Ladies' Home Journal December 2007 Issue Highlights

The McCaughey Septuplets—Ten Years Later; Great Gifts Under $30; Bridging the Doctor-Patient Divide; and more

CAN GIVING GO TOO FAR? – PAGE 23
If there's any downside to generosity, it's that our compulsion to give can sometimes overwhelm our own resources—both financial and emotional. This holiday season, *Ladies' Home Journal* outlines how to find a balance in all your giving, and how to know when to say "enough."

GREAT— AND U.S.A. MADE — GIFTS UNDER $30 – PAGE 98
Dig into our nine-page gift guide with ideas for everyone on your list—for him, for her, and for baby. This year's picks include toys that are all made in the U.S.A. to make sure the tot on your list is safe from toxins this holiday season.

BRIDGING THE DOCTOR-PATIENT DIVIDE SPECIAL SECTION – PAGE 134
The way medicine is practiced today has changed dramatically – for patients and doctors. This 12-page special section is designed to help you get what you need from your physician despite today's perfect storm of harsh economic forces. You'll see what you have the right to expect – and what's unrealistic in today's environment. You'll learn how doctors think, so you can make sure you don't get trapped by a medical mind-set that short-shrifts possibilities that could better pinpoint what's wrong with you. You'll also get tools to rate your doctor and tips on the right responses to rude remarks, and you'll learn of new solutions helping to improve medical care today.

THE MCCAUGHEY SEPTUPLETS TURN TEN! – PAGE 117
Ten years ago headlines around the globe heralded the birth of the McCaughey septuplets in Iowa. Alexis, Brandon, Joel, Kelsey, Kenny Jr., Natalie and Nathan became the largest intact multiple birth on record. Now, all seven are well-adjusted fourth graders with unique personalities and interests. Check in with the McCaughey family as they begin life with a house full of pre-teens.

WHAT MAKES A GOOD…FACIAL? – PAGE 36
This December's inaugural "What Makes a Good…." Column examines the key components of a successful facial: from making sure your aesthetician got the details right, to having a treatment that fits your skin, to being sure you don't get overcharged. You should expect nothing less than seeing better-looking skin at the end of your treatment!

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