Tell him that it’s your first time...after you’ve been married ten years and have had six children together.

23 Fourteen simple words: “Batman costume with strategically cut out crotch hole and vibrating molded rubber ear stalks.”

24 Bring a razor blade to bed, run it seductively over his erogenous zones...then cut him up good.

25 Play ‘Hands Off’, explaining that from now on you are only allowed to touch him with your tongue, hair, and a 500 Volt electric cattle-prod.

26 Bring a TV and VCR into the bedroom, tell your man that you need something hot and spicy to put you in the mood. Put on the movie ‘Cool Runnings.’

*Continued on page 21*
ARIES (MARCH 21–APRIL 19)
Lighten up! Stop worrying about missing your period this month, it is nothing to stress out about! Splurge on a sexy new wardrobe by the 15th and that new hottie at work will finally ask you out.

TAURUS (APRIL 20–MAY 20)
Don’t Worry! So you’re pregnant. You’ve always wanted to be a mother! After a hot date with a new coworker, your new-found confidence will lead to you being assigned that large overseas account you have been gunning for. Avoid masked strangers after the 20th—they will bring nothing but trouble.

GEMINI (MAY 21–JUNE 20)
It’s a boy! A routine ultrasound reveals the gender of your little bundle of joy. The big project you are working on is derailed after a masked stranger you met at the end of last month begins faxing you autographed pictures of his genitals. Be wary of security in your life, you may not be as safe as you think.

CANCER (MAY 21–JUNE 20)
Act Now! That stranger who entered your life two months ago has taken to mailing you detailed wood carvings depicting Abraham Lincoln with engorged genitals. With a new baby on the way this not a good time to feel threatened. Call the police by the 12th to avoid further consequences.

LEO (JULY 22–AUG. 22)
You Fool! Your procrastination once again costs you as the stranger who has been stalking you breaks into your apartment and covers your bedroom walls with hiakus...hiakus about genitals! You decide right then to notify the authorities, but this time you are too late. Attempting to scream for help on the 8th will be futile as your apartment walls are quite thick.

VIRGO (AUG. 23–SEPT. 21)
Captured! The genital obsessed stranger is waiting for you in your apartment closet. He surprises you with a rag soaked in chloroform and you subsequently awaken in an abandoned warehouse. Avoid escape attempts or the masked stranger may become enraged.

LIBRA (SEPT. 22–OCT. 22)
Angered! Frightened by your capture, worried about your baby, and still upset about your troubles at work, you demand that the stranger in your life reveal his intentions. He will enter your line of sight dressed in an elaborate neoprene genital costume. Laughing at a strangely obsessed individual may lead to repercussions.

SCORPIO (OCT. 23–NOV. 21)
Unmasked! After a long period of captivity you demand to know the identity of a tormentor in your life. He removes his elaborate costume to reveal that he is the hot coworker with whom you shared a date 7 months previous. Accuse a former lover in your life of perpetrating an elaborate stalker scheme to steal away your big overseas account.

SAGITTARIUS (NOV. 22–DEC. 20)
Unsettling! The former stranger in your life explains his true intention is to stage an elaborate retelling of Shakespeare’s Othello starring you as Desdemona, and a pair of large animatronic genitals as Othello and Iago. You will become disgusted after a major revelation.

CAPRICORN (DEC. 21–JAN. 19)
It’s still a boy! Finally realizing that the deranged auteur in your life is more or less immobilized in his giant neoprene genital costume, you simply push him over and make your escape. Find a hospital on the morning of the 10th as your baby will be born.

AQUARIUS (JAN. 20–FEB. 17)
What!? Overwhelmed by joy with a new child in your life, you decide to name him “Genital” in honor of the excitement surrounding his birth. Avoid telling anyone your child’s name after the 10th as they may have him taken away from you.

PISCES (FEB. 18–MARCH 20)
Forgive and forget. Returning to work after a restful leave of absence you finally complete the large overseas account you had been assigned long ago. Though wary of his troubled past, you give a hot coworker another chance as the flames of your romance are sparked anew. If you’re still alive after the 23rd be grateful...he built animatronic genitals for god’s sake!

