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girlfriendz®

The Thinking Woman's Magazine

Tina Louise

*Author, Actress
Advocate*

*Do You Procrastinate? Are You
Disorganized? Find out what it
might be!*

Are Your Meds Making You Sick?

*FREE Girlfriendz Events in This Issue.
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THINGS we like

Hot Stuff!

PORTION CONTROL AT ITS MOST DELICIOUS

How cool is this? Muffin-sized meals! They're healthy, easy and flavorful. Brette Sember wrote *The Muffin Tin Cookbook* with Mellinda Boyd, a registered dietician focusing on weight management. Includes recipes like: Shrimp Risotto, Mango Tandoori Chicken and Tilapia Florentine. Published by F+W Media, on sale now. www.adamsmediastore.com/the-muffin-tin-cookbook \$17.95.



A BEAUTIFUL WAY TO SUPPORT AUTISM AWARENESS
Designer Debbie Brooks has created this magnificent handbag with a praiseworthy purpose—10% of proceeds from its sales are donated directly to Autism Speaks. The clutch is hand-silkscreened, embellished with diamond dust, encapsulated in artisan-grade acrylic and adorned with Swarovski crystals. A detachable silver snake face chain folds inside when not in use. www.debbiebrooks.com; \$368.



WHERE IS AN APPLE CONSIDERED STRANGE FRUIT?
In this newly released DVD: *Strange Fruit: The Beatles' Apple Records* is a documentary that tells the story of a record label that came about under extraordinary circumstances and produced extraordinary records. Interviews with members of Badfinger, Beatles expert Chris Ingham and others; plus archived footage, rare photos and music. www.seefound.com/p.php?3=SID/VD570, \$19.95.



CANDLES NEVER FELT SO GOOD
SOI candles are made from 100% all-natural soy oil, offering clean, soot-free burning that lasts longer than wax candles. And best of all, the melted soy oil can be used as skin moisturizer, and help remedy sunburn, eczema, psoriasis and poison oak. Over 30 scents in a variety of sizes. www.thesoico.com; \$24.95 & under.



IT'S TEE TIME!
The Seaside Collection of golf-inspired jewelry from Sporty Chic Designs lets women show their love of the game on or off the green! Each bracelet is adorned with semi-precious stones, each features golf accents in gold or silver: Drillwood/teal, Clamshell/purple, Seagrass/green, and Splash/blue. www.sportychicdesigns.com; \$69 & under.



WHAT DON'T THEY DO?
The new FridgeX Tomato & Onion storage containers are not only adorable, they preserve your veggies! In bright yellow and orange, these super cute additions to your kitchen can even be used for baking, as they're non-stick and able to withstand heat of up to 430 degrees. www.FridgeX.com; \$24.99.



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