

A MARTHA STEWART PUBLICATION

**+** GET THE SLEEP OF YOUR DREAMS YOUR WEIGHT, MOOD & HEALTH DEPEND ON IT  
THE UPSIDE OF STANDING ON YOUR HEAD & CONFIDENCE LESSONS FROM 6 GUTSY WOMEN

# whole living

body + soul in balance

**TURN BACK  
THE CLOCK**  
ON YOUR SKIN P. 44  
ON YOUR BODY P. 62  
ON YOUR MIND P. 110

roasted fall  
vegetables  
with lentils,  
pg. 80

**EASY &  
AMAZING**  
20 DELICIOUS  
10-MINUTE DINNERS

**FIND THAT  
EXTRA HOUR**  
MAKE OVER  
YOUR SCHEDULE  
IN JUST 2 WEEKS!

THE ULTIMATE  
LONGEVITY DIET

**6 SIMPLE  
SEASONAL  
SALADS**

OCTOBER 2011  
DISPLAY THROUGH OCTOBER 17



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THE NEW SEASON OF *THE MARTHA STEWART SHOW* BEGINS SEPTEMBER 26 ON HALLMARK CHANNEL!

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## wear it well



← Stretchy, fitted cords and a long-sleeve cotton tee create a lean look underneath a draped poncho. EILEEN FISHER FINE MERINO LINKS PONCHO, \$158, [nordstrom.com](http://nordstrom.com) for stores; J.CREW VINTAGE MATCHSTICK CORD, \$80, [jcrew.com](http://jcrew.com)

### 3. TRAVEL LIGHT

Think of this thin shawl-inspired poncho as a perfectly portable blanket. Paired with smart flats and fitted (yet flexible) pants, its easy elegance will make it a favorite travel companion.



Ⓞ This poncho's loose arms and snug waist are slouchy yet sleek. HESSNATUR BY CLODAGH TUNIC, \$178, [hessnatur.com](http://hessnatur.com)



A printed scarf instantly pulls together any outfit and doubles as a wrap. ECHO BLURRED TEXTURE PLAID WRAP, \$78, [echodesign.com](http://echodesign.com)



Choose denim leggings for slightly structured comfort. J.JILL KNIT DENIM LEGGINGS, \$49, [jill.com](http://jill.com)



Ⓞ Flexible ballet flats keep feet happy and easily slip on and off. HEARTS OF DARKNESS MOD BALLETT FLATS, \$100, [coi-de-coeur.com](http://coi-de-coeur.com) for stores



A carryall with a cross-body shoulder strap looks chic and leaves hands free. J.CREW ABINGDON TOTE, \$98, [jcrew.com](http://jcrew.com)