

COSMO

OCTOBER 2016

Only \$3.99

# COSMOPOLITAN

**Hair Goals**  
The Best  
Cuts, Colors,  
Styles &  
Fixes

**Kourtney  
Kardashian**  
On Bieber and Her  
Hot Single Life

## THE SEX SECRET FOR EASY

# Os!!!!!!

LOOK GREAT, FEEL GREAT

### Cardio That Boosts Your Butty

**MO' MONEY  
LESS PROBS**  
Make It  
Save It  
Spend It

**THE  
NEW TV  
SHOWS  
TO BINGE  
WATCH**  
#StayInBed

**MEDS VS.  
MEDITATION  
THE BETTER  
WAY TO  
BEAT  
ANXIETY**

**SEX TOYS!**  
We Tried Them All  
No Complaints!  
(Now We Need a Nap)

OCTOBER 2016  
\$3.99  
0 270031 7 10 >  
08233  
cosmopolitan.com

FUN • FEARLESS • FEMALE

HEARST

CMG 08233 • VOL. 251, NO. 4

# COSMOPOLITAN

**Editor-in-Chief**  
**JOANNA COLES**

EXECUTIVE EDITOR **Leslie Yazel**  
CREATIVE DIRECTOR **Theresa Griggs**  
EXECUTIVE MANAGING EDITOR **Maria Baugh**  
EXECUTIVE FASHION DIRECTOR **Aya Kanai**  
EXECUTIVE BEAUTY DIRECTOR **Leah Wyar**  
EXECUTIVE PHOTOGRAPHY DIRECTOR **Alix B. Campbell**  
SENIOR DEPUTY EDITOR **Sara Austin**  
EXECUTIVE ENTERTAINMENT DIRECTOR **Dana Stern Schwartz**  
DIRECTOR OF STRATEGY AND COMMUNICATIONS **Holly Whidden**  
DEPUTY EDITOR, FEATURES AND BRAND EXTENSIONS  
**Marina Khidekel**  
DEPUTY EDITOR **Katie L. Connor**  
SPECIAL PROJECTS DIRECTOR **Laura Brounstein**  
DESIGN DIRECTOR **Susannah Haesche**

## FEATURES

DEPUTY MANAGING EDITOR **Amy E. Grippo**  
SENIOR EDITORS **Emily C. Johnson,**  
**Danielle McNally, Julie Vadal**  
MUSIC AND ENTERTAINMENT EDITOR **Sergio Kletnoy**  
ASSOCIATE EDITOR **Judith Ohikuare**  
ASSISTANT EDITOR **Rachel Mosely**  
ASSISTANT BRAND COORDINATOR **Diandra Barnwell**  
EDITORIAL ASSISTANTS **Danielle Kam, Helen Zook**  
EDITORIAL BUSINESS COORDINATOR **Caryn Kanare**  
EXECUTIVE ASSISTANT TO  
EDITOR-IN-CHIEF **Heather Passaro**  
BOOKS EDITOR-AT-LARGE **Angela Ledgerwood**  
CONTRIBUTORS **Anna Breslaw; Mika Brzezinski; Logan Hill;**  
**Matthew Hussey; Ian Kerner, PhD; Esther Perel; Abigail Pesta;**  
**Alexa von Tobel; Aurora Tower**  
HEALTH ADVISORY BOARD **Jennifer Ashton, MD; Mitchell**  
**Creinin, MD; David J. Leffell, MD; Stephanie Middleberg, RD;**  
**Holly Phillips, MD; Marisa Weiss, MD; Jennifer Wider, MD**

