



THE OPRAH
MAGAZINE

Martha Beck's
**5 WILDLY
UNEXPECTED
WAYS TO
GET HAPPIER**

WEIGHT
BLOG IT OFF
(page 133)

**WILL THE
REAL YOU
PLEASE
STAND UP!**

How to know what you
actually want, think, love

**TOO TALL,
TOO SMALL,
TOO BIG
ALL OVER?**

6 women turn a "problem"
into a signature look

**OPRAH'S
SCHOOL
IN AFRICA**
The adventure
begins!

TRUST YOUR GUT

"It's never wrong!" —Oprah

SO, YOU WANT TO LOOK YOUNGER?

The lowdown on every possible nip, tuck & peel:
the price, the pain—what's worth it, what's not

MARCH 2007



\$3.95 US/\$5.50 Canada/Foreign

OPRAH.COM

the O list



Booty Call

"These waterproof demi-boots are guaranteed to make a splash on your next stormy day." (\$60, Cougar; zappos.com)



Just Add Guests

"This Brie en croûte is made with a blend of double cream French Brie, caramelized onion, and black truffle oil reduction. They had me at double cream." (\$50 for 30-ounce box of two cheeses, serves 24, Hors d'Oeuvres Unlimited; appetizerstogo.com)



Take My Knife, Please

"Whether this set is hung on a wall or sitting on your kitchen counter, the design makes picking your ergonomically correct knife a cinch." (\$80 for frame, \$11 to \$27 for utensils, CulinHome; culinhome.com)