

or whom, they learned from.

FEATURES

114 Instant Ways to Energize Your Life!

MICHELLE CROUCH AND REGINA NUZZO

We ask health experts for the one change they want Americans to make.

126 Inspiring True Love Stories

DAVE ISAY

Six couples share their remarkable romances. FROM ALL THERE IS

152 Look Twice

Can you guess what this is?

156 The \$618,616 Life

AMANDA BENNETT WITH CHARLES BABCOCK

A widow reflects on the cost of health care and the choices that gave her husband seven precious extra years.

FROM BLOOMBERG BUSINESSWEEK

168 Funniest Moments of the Year

Humor editor Andy Simmons's take on 2011—with help from America's top humorists.

178 Mayday!

DEREK BURNETT

Could you survive 18 hours treading water without a life vest? Michael Trapp did. Here's how.





- 18 Food Super Bowl snacks to please a crowd; five pink champagnes
- 30 Home 13 things your housecleaner won't tell you, plus cleaning tips you don't know; finding the best lightbulb
- 38 Health Natural stress soothers; "good" bacteria gets even better for you; pros and cons of PSA screening
- 50 Family How to write a love letter; a pet that's hard to forget
- 58 Money Financial fairy tales; how to complain more effectively
- 69 Misc Catching up with Dolly Parton; six book excerpts; random ideas

DEPARTMENTS

- 4 RD.com Recommends
- 7 Letter from the Editor
- 13 React Your letters
- 86 @Work Office humor
- 92 The Power of One Green teens make their marks
- 102 Ask Laskas Commonsense advice JEANNE MARIE LASKAS
- 107 Life's Funny That Way Your wacky true stories
- 191 Quotes Wise words
- 192 Off Base Humor in uniform
- 195 Word Power Test yourself
- 199 Laugh! Our favorite jokes

204 Last Laugh Get Interactive!

Download the Reader's Digest app for the iPad or Kindle Fire. Happiness & simple