## FASHION

FASHION MARKET DIRECTOR **Sarah Conly**  
SENIOR MARKET EDITOR **Tiffany Reid**  
SENIOR ACCESSORIES EDITOR **Kathy Lee**  
BOOKINGS DIRECTOR **Steven Brown**  
SENIOR FASHION EDITOR **James Worthington DeMolet**  
ACCESSORIES EDITOR **Nicole Fineo**  
FASHION EDITORS **Aeyung Kim, Adam Mansuroglu**  
ASSISTANT FASHION EDITOR **Alysia De Maio**  
ASSISTANT BOOKINGS AND ACCESSORIES EDITOR **Sean McIntyre**  
FASHION ASSISTANTS **Shalaya Brown, Tira A. Urquhart**

## BEAUTY

DEPUTY BEAUTY EDITOR **Jessica Matlin**  
ASSOCIATE BEAUTY EDITOR **Maddie Aberman**  
BEAUTY EDITOR **Lauren Balsamo**  
BEAUTY ASSISTANT **Erin Stovall**

## ART

ART DIRECTORS **Jose Fernandez, Danielle Jones**  
DEPUTY ART DIRECTORS **Betsy Halsey, Sarah Olin**

## PHOTO

PHOTOGRAPHY DIRECTOR **Fabienne Le Roux**  
DEPUTY PHOTO EDITOR **Kristin Giametta**  
SENIOR PHOTO EDITOR **Allie Kircher**  
PHOTO PRODUCTION COORDINATOR **Naomi Nishi**  
PHOTO ASSISTANT **Sarah Eckinger**

## COPY AND RESEARCH

COPY DIRECTOR **Ann Bacon Wright**  
RESEARCH DIRECTOR **Chris Moore**  
DEPUTY COPY CHIEF **Ester Brooke Friedman**  
SENIOR RESEARCH EDITOR **Lauren Dzubow**  
COPY EDITOR **Carlee Schepeler**

## COSMOPOLITAN.COM

EDITOR **Amy Odell**

## PUBLIC RELATIONS

PUBLIC RELATIONS MANAGER **Lauren Demitry**

**SVP/Publishing Director, Chief Revenue Officer**  
**DONNA KALAJIAN LAGANI**

ASSOCIATE PUBLISHER/ADVERTISING **Peter Medwid**  
ASSOCIATE PUBLISHER/MARKETING **Jo Bray**  
ADVERTISING DIRECTOR **Karen Deutsch**  
EXECUTIVE FINANCIAL DIRECTOR **Peter Schmidt**  
EXECUTIVE SALES DIRECTOR **Melissa Guy**

## INTEGRATED ADVERTISING SALES

EASTERN DIRECTOR **Mary Donahue Quinlan**  
EXECUTIVE BEAUTY DIRECTORS **Michele Nevitt, Judy Sage**  
ACCOUNT DIRECTORS **Michele Forman, Amy Lazar Pollack**  
STYLE MANAGER **Nicole Barrese**  
ACCOUNT MANAGER **Nicole Nannariello**  
DIRECT RESPONSE ACCOUNT MANAGER **Dawn Franco**  
DIRECTOR OF MARKETING STRATEGY **Vicki Dreyer-Fischer**  
ADVERTISING SERVICES DIRECTOR **Melissa Gart**  
BUSINESS ANALYST **Kathryn Wawrzonek**  
MIDWEST DIRECTOR **Alissa French; 312-984-5113**  
MIDWEST ACCOUNT MANAGER **Whitney Geller**  
LOS ANGELES DIRECTOR **Connie Macedo; 310-664-2810**  
SAN FRANCISCO DIRECTOR **Jee Ahn; 310-664-2986**  
DALLAS REPRESENTATIVE **Gina Carpio, Wisdom Media LLC; 214-526-3800**  
DETROIT REPRESENTATIVE **Colleen Maiorana, Maiorana + Partners; 248-546-2222**  
EXECUTIVE ASSISTANT TO THE PUBLISHING DIRECTOR **Lynn Goldstein-Garguilo**  
ADVERTISING COORDINATOR **Laney Kay**  
ASSISTANTS **Caroline CasaNova, Nicole Guzman, Aidan Macaluso,**  
**Gianna Saviano, Frances Sisson**  
RESEARCH MANAGER **Emma Chapman**  
CBS COORDINATOR **Heidi Kaartinen**

