

EAT DESSERT, LOSE WEIGHT

# Women's Health

# GET LEAN FAST!

**3-MINUTE  
FAT BLASTERS**

**Instant  
Stress  
Relief**  
No Deep Breathing.  
Promise.

## FLAT ABS

The Trick You're Missing

**NATALIE DORMER**

*Hunger Games*

**REBEL**

*Game of Thrones*

**QUEEN**

Real-Life

**BADASS**

## Young Skin

Go To Bed 35,  
Wake Up 25

## Orgasms For All!

Stronger...  
Longer...  
Easier Than Ever

# HOT & CONFIDENT!

9 SECRETS TO GETTING EVERYTHING YOU WANT

**CUTE SKIRT!**  
Fun Party Looks, p. 58

December 2015

\$4.99 US/DISPLAY UNTIL DECEMBER 29, 2015



WomensHealthMag.com



# 12/15

## COVER STORIES

*Nine major reasons you picked up the mag! What to read first? We have a few ideas.*



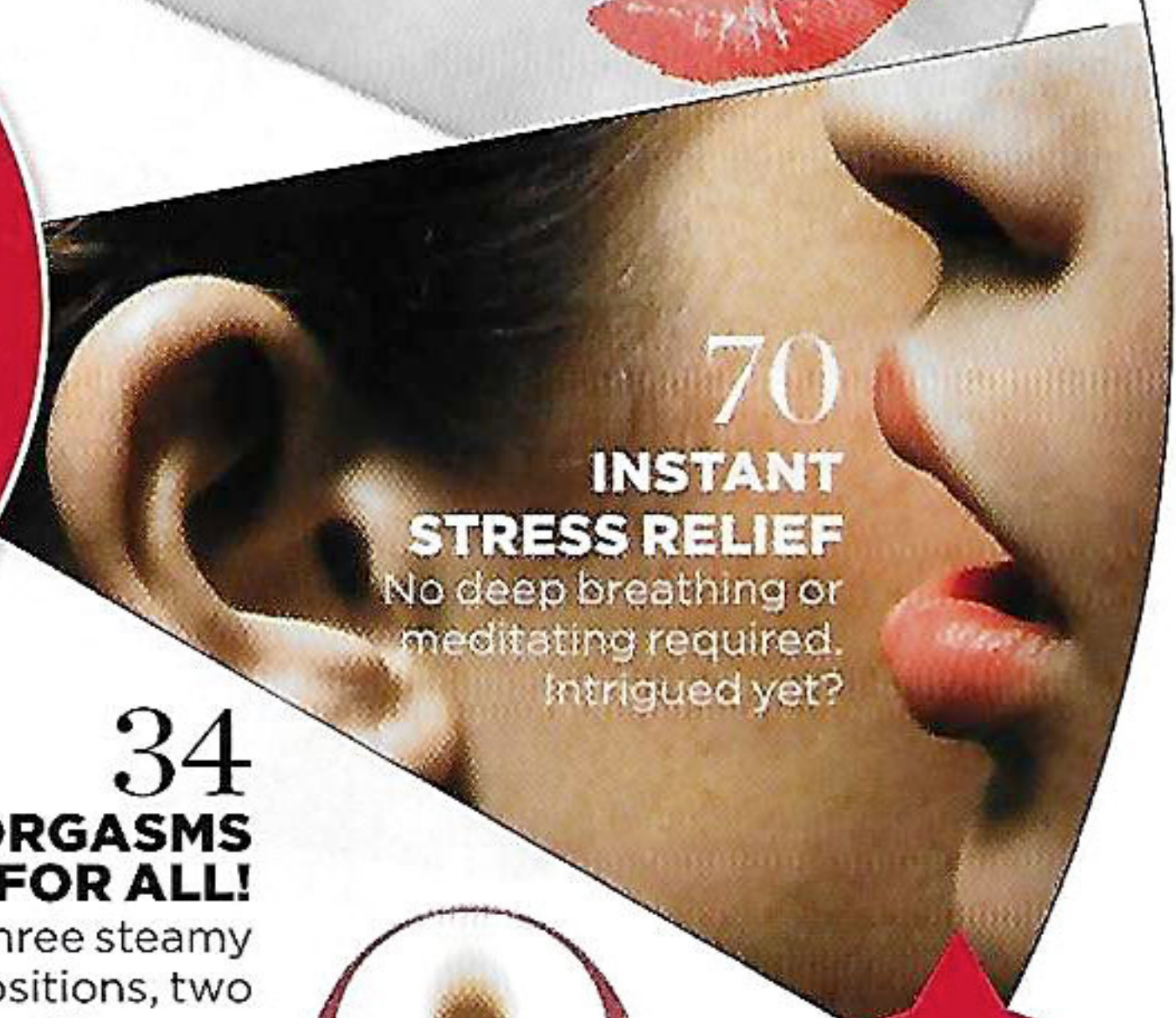
**READ ME FIRST IF...**  
You've ever wanted a celebrity to solve your probs.

