THE OPRAH MAGAZINE

The Best Books of Summer
77 GREAT READS FOR BED, BEACH & BEYOND

Upgrade Your Life!
54 easy ways to live better—without spending a penny more

Let It Go!
A four-step plan for managing your stress

The Other Woman
Making peace with a new husband's old wife

Oh, Sugar!
Simple ways to cut your cravings

How to Stop Settling for Less
Iyanla to the rescue, pg. 40

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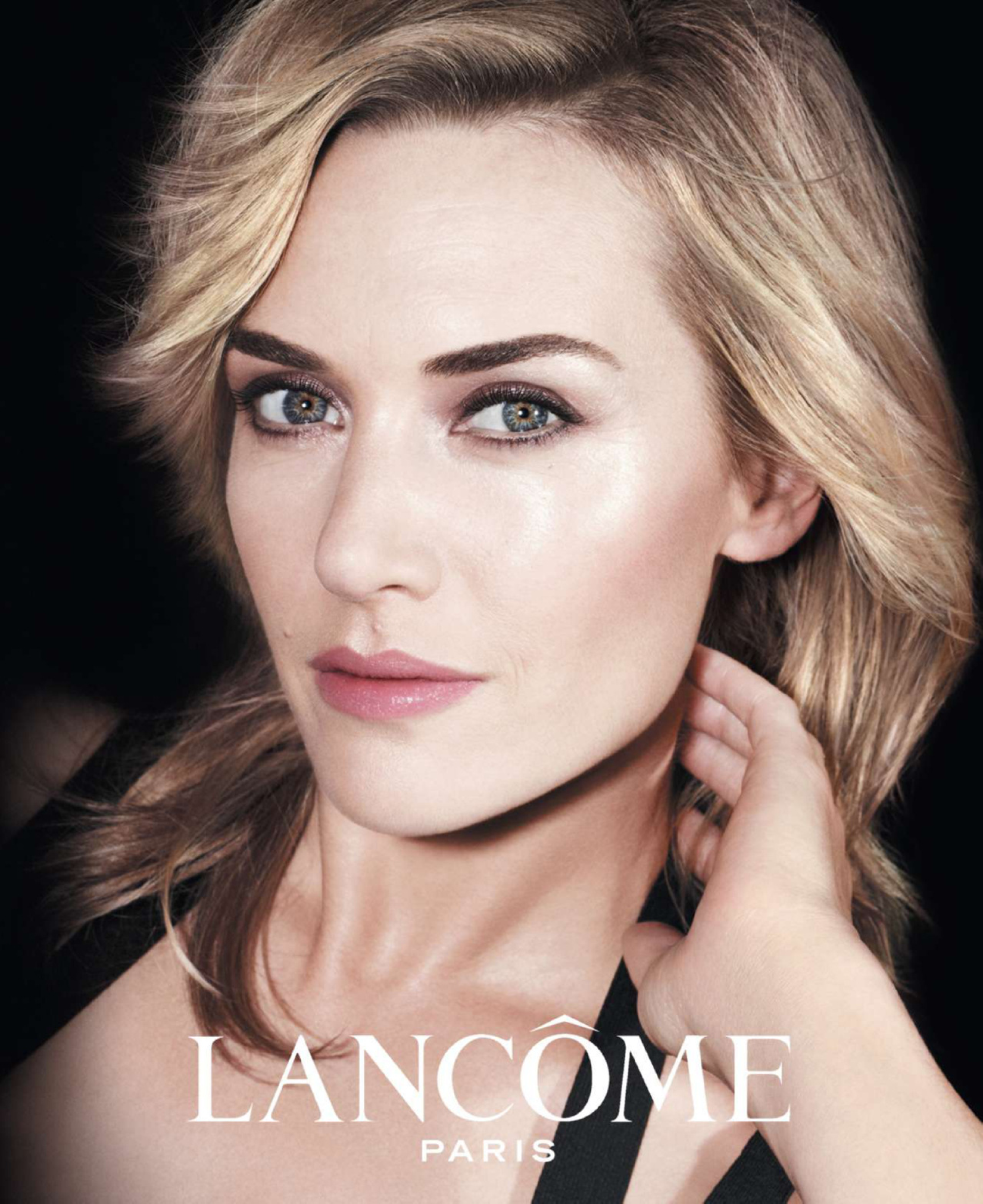
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Plus: Six of our favorite writers reflect on all things literary: *Zadie Smith* embraces her bibliomania...*George Saunders* makes an impassioned case for the short story...*Gary Shteyngart* reveals the meaning of a memoir...*Lydia Millet* looks beyond the best-seller list...*Helen Oyeyemi* delights in whimsical tales...and *Mona Simpson* relishes summer vacations spent in bookish company. Read on!

