

JULY 15, 2013

# People

**EXCLUSIVE**

## Matthew Perry's Addiction Battle

# I'M LUCKY to BE ALIVE

**HIS NEW PASSION: HELPING OTHERS**

The beloved *Friends* star reveals his harrowing battle with drugs and alcohol—and his surprising new life



IT'S a BOY!

**Jessica Simpson WELCOMES BABY ACE!**



**HOT STAR!**

**MELISSA McCARTHY**  
HER STRUGGLES & TRIUMPHS



**AN NFL STAR CHARGED WITH MURDER**



7 25274 10227 3

# Rachelle Lucas's TRAVEL PICKS



The blogger from the Travel Bite shares products to make your summer trip no sweat!

### BRIGHT TOTE

"The best bags for travel cross over your body for security." Baggu Duck Bag, \$26; baggu.com

### SOFT SLUMBER

"You can squish this pillow down to packing size, and the memory foam pops right back into place." Evolution Pillow, \$34.99; cabeau.com

### CHILL OIL

"Refreshing peppermint calms your nerves." Blue Oil Balancing Concentrate, \$16.50; aveda.com

### CHEWY TREAT

"Great for tummy troubles, like motion sickness." Gin Gins Ginger Candy, \$16.99; abesmarket.com

### COOL BREEZE

"This fan is small enough to fit into a pocket." Wood fan, \$1; pier1.com

### SPACE SAVER

"Dodge the \$6 bottles of water at the airport and fill this one up. It even packs flat!" Shades Anti-Bottle, \$9.99; vapor.us

### CLEAN SWEEP

"These smell lovely! I use them to wipe down the tray table and arm rests on a plane." Sanitizing Towelettes, \$11.95; giovannicosmetics.com

### LIGHT'S OUT

"It's curved so that you can blink with the mask still on!" Bucky Sleep Mask, \$12.95; rei.com