

15 minutes

to your best self

GENERAL STORE

GOT 1 MINUTE?

Plump up lips

You don't need an arsenal of lip fixers. New multitaskers are a balm, plumper and lipstick in one. On our shopping list: Lip Fusion Micro-Injected Collagen Lip Plump Color Shine in Berry, \$38. —Heather Muir

GOT 12 MINUTES?

Kick-start your social life

Fall, when friends are back from vacation, is the time to reconnect. Sally Horchow, coauthor of *The Art of Friendship* (St. Martin's Press), offers fun ways to gather your gang.

- Have girlfriends come over with food, their gently used fall clothes and calendars. Trade recipes and duds, and plan more get-togethers.
- Invite pals to dinner at a new eatery. Ask the chef for a prix fixe tasting menu—you'll get to sample the offerings at a discount.
- Call a faraway friend and suggest you spend the weekend at an unusual halfway point, like a cute small town in the country. —Laura Kalehoff

GOT 2 MINUTES?

Wake up refreshed

If you're having trouble catching zzz's, cover your alarm clock or cable box with a dark cloth. The glow can keep you from falling asleep easily, the National Sleep Foundation in Washington, D.C., reports.

—Emily Kirven