**101 NATALIE DORMER**  
*The Hunger Games* star on running marathons, speaking her mind, and Hollywood costars (she talks J.Law!)



**148 GET LEAN FAST!**  
Santa won't be bringing you that tight butt you want—but this easy mix 'n' match workout plan will.

**20 HOT & CONFIDENT!**  
Up your game at the office, in bed, at the gym, *everywhere* with these clever expert tips.



**70 INSTANT STRESS RELIEF**  
No deep breathing or meditating required. Intrigued yet?

**34 ORGASMS FOR ALL!**  
Three steamy positions, two smart tips, one awesome new toy (right here!). The effort is minimal, the pleasure, maximal.



**READ ME FIRST IF...**  
You really (we mean *really*) need to get something off your chest.

**136 YOUNG SKIN**  
The latest anti-aging research and best new products, wrapped up in a bow. Happy merry to you!



**63 FLAT ABS**  
If that's your mission, here's your strategy: Ditch the floor reps for one powerful piece of equipment and our turbocharged moves.

**90 EAT DESSERT, LOSE WEIGHT**  
Where you sit, who you're with, even the colors on a restaurant's menu can make you order a fat bomb you don't want. How to have your cake and stay slim too.



**58 CUTE SKIRT!**  
And heels. And clutch. We're doling out the prettiest party looks so everyone else will dole out the compliments.

