

SPECIAL DOUBLE ISSUE

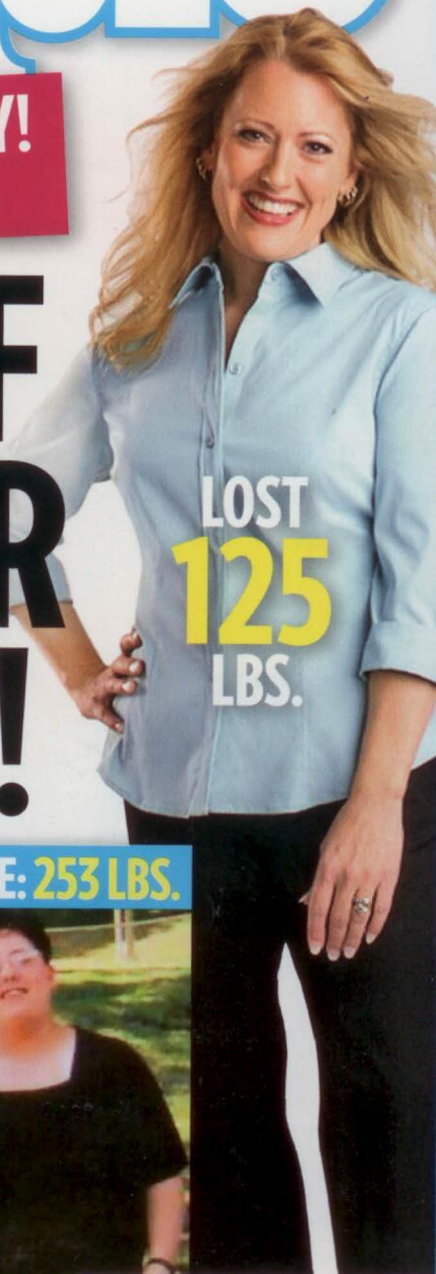
People



LOST
207
LBS.

**NO SURGERY!
NO PILLS!**

**HALF
THEIR
SIZE!**



LOST
125
LBS.

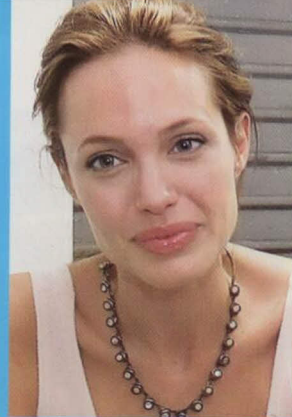
BEFORE: 371 LBS.



BEFORE: 253 LBS.



**REAL PEOPLE,
REAL SUCCESS**
**HOW THEY LOST IT—
AND KEPT IT OFF**

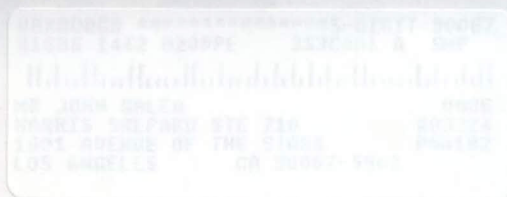


**ANGELINA
JOLIE**
Mission to
Cambodia



**JAMES
BROWN**
Farewell to a
Soul Legend

**SERIAL
KILLINGS**
Britain's
New Jack the
Ripper?





MAY
2005

AUGUST
2006

LOST 24
LBS.

KELLY OSBOURNE

Since emerging from rehab (for depression) in June 2005, Osbourne, 22, shed 24 lbs. The rock heiress credits moving away from home and "getting myself together and mentally healthy," she says. "I stopped doing drugs and drinking. The weight literally just dropped off."

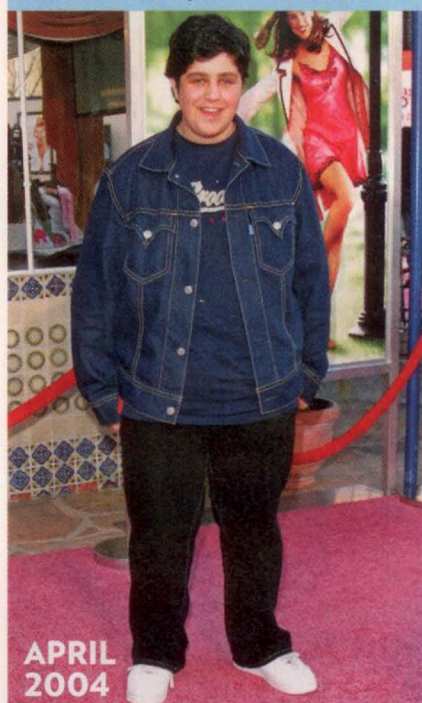


FESTIVAL
AIR
23 August - 28

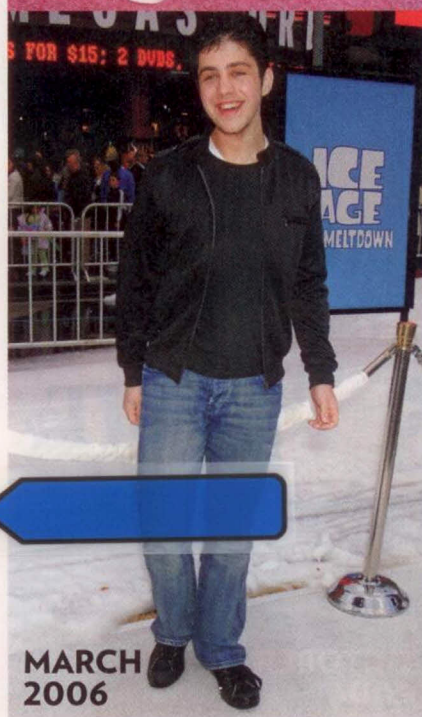
FESTIVAL
AIR
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JOSH PECK

Once dubbed Pudge Master Flex, the star of Nickelodeon's *Drake & Josh*, 20, dropped 110 lbs. in 18 months by working out with a trainer and changing his eating habits. "It's my responsibility as a role model to . . . young people," he said recently.



APRIL
2004



MARCH
2006



DECEMBER
2005



JUNE
2006

LOST THE
BABY
WEIGHT

TIA CARRERE

Weeks after giving birth in September 2005, Carrere, 40, joined *Dancing with the Stars* and soon hoofed off 25 lbs. She also subscribed to the NutriFit system, which delivered meals and snacks. *Dancing* viewers saw "a progression," she says. "It wasn't all of a sudden I was stick-thin after having a child."