

# The Lady

20 JULY 2012

THE OLYMPICS

**Zara and  
the Golden  
Girls...**

**HOW TO WRITE  
A BESTSELLER**  
(and wow  
Hugh Grant)

**'HORLICKS,  
CIGGIES  
& BUNKING  
OFF WORK'**  
The Olympic  
heroes of 1948

**HONEY,  
I'M HOME!**  
Beekeeping  
for beginners

**THE ROLLING STONES AT 50**

**24 FOODS THAT  
WILL CHANGE  
YOUR LIFE**

Upstairs,  
Downstairs &  
the day I turned  
down Peter Fonda  
**LESLEY-ANNE  
DOWN**

**YOGA... ON  
HORSEBACK**

**SUNSHINE HOLIDAYS INSIDE**

£2.50

