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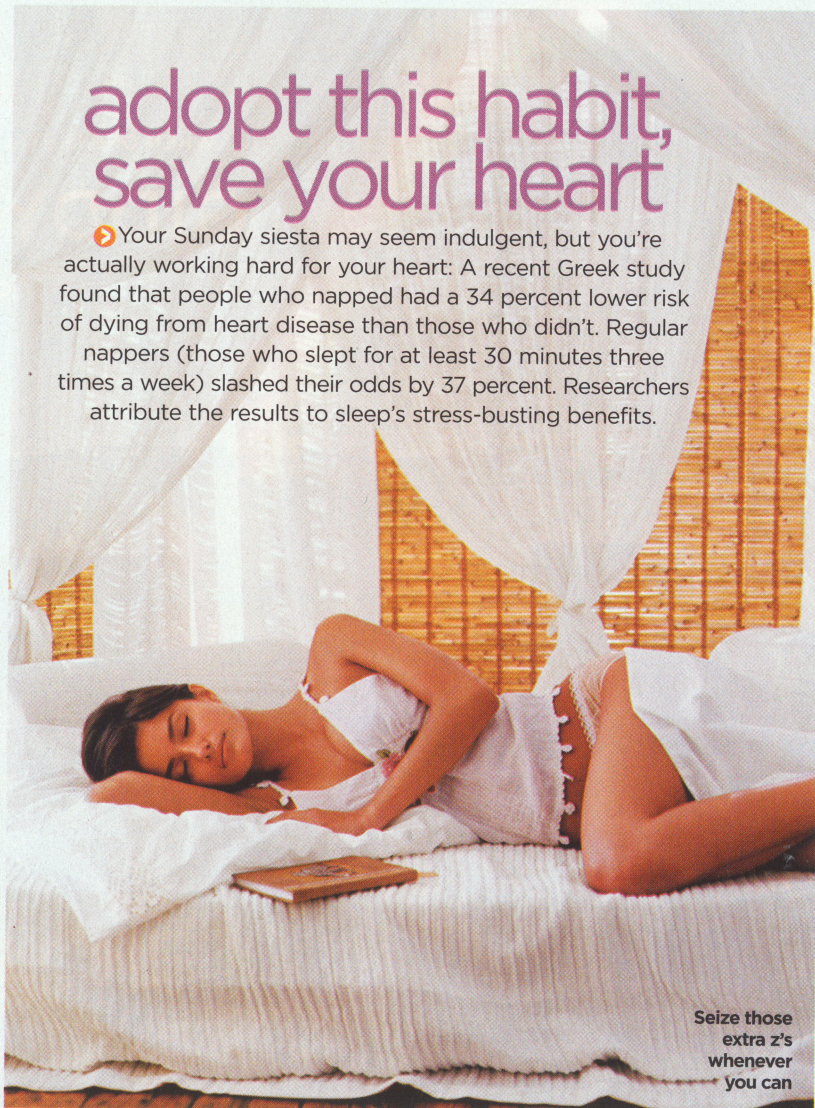
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## shape your life news

### adopt this habit, save your heart

🕒 Your Sunday siesta may seem indulgent, but you're actually working hard for your heart: A recent Greek study found that people who napped had a 34 percent lower risk of dying from heart disease than those who didn't. Regular nappers (those who slept for at least 30 minutes three times a week) slashed their odds by 37 percent. Researchers attribute the results to sleep's stress-busting benefits.



Seize those  
extra z's  
whenever  
you can

#### healthy parenting

### WHAT EVERY MOM NEEDS TO KNOW

In the midst of breast-feeding mishaps and temper tantrums, Amy Nobile and Trisha Ashworth concluded that parenting is, well, messy. "Everyone had painted such a rosy picture of motherhood," says Nobile. "I thought there must be something wrong with me!" After speaking with 100 women nationwide who echoed similar sentiments, the friends decided to rewrite the rules in their new book, *I Was a Really Good Mom Before I Had Kids*. The most life-changing lesson? **Hiding your true feelings behind a supermom façade doesn't help you or anyone else.** "We all need to be open and honest about our guilt and frustration," says Ashworth. "Sharing our experiences with other women has helped realign our priorities."



Authors, mothers, realists: Ashworth (left) and Nobile