

Shrewd Investor

When “Activists” Boost Stocks

It was in the 1980s that certain high-profile investors became infamous as “corporate raiders” who obtained sizable stakes in companies and then forced the companies to buy back those shares at a premium to get rid of the raiders’ unwanted influence. Nowadays, most “activist” investors are seen in a different light, prodding

EASY TO DO

Trick to Eat Less

Use Grandma’s dishes to reduce portion size. Vintage dishes are smaller than the dishes we use today. Smaller plates make portions seem larger—you’ll serve yourself less food!



Lisa R. Young, PhD, RD, nutritionist and adjunct professor at New York University, New York City, and author of *The Portion Teller Plan*.

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VOLUME 38
NUMBER 23
DECEMBER 1, 2017 / \$5

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