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'Tis the Season
For Great Home Loan Rates

This summer has brought some of the best home loan rates on record. If you've been wondering whether you could benefit from today's low rate environment, read on. There are two programs that may help you.

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Simple Truths Presents The 100/0 Principle
The Secret of Great Relationships

Brian Tracy once noted that, "80% of life's satisfaction comes from meaningful relationships." If you would like to have better relationships with your spouse, children, co-workers, and clientele, we encourage you to read on, and to adopt the 100/0 Principle.

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21 Web Sites for Finding Deals Online
And three smart-phone applications that also will help you save money when you shop.

By Cameron Huddleston, Kiplinger.com

Who doesn't like a deal? That's why we have compiled this list of Web sites and apps that will help you save money.

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Easy Fall Soups
Create a Home-Cooked Meal in Under 30 Minutes

By Kirk Leins

Recently, the staff of *YOU Magazine* created a new feature called 360 Degrees, where we'll be circling back to some of my favorite recipes. With fall just a few short weeks away, we thought two of my favorite soup recipes were a perfect first pick.

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Got Water?
The Importance of Drinking Enough H2O
By Ingo Logé, PhD, CCN and Nutritional Life Coach

We've all heard how important it is to drink enough water. But, do you really know how much is enough for you? And, just as important, do you know if the water you're drinking is clean. Read on – the answers may surprise you.

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Watch the video

Feng Shui
Filling Your Home with Positive Energy

Just about everyone has heard of Feng Shui (fung shway), but how many of us actually know what it is? The editorial staff at *YOU Magazine* decided to take a closer look at this popular yet misunderstood practice.

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