## INTEGRATED MARKETING AND PROMOTION

EXECUTIVE DIRECTOR, BRAND MARKETING SOLUTIONS **Lindsay Leaf**  
SPECIAL PROJECTS DIRECTOR **Kim Grant**  
DIRECTORS, INTEGRATED MARKETING **Kaitlin Morse Creedon, Morgan Thompson**  
CREATIVE DIRECTOR **Lulu Zeitouneh**  
ASSOCIATE ART DIRECTOR **Gloria Tebelman**  
DESIGNER **Kaleel Munroe**  
ASSOCIATE DIRECTOR, INTEGRATED MARKETING **Ariel Kaye**  
SENIOR MANAGERS, INTEGRATED MARKETING **Meaghan Marks, Leah Paolino,**  
**Courtney Turnbull**  
MANAGER, INTEGRATED MARKETING **Liznelia Peña-Marmol**  
ASSOCIATE SPECIAL PROJECTS MANAGER **Jennifer Snyder**  
ASSOCIATE PROMOTION MANAGER **Emma Tushman**  
SPECIAL PROJECTS ASSISTANT **Emma Shapiro**  
PROMOTIONS COORDINATOR **Samantha Inzalaco**

## PRODUCTION

GROUP PRODUCTION DIRECTOR **Chuck Lodato**  
GROUP PRODUCTION MANAGER **Lynn Scaglione**  
PREMEDIA MANAGER **Diedra J. Robinson**

## CIRCULATION

GROUP CONSUMER MARKETING DIRECTOR **Heather Plant**

## PUBLISHED BY HEARST COMMUNICATIONS, INC.

PRESIDENT & CHIEF EXECUTIVE OFFICER **Steven R. Swartz**  
CHAIRMAN **William R. Hearst III**  
EXECUTIVE VICE CHAIRMAN **Frank A. Bennack, Jr.**  
SECRETARY **Catherine A. Bostron**  
TREASURER **Carlton Charles**

## HEARST MAGAZINES DIVISION

PRESIDENT **David Carey**  
PRESIDENT, MARKETING AND PUBLISHING DIRECTOR **Michael Clinton**  
PRESIDENT, DIGITAL MEDIA **Troy Young**  
SENIOR VICE PRESIDENT, CHIEF FINANCIAL OFFICER **Debi Chirichella**  
EDITORIAL DIRECTOR **Ellen Levine**  
PUBLISHING CONSULTANTS **Gilbert C. Maurer, Mark F. Miller**

## INTERNATIONAL EDITIONS

Argentina, Australia, Brazil, Britain, Bulgaria, Chile, China, Croatia, Czech Republic, Finland, France, Germany, Greece, Hong Kong, Hungary, India, Indonesia, Italy, Kazakhstan, Korea, Latin America, Latvia, Lithuania, Malaysia, Mexico, Middle East, Mongolia, Netherlands, Philippines, Poland, Portugal, Romania, Russia, Serbia, Slovenia, South Africa, Spain, Sri Lanka, Turkey, Ukraine

SVP/INTERNATIONAL EDITORIAL DIRECTOR **Kim St. Clair Bodden**

PRINTED IN THE U.S.A. FOR SUBSCRIPTION-RELATED INQUIRIES, INCLUDING ADDRESS CHANGES, LOG ON TO SERVICE.COSMOPOLITAN.COM OR WRITE TO COSMOPOLITAN, P.O. BOX 6000, HARTLAND, IA 51593. FOR NEW SUBSCRIPTIONS, LOG ON TO SUBSCRIBE.COSMOPOLITAN.COM. PUBLISHED AT 300 WEST 57TH STREET, NEW YORK, NY 10019. COSMOPOLITAN.COM. FOR ADVERTISING-RELATED INQUIRIES, LOG ON TO COSMOMEDIA.NET OR CALL 212-646-3369.