**THUMBS UP:**
- Ebert
- Soy Milk
- Glen in Sales

**THUMBS DOWN:**
- Roeper
- Spoiled Milk
- Harv in Prison

SEPTEMBER 2003 COSMOPOLITAN 15
Your Body though to change it

Fashion, health, and beauty magazines like Cosmo have long been criticized for promoting unrealistic body images to our women readers. We are now ready to answer that accusation. The sexy sleek models who grace our glossy pages have entirely realistic bodies, and with a little help from Cosmo's ultra-handy figure fix-up guide you can too!*

By Kacy Gordon

Lips
As everyone from Julia Roberts to Angelina Jolie knows, a pouty, bee-stung mouth is a hallmark of youth and health. To plump up your pucker, we suggest using any of several hip new products on the market that contain irressistible irritants that will speed blood flow to your lips, and swell them right up to perfection!

Eyes
Could the windows to your soul use some new drapes? In your case: yes. But fear not, there is a perfect solution to your optical woes: permanent eyeliner tattoos! Dramatic and defining, they only take a couple of hours to complete, and will help your blue beauties keep their definition from the night before to the morning after. Tell the truth and hope to die, stick a needle in your eyes!

Teeth
Some might say that chip on your front right tooth adds character to your face...not us though—we think it makes you look like a disgusting hick. Crowns are the way to go, along with some strategic bleaching. In your case, forget the commercial whitening products. Go straight for the Clorox to get that hospital floor shine in a fraction of the time.

Complexion
Those fine lines around your eyes and mouth were gently chiseled into place by years of good-natured smiles and sincere laughter. Don't worry, a good chemical peel should smooth them right out in just a few minutes! If God didn't want his creations to have smooth, unnatural porcelain-like skin well into our 50s then he wouldn't have given us deadly, paralyzing toxins to use. Our father, who art in Heaven, *Botox* be thy name!

*Unless you are Christie Whitman or Garrison Keillor, in which case there is not much we can do. Imagine if those two had a baby? I bet it would look a lot like Sam Rockwell.
Nose
Everyone's nose is ugly. Especially yours. Get a new one. Fast. You'll never be happy again if you don't!

Belly Up
Of course there are always sit-ups... But who do you think you're kidding? Did you know that in order for so-called "cardio exercise" to start burning fat, you have to be active for over 18-20 minutes!? Who has the time? If appetite is your problem, a couple cigarettes should work, and failing that, staples away! If it's not so much what you're adding as what you've already got, there's little debate that lipo is the way to go. By actually removing fat cells with an easy to complete and only occasionally fatal procedure, liposuction wins the irksome battle of the bulge!

Tits...
Have memories of your wild bra-less college days and the effects of gravity got you down? Never fear! There's no sagging rack that a little lift and inflate can't fix right up. If you finished puberty over a decade ago and are still waiting to "blossom", there are a couple bags of silicon with your name on 'em! And if you could stand to take a little off the top, reduction surgery can take you from double-D-pressed to B-yootiful! Remember, when it comes to deciding whether or not radically intrusive surgery is right for you, keep this in mind: the higher and closer together you can get the girls, the higher you'll drive your guy's blood pressure, and the closer to you he'll want to get.

...and Ass
Give up and buy a pair of black pants.

FATS & FIGURES
NUMBERS THAT COUNT WHEN YOU'RE TRYING TO SHAPE UP:

862
Average number of hours of exercise needed to lose 10 pounds

10
Pounds of fat that can be surgically removed from humans per hour

1724
Episodes of Sex and the City that can be watched in all that new found free time

4.8
Average number of times per episode you will bolster your ego by suggesting Sarah Jessica Parker has an eating disorder
A LavaLife survey reveals that 100% of single males and 100% of single females are not married.

A recent Cosmo/Department of Justice study reveals that 92% of domestic crimes are committed by men against women; while 94% of fashion faux paux are committed by men against matching outfits.

Popular new trend: Rip-away boxers. Sewn together with loose, breakable stitches, these hot new undergarments can be ripped away in the heat of the moment with one sexstatic pull!

Unpopular new trend: Exploding boxers. Coated with a substantial layer of nitroglycerin, these unconventional undergarments can unpredictably explode into a devastatingly powerful fireball.

Dick Cheney's penis is a healthy 6.5 inches long

Wanna be Ashton Kutcher's dream date? Offer to have guilt-free casual sex with him. A recent interview reveals that Ashton likes having sex.

A whole new meaning of the word pornography: In Japan the word "pornography" translates to describe visual and audio media that relate to nude individuals and/or depictions of sex acts. Well, maybe it's not a "whole" new meaning...okay it's the exact same meaning. We've got nothing.

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