

# Woman's World

June 8, 2026

THE JOYFUL SIDE OF LIFE

★GOD BLESS AMERICA★

## LOW-COST WEIGHT LOSS

Romance author **MARY KAY ANDREWS, 71,** LOST 65 LBS by microdosing GLP-1 meds and thrifting an at-home gym for pennies



## Big Savings, Dupes & Hacks!

Live "Fancy yet frugal!" with lifestyle expert Lora McLaughlin Peterson:

- ✓ Slash grocery costs 50%
- ✓ Pay 40% less for everything
- ✓ Plus, 9 beauty and home dupes under \$22

## Rev a Sluggish Thyroid— Without Meds

Thicker, Healthier Hair  
5 must-eat foods

National Parks Cookbook Special!

Mile-High Ice Cream Pie, Pg. 37

SUPERCHARGE YOUR MEMORY  
With an easy 'brain workout'



Blind Pup Inspires Thousands to "See with Their Hearts"

GLOWING SKIN OVER 50!

The daily 'don't' dermatologists wish all women knew