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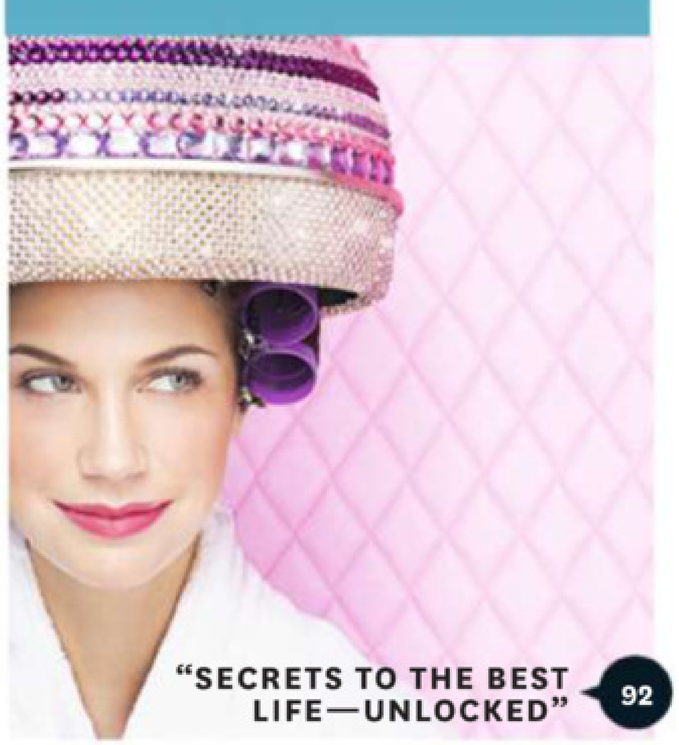
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ON THE COVER: Oprah photographed by Ruven Afanador. **Fashion editor:** Jenny Capitain. **Hair:** Andre Walker. **Makeup:** Derrick Rutledge. **Set design:** Todd Wiggins for Mary Howard Studio. **Manicure:** Roseann Singleton for Chanel at Art Department. *On Oprah:* Rash guard maillot, Cover. Skirt, Camilla. Hat, Tracy Watts. Earrings, Sylva & Cie. Bracelet, Giles & Brother. Ring, Vaubel. Sandals, Tory Burch. Kindle Paperwhite.

For details see Shop Guide.

CLOCKWISE FROM TOP RIGHT: GREGOR HALENDA. JONATHON KAMBOURIS. MARKO METZINGER/STUDIO D. DOG BARK PARK/SPLASH NEWS/CORBIS. ALISON GOOTEE. THOMAS ALLEN.

