

# EASY LIVING



AUGUST 2010 £3.50

IN DEPTH

## HOW TO BE HAPPIER

Simple lessons we can all learn

HEALTH

## Fitflops put to the test

Everyone's wearing them, but do they work?

COVER STAR

**KIRSTY YOUNG**  
Beauty, brains and Britain's most fascinating job

TRAVEL

## Cornish delights

Boutique breaks from £12 a night

IN THE KNOW

## FOUND!

This summer's most brilliant beach reads

IN DEPTH

## GOOGLE IS WATCHING YOU

Should you be worried?

# Light & BREEZY

- ★ Easy summer fashion
- ★ Fast, fresh, seasonal salads
- ★ Inspired interiors to make your home look fabulous