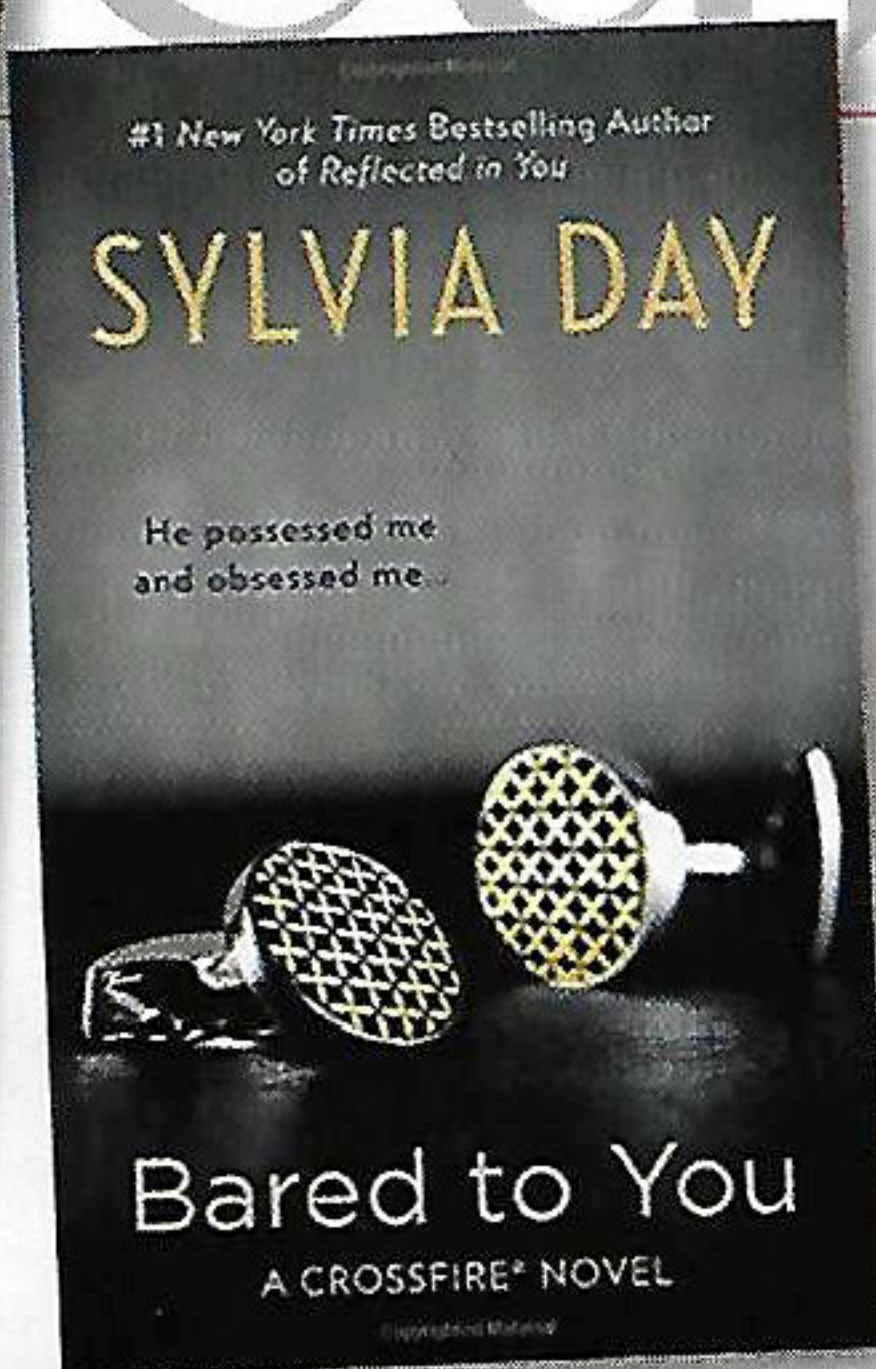
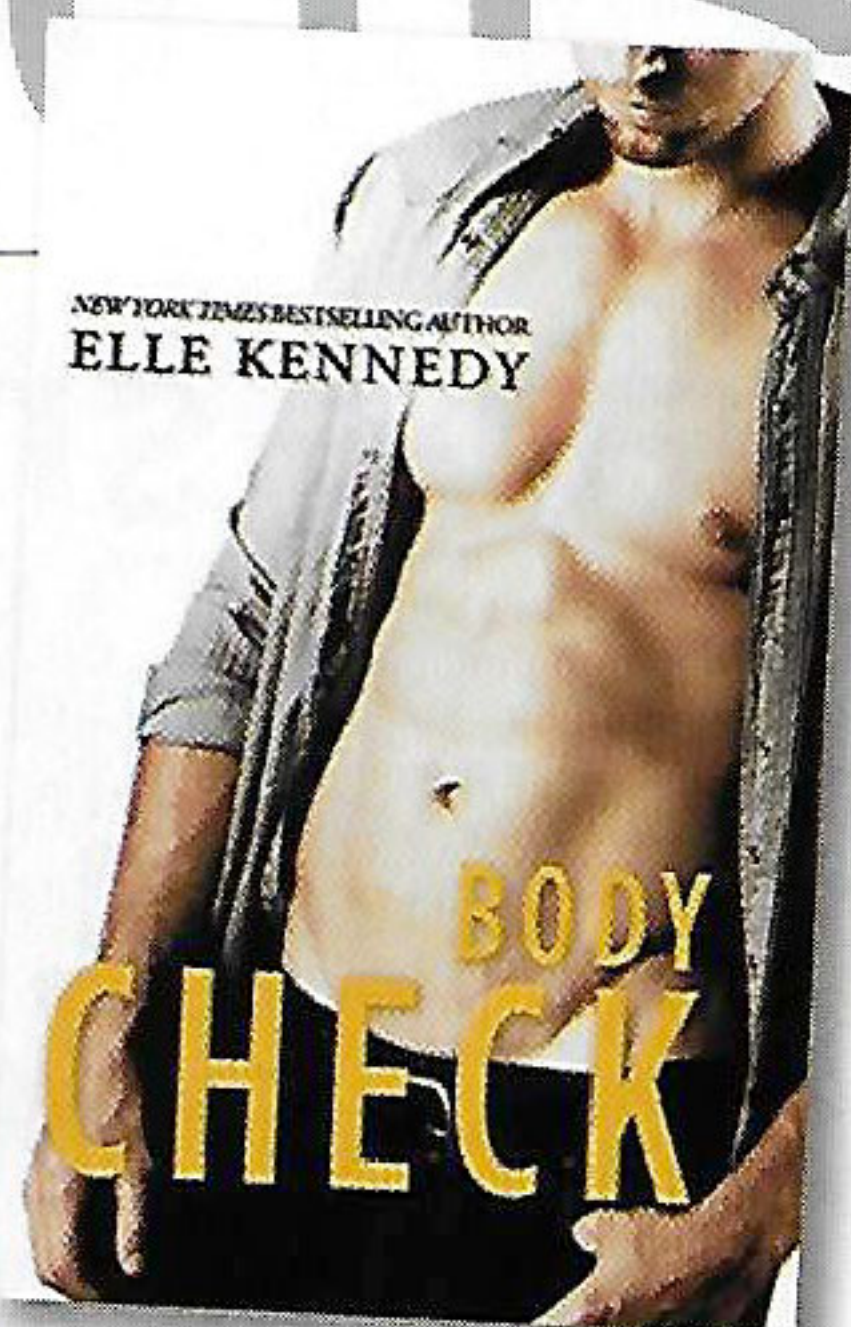
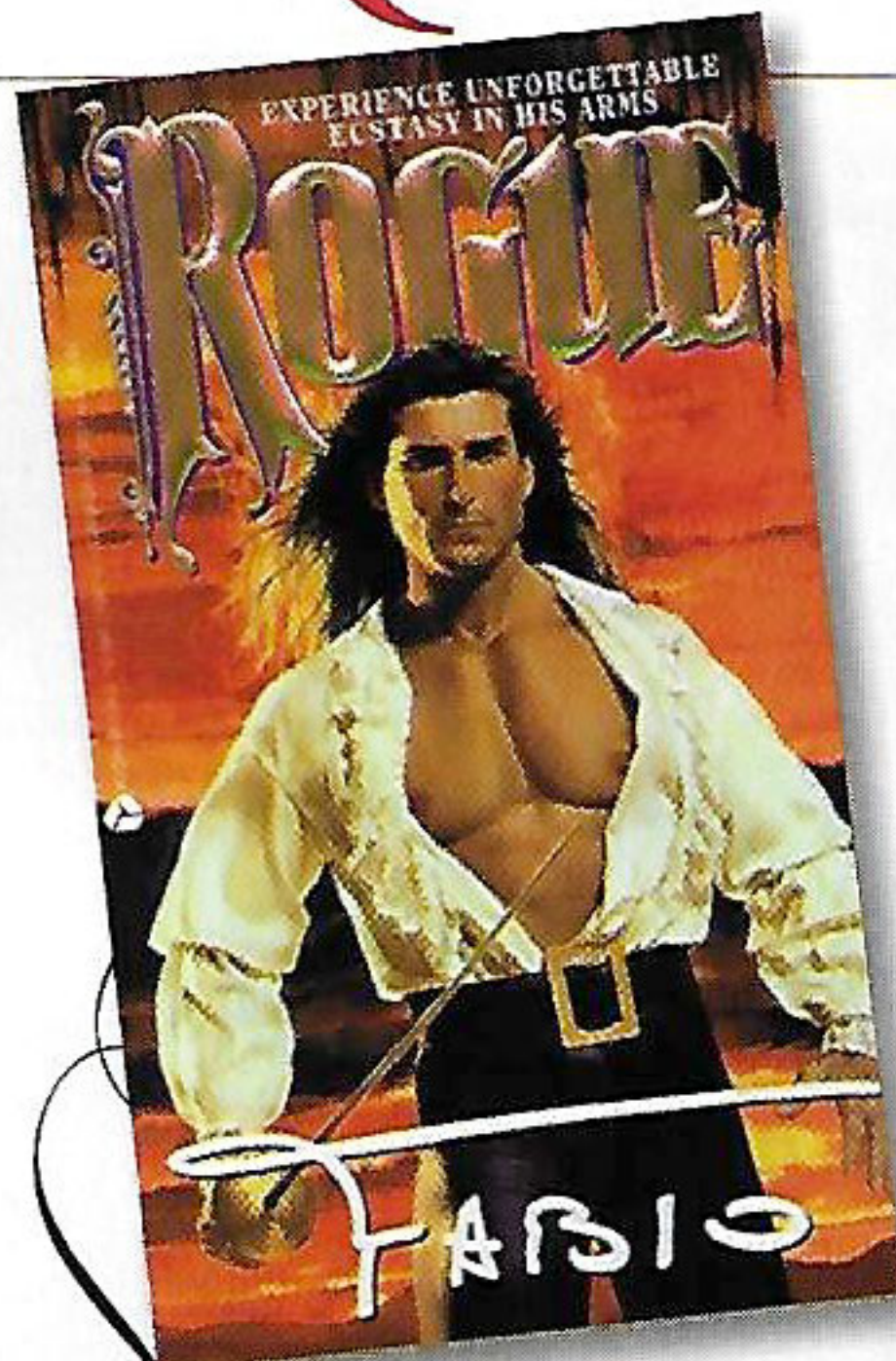
**READ ME FIRST IF...**  
You're having an intense staring contest with your closet.

