



LOVE YOUR JULY

When you picnic with your favorite people, it's easy to relax.

TIME FOR YOU

Ready, set, slow

Beach blankets, cold beers, warm breezes. The leisurely season has begun. Having trouble switching from go-go-go to slow-mo? Use these secrets to ease into a laid-back state of mind.

Mono-task. Start by doing one thing at a time for only 10 minutes at several points during the day (even if it's chatting on the phone without checking email), says Leo Babauta, author of *The Power of Less* (Hyperion). "I promise you'll enjoy life more."

Create a comfort sandwich. Stressful events such as a big meeting don't stop for summer, but you can make them "feel more relaxed by surrounding them with comforting activities," says Dominique Browning, author of *Slow Love* (Atlas & Co.). Bookend a dentist appointment with a swim and a funny flick.

Weed your calendar. If you have a tendency to pack your off hours with barbecues and day trips, Babauta suggests leaving at least an afternoon completely unscheduled each weekend so you can do whatever you feel like at the moment, which may, in fact, turn out to be nothing at all. —Vanessa G. Ahern

BE SELFY NOW Laugh at essays about evil roommates and vacations gone awry in Sloane Crosley's *How Did You Get This Number* (Riverhead Books). • See a game or a concert for less by using SeatGeek.com to predict when prices will plummet. • Mellow out to Sarah McLachlan's *Laws of Illusion*—ahhh...