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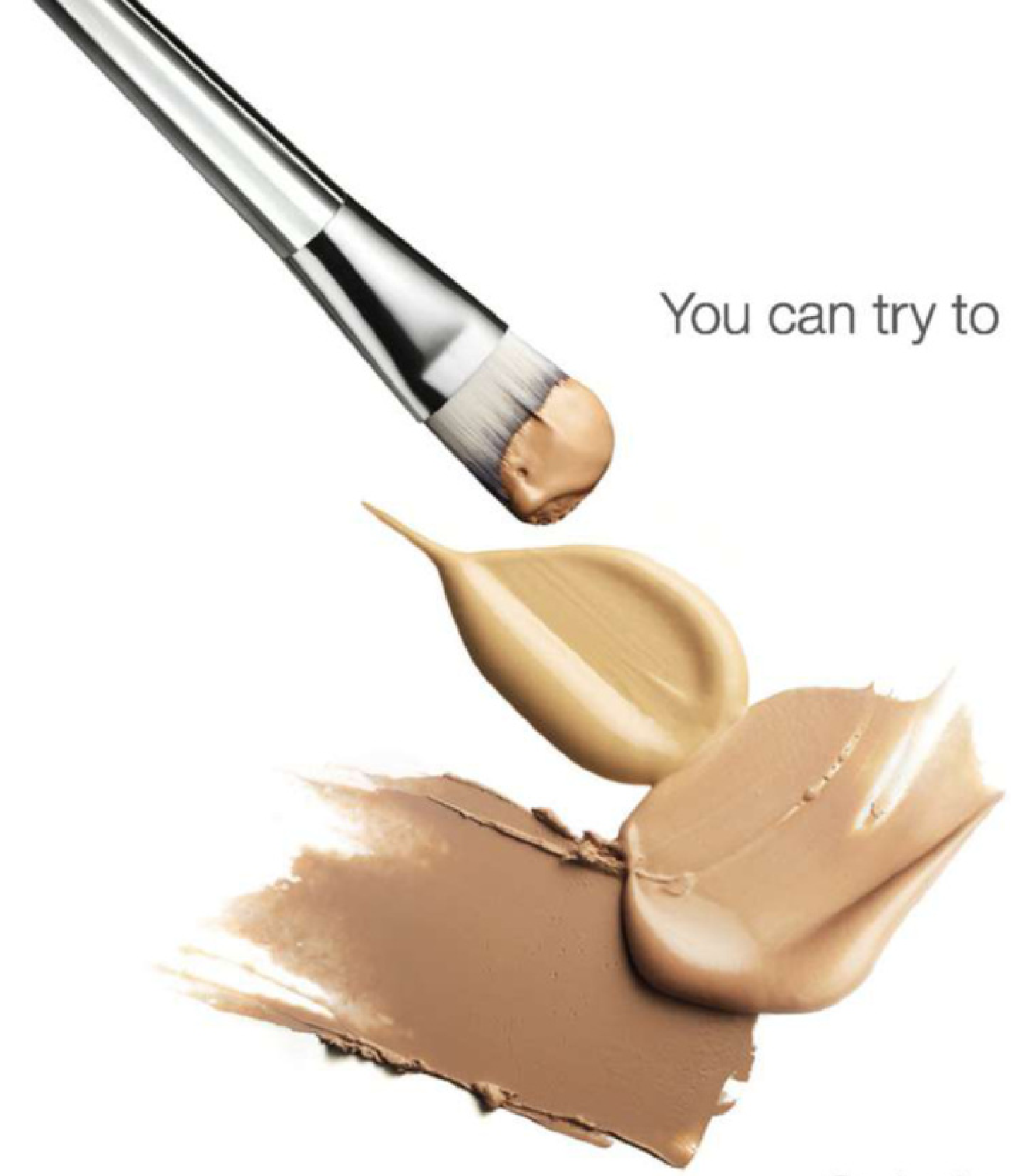
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Contributors

Tune In, Tune Up

Five of this month's guest talents on how they're getting better all the time.

LAURA HILGERS

Writer, "Frazzled Life, Fuzzy Brain?"

page 61



I recently upgraded... my Apple desktop computer. I'd had it for nine years, even though it was a dinosaur. I was finally forced to buy a new one when it died.

But I'll never change... my relationship with my two kids. My 20-year-old daughter is so knowledgeable about women's issues, and my 17-year-old son aspires to be a pilot.

When I need an attitude upgrade, I... slip into my wetsuit and go boogie boarding.

I was inspired to improve my... mindfulness practice when I learned that it could help increase gray matter in my brain. (Read my story for more!)

LaSHIEKA HUNTER

Writer, "We Like This Guy!"

page 24



I recently upgraded... my yoga. I used to do a DVD at home once every six months, but I recently started taking classes at a studio, and I'm calmer now.

But I'll never change... my Sunday baking routine. There's nothing like eating a warm cookie fresh out of the oven.

When I need an attitude upgrade, I... break out a book by Marianne Williamson or Louise L. Hay. They always put things in perspective.

