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LIFESTYLE &
HEALTH
MAGAZINES

Lifestyle & Health Magazines



ELLE

Elle Magazine is one of the leading women's fashion and beauty publications on the market. Everything you ever need in a fashion magazine – Elle is the glossy you can shop from. It's playful, useful, modern and relevant – inspiring you to be stylish in every area of your life. From exclusive celebrity interviews and shoots to the best edit of designer and high-street fashion and beauty, Elle will give you insider access to the fashion and beauty world.



ESQUIRE

Esquire is the original and leading men's lifestyle magazine. Esquire's award winning editorial covers everything a man needs to know each month including the latest on style and clothes, what's new in cars, culture and entertainment and advice on money matters.

(Library Members can access this magazine online from 1996 through eLibraryUSA)



HEALTH

Get fresh ideas and inspiration on how to make the healthy life truly irresistible. Health covers its readers' many interests, including cutting-edge health advice, natural beauty moves, home remedies that work, celebrity weight-loss secrets, healthy travel, organic and low-fat food, new time-saving workouts, body-flattering fashion and much more.

(Library Members can access this magazine online from 2009 through eLibraryUSA)



HOUSE BEAUTIFUL

Satisfy your passion for stylish living and practical ideas for updating every room in your home. Find great ways to use today's best furnishings and accessories within the pages of House Beautiful.



INSTYLE

InStyle magazine is a fun and style-inspiring publication that gives the reader an opportunity to see the personal side of famous stars and trendsetters. InStyle celebrates the private side of public faces, revealing the personal style choices of the world's most fascinating people. An insider's guide to trends in beauty, fashion, home entertaining and charities, InStyle is a trusted source for inspiration and ideas.

Lifestyle & Health Magazines



PREVENTION

Prevention magazine gives healthy solutions you can really live with. Prevention magazine uses informational articles, combining the latest health trends with time-tested advice on getting and staying healthy. The magazine profiles fitness experts, groundbreaking medical studies, and people who are leading the way in healthy eating and living. The articles also offer advice for applying the information to your life.

(Library Members can access this magazine online from 1993 through [eLibraryUSA](#))



O: THE OPRAH MAGAZINE

O Magazine is a monthly magazine founded by Oprah Winfrey and Hearst Corporation and covers a wide variety of issues. Regular subjects covered in O include: Personal Growth, Lifestyle, Culture and Humanities, Home and Garden, Fashion, Entertainment, Food, Drink and Nutrition, Health, Beauty and Fitness, Business, Technology and World News and Relationships.



REAL SIMPLE

Real Simple is for smart, busy women who welcome creative solutions to their everyday challenges. They trust Real Simple for help entertaining, organizing, shopping, working, connecting with friends, or making time for themselves. It focuses on the simple lifestyle movement.



SELF

Self magazine is a leading women's magazine that covers varied topics ranging from health, nutrition, fitness, and beauty to travel and relationships. It features several popular columns including quick tips to look and feel your best in minutes, do-it-yourself style solutions, healthy recipes, sex and beauty updates, and a rather unique happiness report.



WOMEN'S HEALTH

Women's Health magazine is a premier publication focused on the health, fitness, nutrition, and lifestyles of women. A lifestyle magazine rooted in health and fitness. Women's Health is filled with actionable and practical advice that you can use today. Giving women a smart and organized approach to healthy living, each issue showcases how-to workouts, relationship advice, recipes, affordable products, and much more.

(Library Members can access this magazine online from 2005 through [eLibraryUSA](#))