

SPOIL HIM, TREAT YOURSELF—PAULA'S WAY

February 16, 2009

healthy living made easy



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Easy!

First

QUICK CURE FOR BELLY FAT

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Good news: The fix is in your pantry!

SECRETS OF WOMEN WHO NEVER GET SICK

YOU, SO BEAUTIFUL

Miranda's bliss tips

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THE BEST & WORST SWEETENERS

BE IMMUNE TO STRESS

5 simple tips that keep hormones in check all day

THE MARRIAGE MIRACLE

SLIM HAPPY HEALTHY

9 lbs of fat melts off every week

Your worry cycle stops

Energy soars

See pg 36 for the plan that does it

How love

Country singer Miranda

When my personal life is out of order, everything seems wrong," admits Miranda Lambert, whose tough "Gunpowder & Lead" persona melts away as she begins discussing her favorite subject: love. "If I'm in a fight with my mom or boyfriend, everything seems disheveled. But when you get your relationships in order and you feel loved and know who you love, everything falls into place."

Miranda's career has fallen into place—and how! After finishing third on TV's *Nashville Star* in 2003, her 2005 debut album, *Kerosene*, went platinum and her 2007 sophomore release, *Crazy Ex-Girlfriend*, went gold. Outside the recording studio, though, Miranda's life is less about precious metals and more about precious relationships, like with her boyfriend of three years, country star Blake Shelton. Here, Miranda reflects on what love has taught her.

From my parents: TO PUT MY TRUST IN FAMILY

"If I never sang another note, it wouldn't matter because I'd still have my family," Miranda tells *First* from the Nashville studio where her cover shoot has just wrapped. She explains that her parents put their careers on hold to help her follow her dreams. "When I turned 17 I said, 'I want to pursue this with all my heart.' And Mom and Dad just went, 'Well, okay, we're in it with you.' Dad put up \$2,000 and I made my first album of songs that he and I wrote together. Then Mom and I loaded our Ford Expedition with my guitar and a cooler of bologna sandwiches, and we hit the road. We drove around Texas looking for radio towers, and we'd just pull in," Miranda recalls. While that sounds like the stuff country legends are made of, Miranda says spending so

“ Love is the one thing that brings everyone together—it's that one common ground. ”

