

5th Annual **Sexiest Bodies** in Hollywood Issue

SHAPE  
YOUR  
LIFE

**10**  
MINUTES  
TO  
THINNER  
THIGHS

**SOFIA  
VERGARA**

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**CAREER**  
Nicole  
Williams



**SEX AND ROMANCE**  
Dr. Belisa  
Vranich



# Your Life—Made Easy!

➔ From throwing the perfect party to creating meaningful relationships, there are times we all could use a little advice. To help you along the way, we gathered together five pros. Over the next year, they'll answer all your questions about career, sex, entertaining, beauty, family, and friends.

## LAND YOUR DREAM JOB

• Through her company, WORKS, and her book, *Girl on Top: Your Guide to Turning Dating Rules Into Career Success*, Nicole helps people find fulfillment at work. "We spend a lot of time at the office," she says. "Disliking what you do affects your entire life."

**HER PHILOSOPHY:** **There are always opportunities; you just have to be willing to work for them.** "The most important thing for a successful career is grabbing the chance for a promotion or new job whenever you can."

## FIND HAPPILY EVER AFTER

• Belisa, a clinical psychologist, helps couples and singles everywhere improve their love lives. She is the author of five books, including, *He's Got Potential: A Field Guide to Shy Guys, Bad Boys, Intellectuals, Cheaters and Everything in Between*.

**HER PHILOSOPHY:** **Everyone can—and should—feel sexy.** "Many women look outward for confirmation that they're pretty. Desirability must come from within. Confidence trumps looks, weight, age—everything—any time."



ENTERTAINING  
Annie  
Lee

#### BE THE HOST WITH THE MOST

• After planning events for the San Francisco Opera and the Tribeca Film Festival, Annie created her own company, Daughter of Design. She still organizes big bashes, but now she also puts together weddings, birthday parties, and dinners.

**HER PHILOSOPHY:** Entertaining is a great way to express your personality.

"There's a glow you get at the end of a successful night. You may be tired and your place is a mess, but you had a blast giving your friends a fabulous time."



BEAUTY  
Polly  
Blitzer

#### SHOW YOUR BEST SIDE

• Three years ago, Polly, a former magazine editor, took her beauty knowledge and created beautyblitz.com, an online treasure trove of trends, insider secrets, and DIY tips.

**HER PHILOSOPHY:** Small actions can make a big difference—inside and out. "Some people say the beauty industry is frivolous, but it's amazing how a good hair day can completely change your mood. I always say that when you feel like you look your best, you become smarter and funnier."



FRIENDS  
AND FAMILY  
Lauren  
Ing

#### Don't just read this, do something!

➔ SHAPE wants readers who are willing to record themselves trying out our experts' advice. We'll supply you with a Flip camera; you bring the stories! To learn more about our Reel Girl group, and for each pro's top tip, head to [shape.com/women-in-action](http://shape.com/women-in-action).

#### STAY CONNECTED

• A holistic psychotherapist, Lauren works with clients who may know what they want out of their friendships and their life, but don't know how to get there.

**HER PHILOSOPHY:** Appreciate what you've got. "Being thankful is the easiest way to feel happier. People spend their time focusing on the 10 percent of their life they don't like instead of on what's going well. Every moment you choose whether you feel up or down—opt for joy more often."