The New Year, NEW YOU ISSUE

A GIRL'S GOTTA EAT
NEIGHBORHOOD FINDS TO WINE & DINE

LOVE IN THE CITY & THINGS MEN LOVE

BEAUTY SCENE WHAT'S ON YOUR VANITY?

Aviva Drescher & Family
A WEST SIDE STORY

January/February 2014
A Novel Idea

MUST-READ BOOKS FOR 2014

If you only read seven books this entire year, make these them

By Aly Walansky

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“Smart Change”  
Art Markman  
Markman, who’s on the advisory board of the “Dr. Phil” and “Dr. Oz” shows, shares his intel by presenting realistic solutions to changing bad habits, losing weight, quitting smoking, even finding a date!

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“Desire Map”  
Danielle LaPorte  
What do you desire? Use this holistic life-planning guide to pin-point your own desires, and then explore the stories of 10,000 desire mappers who have revolutionized their own lives. Let their tales inspire you to learn how to map your desires within.

“Younger Next Week”  
Elisa Zied  
Arm yourself with the tools you need to feel your best inside and out by mixing the habits that age you (some will surprise you!); fueling yourself with age-defying, nutrient-rich foods; and learning how to relax and revitalize your life.

“The People Factor”  
Van Moody  
Moody’s major: We can build great relationships and end bad ones at home, in social networks, and in the workplace. Find out how in this page-turner.

“The 52 Weeks”  
Karen Young and Pam Godwin  
If you’ve ever found yourself in a “state of stuck,” maybe it’s time to challenge yourself to something new. These authors challenged themselves to try one new thing every week for a year – from test-driving sports cars to rock climbing to dance lessons – and to blog about their journeys. They got “unstuck” and maybe we can as well.

NEW YEAR, NEW YOU

As we embark upon a new year, you may have aspirations of a new you, but are nervous about setbacks. “The central reason why behavior change is so hard is that your motivational system is so good at getting you to repeat actions that have worked successfully for you in the past,” says Art Markman, author of “Smart Change.”

Markman believes our motivational system breaks down into a “go” system that pushes us toward those habitual behaviors, and a “stop” system – a sense of willpower – that tries to get us to stop actions that are detrimental. In this time of year when we are all about new beginnings, Art suggests we change our behavior by preventing ourselves from performing undesired behaviors while learning new habits.

“You start by understanding your habits better by observing your behavior and creating a habit diary. You may also need the help of friends and relatives to identify the triggers of your habits,” Markman explains. “You have to optimize your goals to focus on positive behaviors that can become new habits.”

By restructuring your environment to make the desirable behaviors easier and undesirable ones harder, he says, you can begin your process of change. It is hard work, but it’s a new year ... the perfect time to make real, lasting change!

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READING CAN BE RISQUE

James Dean, Kate Moss, Emma Stone. To catch a peek at some amazing vintage shots of some of Hollywood’s sexiest icons reading, check out Pinterest.com/ RepublicOfYou/Reading/ and Pinterest.com/ GrayWolfPress/Celebrities-Reading.