I was inspired to improve my... writing schedule when I read that Toni Morrison woke up every morning before sunrise to write *Beloved* before heading to her full-time job.

JONATHON KAMBOURIS

Photographer, "Secrets to the Best Life—Unlocked"

page 92



I recently upgraded... my family, with a mini Australian shepherd named Oslo. He's a handful, but he's quickly become my shadow—and best friend.

But I'll never change... my uncompromising approach to my work. I'm a Taurus, after all.

When I need an attitude upgrade, I... cook. It's my way to recharge and relax. My favorite thing to make is guacamole, and I pair it with an ice-cold beer.

I was inspired to improve my... zombie-apocalypse survival skills when I started watching *The Walking Dead*. It got me wondering how I would stay alive.

MARTA SPENDOWSKA

Illustrator, "O Beautiful!"

page 53



I recently upgraded... my mind-set about work. A health dilemma helped me realize that I should distribute my time more evenly among work, well-being, family, and fun.

But I'll never change... my commitment to my art. If I'm happiest at the drawing table, I must occasionally forgo fun to turn back to the brush.

When I need an attitude upgrade, I... reach for chocolate cake (vegan, preferably) and a book.

I was inspired to improve my... running when I noticed how good I look in Lululemon. The pants fake a perfect shape—but it's a confidence booster!

MONA SIMPSON

Writer, "Have Book, Won't Travel"

page 91



I recently upgraded... the city-owned land across the street (I planted a rogue garden) and some of my favorite books (I replaced disintegrating paperbacks with clothbound).

But I'll never change... my daily habits: reading, writing, running, and long dinners with my children and friends.

When I need an attitude upgrade, I... spend time with my exceptionally affectionate, forgiving, and patient dog.

I was inspired to improve my... sense of hopefulness when I started noticing other people with obstacles display generosity and faith.

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Behind the Scenes

Transported

At this month's cover shoot, Oprah sang the praises of her tropical setting. Literally.

"IT'S MEXICO BY WAY OF THE MEATPACKING DISTRICT," quipped *O* creative director Adam Glassman as he surveyed the lush "oceanside" terrace created by set designer Todd Wiggins and crew and backdrop painter Sarah Oliphant for this issue's shoot (which actually took place in New York City on April 2). Despite the faux-beach surroundings, Oprah's reaction struck a decidedly chill note: When she got a glimpse of the shots on photographer Ruven Afanador's monitor, she sang, "I'm in love, I'm in *looove,* I'm in love with this photo!" to the tune of *Frozen*'s "Let It Go." **—CLARISSA CRUZ**



LITERARY DEVICE Armed with her Kindle, Oprah gets a jump on her summer reading in style.







GET SET *From left*: The game plan; the designers in action; the view from behind as Oprah's glam squad gets her camera-ready.

FROM HIGH TIDE TO HIGH FASHION

Rash guards aren't just for surfers anymore: The latest pieces—which offer UV protection by way of extra coverage and UPF fabric—are pretty enough for swimming and lounging. The trend works off the beach, too. Check out the wetsuit-inspired piping



