

REDBOOK





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Special insert to subscribers on why spending time with women friends is so important to one's health and well being. PartyLite is featured as one of six home party companies that are especially great for getting together with friends.

a supplement to **REDBOOK**

Your 2008 total guide to
**Girlfriend
 Get-togethers**

You couldn't live without them. They couldn't live without you. So grab the girls, make a date, and have some serious fun. Here's everything you need to do it.

Favorite movie-night DVDs

Die Hard and *Star Wars* have their place. It's not here. Read on for flicks that all the ladies will love.

The Jane Austen Book Club.

A coed book group discovers that they have more in common with Jane Austen's characters than they thought.

Sex and the City, season 6.

Brush up on the details of your favorite foursome just in time for their 2008 big-screen debut.

Bridget Jones's Diary.

If you're not already proud to be a quirkily imperfect female, *Bridget* will remind you exactly why you should be.

The Sweetest Thing.

The guys love *Animal House*. We love this one. Proof that we're not always as sweet as we look.

Thelma & Louise.

It's the ultimate girls' road trip—with the ultimate conversation-starter ending.

Absolutely Fabulous, seasons 1-3.

You can't lose with these dysfunctional and hilarious British best friends.

Kill Bill: Volume 1.

If you can get past the blood-blood-blood,

you'll love seeing women show off some serious cojones.

Mean Girls.

A bittersweet reminder of why you never want to be 16 again.

The Company of Strangers.

Watching these elderly women make do after their bus breaks down is a prime example of how good bonding sessions never get old.

The Devil Wears Prada.

Meryl Streep is delightfully wicked. The movie is delightfully fun.

READERS REVEAL:

"Our girlfriend get-together tradition"

"Once a year, I have a tarot card reader come to my house on a weekend morning. While she's reading cards for one person in another room, the rest of us enjoy brunch with mimosas and Bloody Marys. When the readings are done, we share our thoughts and have a lot of laughs wondering if what we were told will come to fruition!"
—NICOLINA VALORE, 52, NEW JERSEY

"Every June, July, and August, my friends and I get together once a month for a huge yard sale. We get to spend the day together talking, laughing, and having a great time."
—JODI BROMLEY, 41, PENNSYLVANIA

"Our tradition is the birthday tiara and a group picture. The birthday girl is The Diva, and she's celebrated by wearing our 'diamond' tiara for the entire evening—of course prompting comments from onlookers, which are welcome! We always take a group photo, then each girl gets a copy."
—KIM DEGENKOLB, 38, MICHIGAN

"My girlfriends and I tailgate before every Cardinals game."
—DJ COLLINS, 49, ARIZONA

"My friends and I have a First Thursday of the Month Girls' Night Out. We alternate where we go for dinner and drinks and then for dessert. It doesn't need to be super-fancy; we just love our time together."
—TINA SILVA, 39, FLORIDA

"Our get-together tradition is playing Pokeno (it's like bingo, but with playing cards) once a month, and everyone brings a gift and goes home with a gift. Whoever hosts chooses the gift theme. Last month the theme was gifts to help you de-stress. We do more talking than anything, but it's a great way to make sure we get out at least once a month."
—ANGELA REVERS, 29, ILLINOIS

Home shopping parties

An at-home shopping party combines an informal gathering with one of our very favorite pastimes. Browse these options:

Longaberger. Considered by many to be serious collectibles, these decorative and useful handmade baskets and pottery also make great gifts. longaberger.com

PartyLite. When it's time to stock up on candles, skip the mall visit and host a party with a candle consultant. You'll have all the time you want to smell every single one. partylite.us

Tupperware. These parties (Brooke Shields hosted one at a friend's house last June with a *Great Gatsby* theme) provide home products that go way beyond plastic leftover keepers; you'll find knives, seasoning blends, chef series frying pans, and more. Book a consultant through tupperware.com or 888-366-3800.

Silpada jewelry. Try on dozens of sterling silver jewelry designs from Silpada's 200 variations (ranging from \$12 to \$220). Your friends can help you decide on your favorites. silpada.com

The Pampered Chef. Eat, drink, and... outfit your kitchen. This company's consultants will help you decide what gadgets and gear you can't live without by preparing recipes and giving cooking tips. pamperedchef.com or 888-OUR-CHEF.

Babeland. Spend an afternoon with your girlfriends picking out things to heat up nights with your man. Babeland currently hosts parties in Los Angeles, Seattle, and New York City, and is expanding nationally. Party presenters share sex tips and techniques and an array of very sexy toys. babeland.com or 800-658-9119.