**On Our Cover** Natalie Dormer photographed by Eric Ray Davidson. Fashion editor: Jacqueline Azria. Hair: Mark Townsend for Dove Hair Care/Starworks Artists. Makeup: Matthew VanLeeuwen/The Wall Group. Manicure: Nettie Davis. For Natalie's look, try Dior 5 Couleurs Eyeshadow Palette in Montaigne, Diorshow Pro Liner in Purple, Diorshow Mascara in Pro Brown, Diorblush in Lucky Pink, and Dior Addict Lipstick in Dream. Nanette Lepore top, Express skirt, Brooke Corson necklace, Jennie Kwon Designs cuff, Carmen Diaz Jewelry cuff, Ron Hami ring.

CLOCKWISE FROM TOP RIGHT: ERIC RAY DAVIDSON (DORMER); ISTOCK; MICHAEL HAEGELE/CORBIS; COURTESY OF WOMANIZER; ANNA YU/ISTOCK; COURTESY OF JORDAN FITNESS; MATT RAINEY/RODALE IMAGES; JESSICA CRAIG-MARTIN/TRUNK ARCHIVE; BUNKY HURTER



# {sex discuss



## Fabio, Where Art Thou?!

The famed model with the flowing mane no longer fronts romance novels—but they're still selling like crazy, raking in about \$1 billion (yes, with a b!) annually. And as you can see, the covers reinvent themselves as frequently as Madonna.

### 1980s

Back in the day, long-haired men with chiseled pecks seduced us from the shelf. "That look speaks of a primitive masculinity—he's a quintessential provider who could attack enemies and kill wild animals for dinner," says biological anthropologist Helen Fisher, Ph.D. Yes, *you strapping stud, please rescue me from this cheesy Wham! music!*

### 1990s and 2000s

Off with such arrogance—and his head! Women's increasing equality meant we just wanted to ogle dudes' faceless bods. "The naked man-chest covers celebrated female desire and made readers want to discover the emotionally vulnerable man beneath that exterior," says Katharine Dubois, Ph.D., a Duke University history professor.

### Today

You'll still see some beheaded hotties in the eBooks store, but "object covers," depicting items like cuff links or a necktie, and scenery covers are also enticing readers. "By packaging them differently from typical romance novels, these titles can reach an even broader audience," says Dubois.

### Feelin' Myself

Mind over masturbation, ladies. A new study found that the more positive a woman's subconscious thoughts are about sex, the more she wants to diddle her little. On that note, how about some inspiration for your next solo sesh?

#### Think of it as free pampering.

"Pour a glass of wine, put on your favorite music, and luxuriate in the tub with your fingers. It's easy decadence, and a great way to de-stress and relax," says Carlyle Jansen, author of the new book *Sex Yourself: The Woman's Guide to Mastering Masturbation and Achieving Powerful Orgasms*.

#### Read about other women's self-pleasure experiences online.

"It helps to know that there are others just like you who work, have kids, or go to school... and also masturbate," says Jansen. Check out [howtomakemecome.tumblr.com](http://howtomakemecome.tumblr.com).

#### Practice noise control.

A buzzing toy can be a buzzkill. (Too much time wiggin' about who can hear it.) Chillax with a toy that doesn't even vibrate: The Womanizer (shown here; \$189, [womanizershop.com](http://womanizershop.com)) uses air pressure waves to lightly suck and blow on your clit. Feels ah-mazing!



## Feast for the Senses

Odd but true: New research suggests that women pick up on men's flirtatious signals better on a full stomach, since it frees up your brain's pleasure centers to focus on effing rather than food. But c'mon, who really wants to bone after polishing off a rib eye? Time for these food-coma-friendly sex positions:

### SCISSORS

For maximum pleasure with minimal effort, lie on your back perpendicular to your guy (who should be facing you, lying on his side). Drape your legs over his waist so he can straddle your bottom leg as he thrusts.

### DOGGY STYLE

The coital classic removes belly pressure by keeping you on all fours. Or, to really get all Lazy Susan, try lying facedown on the bed while he enters you from behind.

### SPOONING

Sex on the side? It works just as well after a glorious brunch as it does in the wee hours of the morning. Back that booty up against your guy, and place a pillow under your hips to up the comfy factor.

Source: Sexual medicine specialist Serena McKenzie, N.D.