

People

HOLLYWOOD'S HOTTEST BODIES



GREY'S STAR JUSTIN CHAMBERS
Talks About His Health Crisis

EXCLUSIVE!

HAYDEN

GREAT READS: NONFICTION

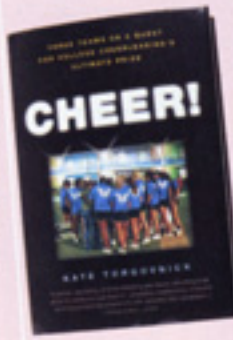
ON EATING, SLEEPING, AND COMPETITIVE CHEERLEADING



THE TASTE OF SWEET
by Joanne Chen
Did your genes make you eat that cookie? An absorbing history of the human affinity for all things sweet.



INSOMNIAC
by Gayle Greene
In search of a good night's rest, a lit professor travels the world and bones up on sleep science. No easy answers—but fascinating.



CHEER!
by Kate Torgovnick
It's not all pep and pom-poms: A look at the grueling lives of three college cheerleading teams going for the top prize.

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FROM THE STARS

BEYONCE SAYS 'NO' TO SOUTHERN COOKING

CLUELESS! THE WORLD'S DUMBEST CRIMINALS