



Women doing good

Feeling good about yourself from the inside out is what SELF is all about, and that's what our special SELF Women Doing Good package celebrates: women who saw a need, decided to help and made a difference.

I have closely followed the recipients of our WDG grants and become friends with several. One is Jennifer Goodman Linn, a 2008 winner, who turned her battle with a rare cancer into a fund-raising juggernaut that organizes indoor-cycling events to raise money to research "orphan cancers" (so named because they affect fewer than 200,000 Americans at any one time). Cycle for Survival has raised more than \$4.5 million for Memorial Sloan-Kettering Cancer Center in New York City. Jen's charity is so successful that Harvard Business School has featured it as a case study about how to grow a nonprofit; for me, Jen's bravery and creative energy are as impressive as her business acumen.

Another woman who inspires me is Erin Sprague, honored last year. As cofounder of the nonprofit organization In the Running, Erin raised money for local charities all over the world by finishing a marathon on every continent by the age of 24. (She became the youngest woman to ever do so.) Erin quit her job earlier this year to attend Stanford to earn an MBA; she plans to focus on

the business of health care and prevention. She is one of the most positive, upbeat women I know and a natural leader. I'll be tracking her successes for a long time to come.

In this issue, SELF is recognizing three more amazing Women Doing Good. Read about their passions and their projects on page 38; I guarantee you'll be inspired. You'll also read about two celebrities who have used their fame to give back—Minka Kelly, an ambassador for Stand Up to Cancer, who lost her mother to colon cancer in 2008; and our cover superstar, Beyoncé, who is one of the most stealthily philanthropic women I've ever met. She founded The Beyoncé Cosmetology Center in New York City to job-train women recovering from addiction. She has also worked closely with GEMS, a group dedicated to helping young women who've been victims of commercial sexual exploitation. All five of these amazing individuals have turned the personal into the purposeful. Now they inspire all of us to make a difference, too.

Which is all part of being your best from the inside out. Another close-to-home topic for me: being heart-healthy, the topic of a special guide this month on page 146. As we put this issue to bed, I thought, Yes, I want to have a healthy heart. But it's even more important to have a *good* heart. These women show us how.

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UPDATE



Jennifer Goodman Linn

Cycle for Survival events take place in New York City and Chicago, with satellite fund-raisers around the country. Go to CycleForSurvival.org.



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At the Pyramids of Giza in Egypt, on day 1 of the 7,500-mile Tour d'Afrique

For 2010, Sprague turned from running to biking across Africa to raise funds for In the Running. For info, go to InTheRunning.org.

Erin Sprague



Cape Town, South Africa: the Tour d'Afrique's final day!



With me at Women Doing Good 2009