

+ THE ULTIMATE CHECKUP: HOW TO GET THE MOST OUT OF YOUR DOCTOR VISITS
TRAIN YOUR BRAIN TO BEAT NEGATIVITY (AND FIND YOUR SIGNATURE STRENGTHS)

whole living

body + soul in balance

HEALING FOODS

9

SUPERFRUITS THAT LIVE UP TO THE HYPE

(and how to get more of them)



Apple

Dragon fruit

Cranberries

Mangosteen

Kiwi

Pomegranate

Papaya

Avocado

Blackberries

GET FIT FASTER!
TORCH CALORIES
DURING YOUR WALK
OR RUN



VITALS

AGE 45

OCCUPATION Executive editor of *krrb.com*, a site devoted to all kinds of local secondhand finds, and creator of the blog *thisisauthentic.com*

STYLE ID Classic and sentimental

On Brooke: VR2 DRESS, \$425, *ramybrook.com* ECOTE CROCHET INSET TANK TOP, \$44, *urbanoutfitters.com* RAM STUBBIN SKIRT, \$70, and CELI SHOES, \$110, *mango.com*

On daughter Ada: CABLE HAND-KNIT DRESS, \$87, and STRIPED KNIT LEGGINGS, \$35, *egg-baby.com*



MY STYLOSOPHY

Brooke Williams

This lifestyle blogger and busy mom is passionate about finding colorful vintage pieces that have real staying power.

YOUR CLOTHES SHOULDN'T DISTRACT FROM WHO YOU ARE. I try to pick outfits that reflect my personality without being overwhelming. You'll probably never see me in sequins—or sweatpants for that matter!

AIM FOR WARDROBE DIVERSITY. When I'm trying to decide whether to buy something, I always ask myself if I already own a piece that's similar. After all, one needs only so many navy-blue turtlenecks in life.

DON'T FORGET VINTAGE. I love that so many of the older styles were built to last through more than just a season. And why let these clothes go to the landfill when you can put them to good use? I'm particularly drawn to

the lines and shapes from the '40s and early '60s, but I never know where I'm going to find my next treasure. Yard sales, thrift shops, websites, upscale vintage boutiques—you just need to keep your eyes open.

I GET EMOTIONALLY ATTACHED TO MY CLOTHING. For example, I wear a classic yellow Izod cardigan all the time that belonged to my husband's grandfather. It also reminds me of the preppy pieces I adored as a kid.

ONE PIECE CAN ELEVATE YOUR LOOK. A tank dress is as comfortable as an oversize T-shirt but makes me look modern and more pulled together. And adding a nicely fitted blazer to any outfit will provide instant polish.

DEFINING ELEMENTS

The pieces Brooke loves most



TOUGH STUFF

"I'm a die-hard Levi's fan, and this classic jean jacket looks great on anyone." TRUCKER JACKET, \$80, *urbanoutfitters.com*



GROWN-UP BAG

"I've never been into diaper bags. This one is big enough to haul it all without looking frumpy." HAITIT BAG, \$80, *mango.com*



LAYER IT ON

"A flattering tank is the foundation for all good outfits." BDG SUPER SKINNY RACERBACK TANK, \$16, *urbanoutfitters.com*



LASTING LOVE

"I've been wearing Jill Platner's handmade pieces for 15 years." WHALEBONE BELT, price upon request, 212-324-1298



PRETTY BASIC

"My mom frightened me into wearing nice underwear so I won't be embarrassed in the ER." YANELIS BRA, \$110, *araks.com*



CHILD'S PLAY

"Sweet William is the most fun and stylish kids' clothing store out there." KIDS CASE TAYLOR SUIT, \$68, *sweetwilliamltd.com*