



16
Daniel Gilbert
shares the secrets
to happiness.



35
Wonder
waitress
Jessica Grant

Reader's Digest

C O L U M N S

- 43 Outrageous!** How the government is failing our veterans MICHAEL CROWLEY
- 52 Ask Laskas** Commonsense advice JEANNE MARIE LASKAS
- 63 Here's the Deal** What you need to know about product recalls JANICE LIEBERMAN

D E P A R T M E N T S

- 10 React** Your letters
- 15 The Digest** New books, life advice, 13 things your florist won't tell you
- 28 Laugh!** Our favorite jokes
- 35 Heroes** When a customer collapsed, a waitress acted fast JEFF GREMILLION
- 39 Make It Matter** One couple found a way for their kids to help others: birthday parties MICHELLE CROUCH
- 47 @Work** Office humor
- 55 Dreamers** This company spells success in 100 languages MARGARET HEFFERNAN
- 58 Off Base** Humor in uniform
- 70 Up Close** Pillow talk with Patrick Dempsey DAVID HOCHMAN
- 77 Health** Heart-smart strategies
- 179 Eater's Digest** Super Bowl recipes
- 187 Quotes** Don't stress!
- 193 Word Power** Test yourself
- 196 Life** Funny true stories
- 200 Last Laugh**

(BOTTOM) PHOTOGRAPHED BY WYATT MCSPADDEN; (TOP) WPN/PHOTOSHOT



Vaseline® Clin

"To be sure it worked, I decided

(WITH)

Vaseline® C
moistu

After app
Clinical
Stuart Brow
He proved
ima

(WITHOUT)

Prescription strength moisturization
you can use everyday.

keeping skin amazing™

© 2009 Unilever. Results may vary.

LIFE WELL SHARED

Reader's Digest

FEBRUARY 2010

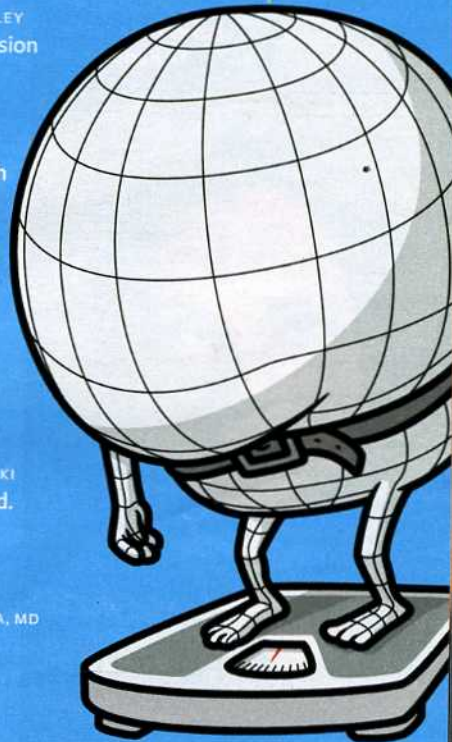
FEATURES

- 106 Off a Cliff!** JEFF RENNICKE
When a climber plunges down a mountain, his partner has to do the unthinkable.
- 116 Quick Study: Border Control** LISA GOFF
How are we protecting the 6,000 miles we share with Canada and Mexico?
- 120 Love, by the Letters** RORY EVANS
You gave us your inspiring love notes. We give advice on writing one to remember.
- 128 Guardians of Darfur** SAM DEALEY
In Western Sudan's bloody war, one mission prevails: Get food to the people.
- 142 How to Sound Smarter** MELISSA DEMEO AND PAUL SILVERMAN
Grammar rules you never learned in high school. The Reader's Digest Version.
- 146 Trial by Fire** CHRISTOPHER W. DAVIS
How the people in a tiny Iowa town came together in a crisis—twice.
- 156 Attack of the Late-Nite TV Gizmos!** ANDY SIMMONS
Our annual ratings of the wackiest gadgets sold on TV.
- 163 You Be the Judge** VICKI GLEMBOCKI
A divorced dad wants his son circumcised. Mom says no. Now what?
- BOOK EXCERPT**
- 166 An Animal's Instinct** DAVID DOSA, MD
Can a cat really know which patients are about to die?

94 Weight of the World

JOE KITA

An exclusive *Reader's Digest* international poll reveals the world's riskiest habits, crankiest spouses, dumbest excuses—and best ways to send the pounds packing.



(RIGHT AND COVER) ILLUSTRATED BY CHRISTOPH NIEMANN; (DEMPSEY) DON FLOOD/CORBIS OUTLINE