THE GOOD LIFE
Go Ahead, Eat! (& never gain weight)
Holiday cooking secrets from Giada & Dr. Oz

Plus
Winter Superfoods
Slow Cooker Dinners
Chocolate (You deserve it)

EXTRA ENERGY
Recharge in 30 Days
Protect Your Heart
New Research, Easy Tips

GIVE BACK, FEEL GREAT
The Magic of Helping Others
THROW DOWN SOME JOY

Hooray for holiday decor that won’t drop needles everywhere. These sequined, seasonal pillows dial up your living room’s cheer factor in two seconds flat. Bonus: They’re oh-so-soft—family snuggle sesh, anyone? Threshold Silver and Gold Sequin Toss Pillows ($20 each, target.com)

4 Set goals you can actually achieve. When a challenge is too hard, you feel less reason to try; too easy, and you feel no sense of reward. But if you can accomplish a goal with just enough effort, you’ll enjoy pursuing it, says the new book Habits of a Happy Brain, by Loretta Graziano Breuning, Ph.D. Realistic ambition psychs you up the most.

5 money smarts

A HOLIDAY SHOPPING CHILL-OUT PLAN

Procrastination may be a major reason that 66% of Americans go over their holiday budget by an average of $116, according to a survey by Coinstar. When you’re in a time crunch, your brain acts on adrenaline instead of logic, so you buy the first thing you see because you’re worried you won’t find something better, says finance guru Farnoosh Torabi, host of the So Money podcast. Instead of splurging (and stressing), Torabi suggests keeping a few bottles of nice wine on hand for last-minute presents, or going to GiftRocket.com, which lets you buy gift cards to any store or restaurant. If you’re too rushed to print, you can even email a card with a personal note. Crisis averted!