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+EDITOR'S LETTER



Postcards from The Ranch
 Me on the trail with a hiking buddy



In the moment
 Some of the sights and scents I took in during my trip

...because I'm happy!

Each of us has a happy place—a favorite vacation spot, neighborhood café or moment in our memory when we were on top of the world. Mine is The Ranch at Live Oak, a fitness retreat just outside Los Angeles. It's a solo getaway I make to take a break from the pressures of real life. I clear my head, eat clean, hike challenging trails under sunny skies,



push my body in yoga and other classes, and treat myself to well-earned massages and an early bedtime. Not everyone's idea of the ultimate vacation, but it's heaven to me. I went most recently to recharge before starting as the new editor-in-chief of SELF—and I'm still riding my wave of wellness.

My goal is to make this magazine your monthly happy place—and Self.com your daily, hourly, up-to-the-minute feel-good destination. Whether you want to break through a workout plateau (page 96), get fresh ideas for your farmers' market finds (page 102) or mix up your jeans look (page 84: I promise you will see denim and sneakers in a whole new light!), SELF is here to motivate and inspire you in ways big and small.

You'll be seeing some changes in SELF over the coming months. Tell me what you think, and tell me how we can help you achieve your personal goals—at the gym, at work and in life. Email me at joyce@self.com, or tweet me. I can't wait to hear from you.

Happy August!

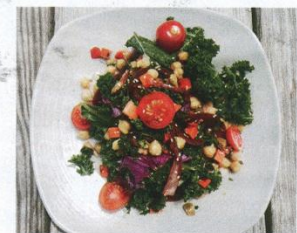
Joyce
 Joyce Chang
 Editor-in-chief
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I always look forward to The Ranch's amazing food. This simple vegan salad is filling and delicious—just eating it makes me feel healthier.

CHICKPEA AND KALE SALAD

- 2 tbsp lemon juice
- 4 tbsp olive oil
- ½ tsp salt
- 2 tsp lemon zest
- 4 cups kale ribbons (remove center ribs, roll up each leaf and slice thin)
- 1 can (15 oz) chickpeas, rinsed and drained
- 1½ cups grape tomatoes, halved
- ¼ cup sun-dried tomatoes, chopped
- ½ cup kalamata olives, chopped
- 2 tbsp chopped fresh basil

In a large bowl, whisk juice, oil, salt and zest until emulsified. Add kale and massage briefly with dressing. Add chickpeas, tomatoes, olives and basil. Toss until evenly coated. Season to taste with black pepper. Serve, or store covered in the refrigerator up to three days. Serves 4



PORTRAIT: STEWART SHINING; HAIR: PAUL WARREN FOR RENE FURTERER; MAKEUP: SANDRINE VAN SIELE; CLOCKWISE FROM TOP LEFT: COURTESY OF SUBJECT (2); SUZIE GIBBONS/GETTY IMAGES; COURTESY OF LIVE OAK RANCH (2)