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# BEST LIFE

WHAT MATTERS TO

**SPECIAL SUCCESS ISSUE!**

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7 Secret Money Moves

### Your Sexual Peak at 40+

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### 21 Stay-Young Powerfoods

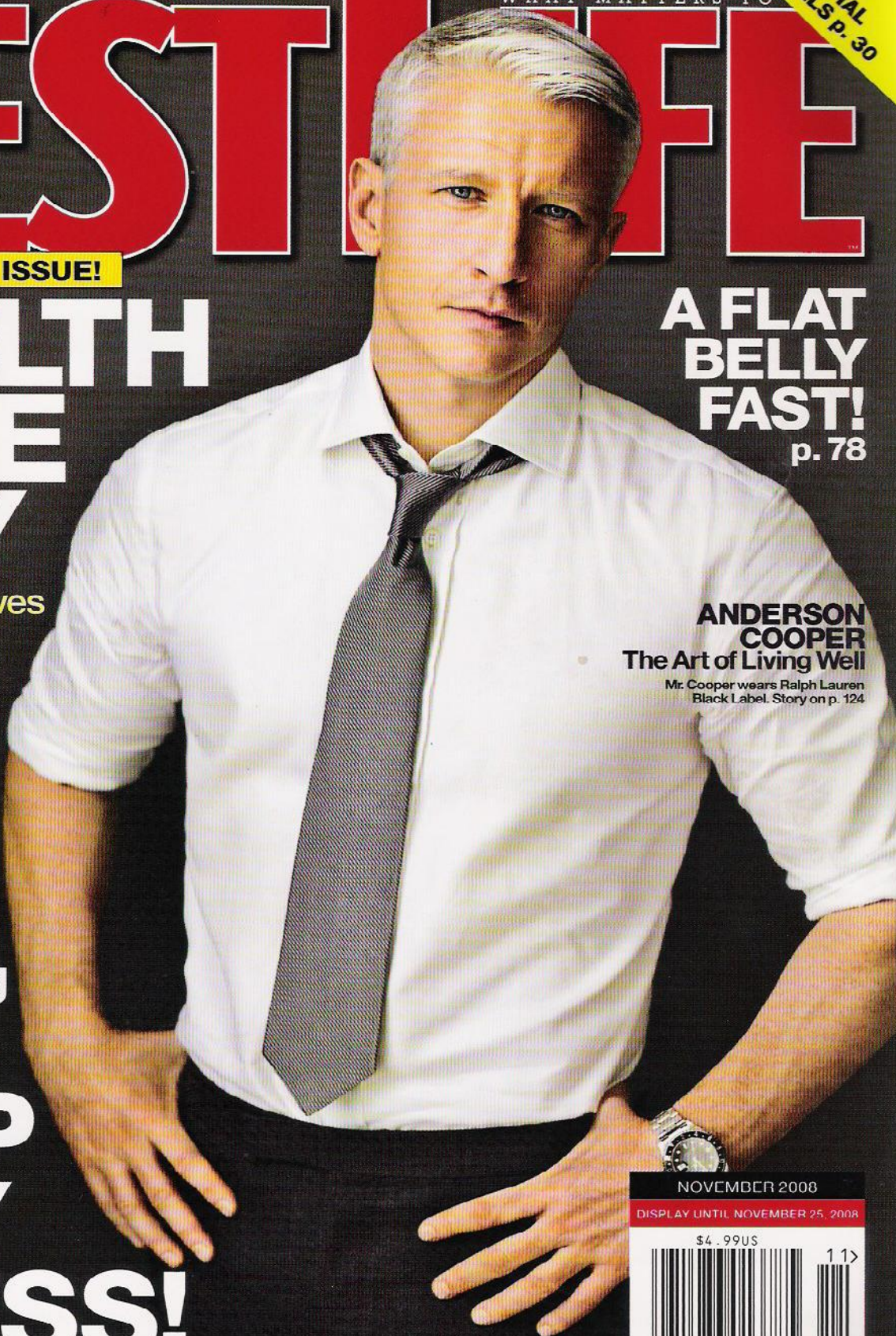
## STRIP AWAY STRESS!

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**ANDERSON  
COOPER**  
The Art of Living Well  
Mr. Cooper wears Ralph Lauren  
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## RULES OF TRAVEL



### Give Back

When skateboarder Tony Hawk traveled to Cambodia, touring the Phnom Penh city dump wasn't high on his to-do list.

The trash felt like quicksand beneath my boots. My tour guide, Scott Neeson, a former movie producer, warned me to keep moving and watch for sinkholes. Last year, my wife, Lhotse, and I were in Cambodia—Angkor Wat is truly incredible—and at the urging of one of our humanitarian friends, we went to Stung Meanchey, Phnom Penh's dump. Living alongside mountainous tons of trash are hundreds of families who cram onto tiny wooden platforms with little more than tarps for shelter. Garbage trucks dump their loads throughout the day and night, and children rummage barefoot for anything salvageable.

As we made our way through the sludge and garbage, kids followed behind us, trampling over needles, feces, and whatever else. Neeson, who passed through the area five years ago on sabbatical, opted to forego his Hollywood career at 20th Century Fox International and Sony Pictures in order to help people escape the dump. Since creating the Cambodian Children's Fund, he has opened two boarding schools and rescued 200 kids. "Take me to study!" they said over and over. "Take me to study!" Everyone there knew him. By the time we got to the center of Stung Meanchey, I realized we had been in this madness for only an hour. It felt like a full day. Then a dump truck with a fresh delivery of garbage arrived, and I witnessed the scavenging. I'd seen enough. My mouth tasted like shit. We drove back to the city in silence.

Neeson took us to his all-girl CCF school, where every student had been rescued from the dump. Lhotse and I immediately signed up to sponsor a girl at [cambodianchildrensfund.org](http://cambodianchildrensfund.org); we donate \$100 a month for her clothing, food, and education. Going to Stung Meanchey made us appreciate our own kids' well-being more than ever and realize what petty things we worry about in our luxurious lives. The least we can do is help a child escape that quicksand. AS TOLD TO JOEL WEBER