

# GLAMOUR

# 196

## Sexy Little Beauty Ideas

For Hair, Makeup & Every Inch of You

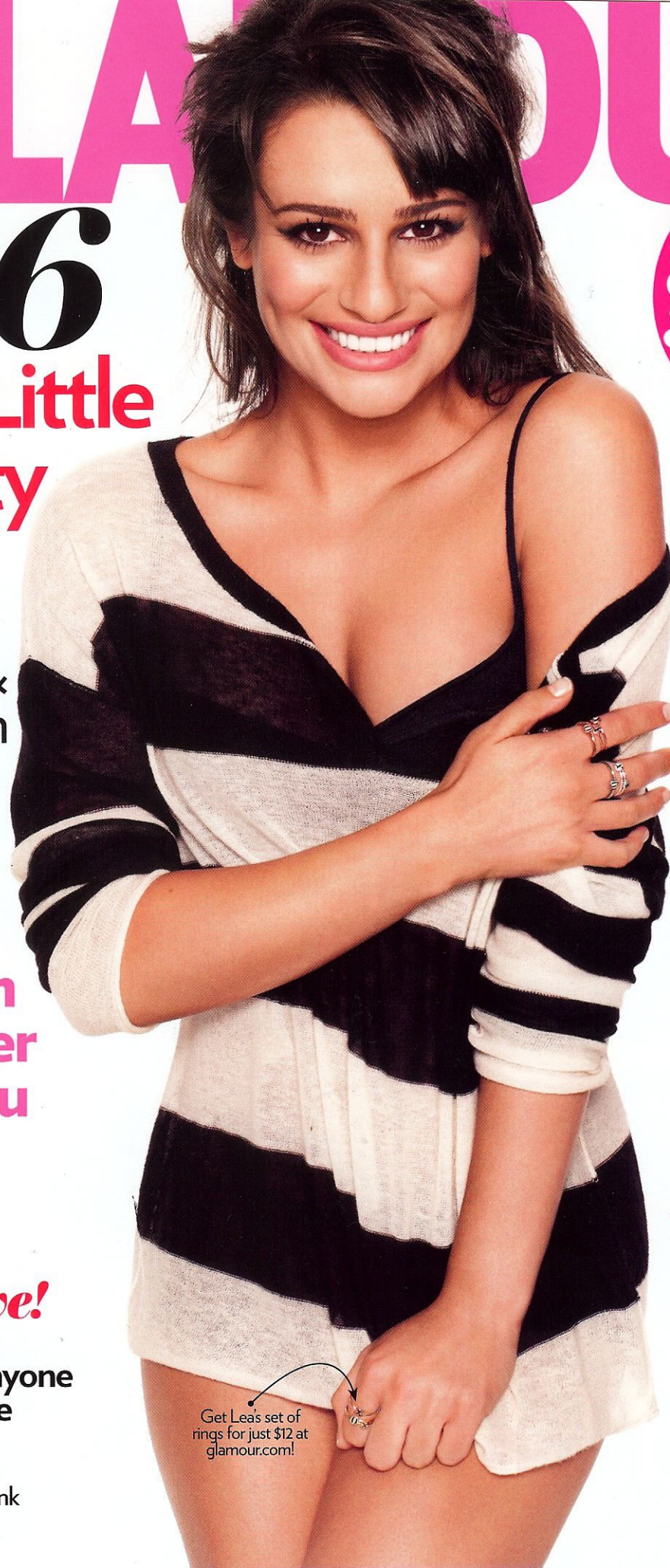
*Plus: The Magic 2-Minute Updo*

## You Are So Much Healthier Than You Think!

Read Page 182 and Relax

## Exclusive! "What We've Never Told Anyone About Natalee Holloway"

Her Best Friends on What They Really Think Happened in Aruba



LEA MICHELE OF **glee!**  
*On Her Crazy Year Plus: How to Get the GLEE App FREE*

## 10 Ways to Get What You Really Want in Bed

The Exact Words Men Respond to (and Don't!)

## The #1 Fall Trend for Every Shape

*(Psst: It's Already in Your Closet)*

## Five Things You Should Know How to Cook

A Must List for Young Women, From the Barefoot Contessa

Get Lea's set of rings for just \$12 at [glamour.com](http://glamour.com)!

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OCTOBER 2010



# HOW TO GET OVER THE GUY YOU CAN'T GET OVER

*Got someone under your skin and want him out for good? Consider this your six-step plan. Because, honey, he doesn't deserve 12.*

BY ERIN ZAMMETT RUDDY

**HO AMONG US DOESN'T HAVE** someone in their past they can't quite forget? (Pipe down, well-adjusted types there in the back; the other 99 percent of us do!) Maybe he's from 10 years ago; maybe he's from 10 minutes ago. Either way, you deserve to move on—and yes, it is possible, for while the heart may have been made to be broken (thanks, Oscar Wilde!), Gloria Gaynor wasn't just blowing hot air: You *will* survive. To help you, we asked psychologists, relationship experts and women who've put down the Kleenex how to get to the other side. Read... and stop weeping. *Continued on next page* ♦♦