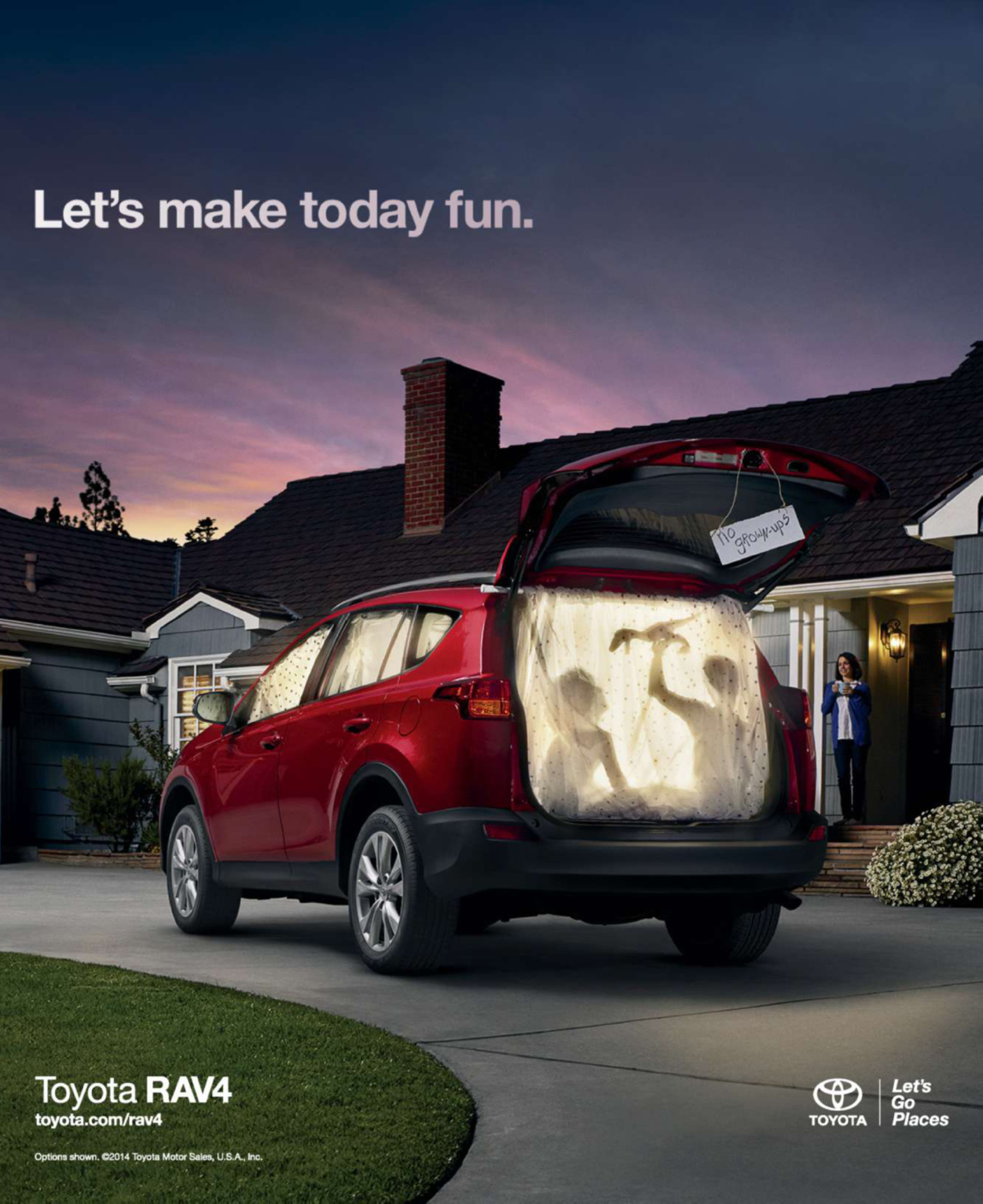
1. RAS $49; landsend .com. **2. D** .com. **3. RASH GUARD,** $95; mott50.com. **4. TOMMY**

5. RAS $195; cynthia rowley.com. **6. MILLY** spring

but apparently it's a thing!" —OPRAH

DONNA ALBERICO. STILL LIFES FROM LEFT: MARKO METZINGER/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS (2). RICHARD MAJCHRZAK/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. COURTESY OF CYNTHIA ROWLEY. RUNWAY FROM LEFT: PETER MICHAEL KILLS/GETTY IMAGES. FAIRCHILD PHOTO SERVICE/CONDÉ NAST/CORBIS.

Let's make today fun.



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The Question

What's on your mind? This month we asked O readers...

What small upgrade has had the biggest impact on your life?



Starting a gratitude journal. I write in it every day about all I'm grateful for, from small things—like smiling at a stranger (and having my smile returned!)—to bigger things, like falling in love. Even on a tough day, by the time I'm done writing, I always feel better, lighter, and happier.

VANESSA JEAKINS
Hamilton, Ontario

Taking vacations with my family. I once used days off to clean the house or catch up on doctors' appointments, but during a trip to Hilton Head, South Carolina, I decided that at least once a quarter, we'd leave the hustle and bustle of everyday life behind. Our vacations don't have to be extravagantly expensive, but they do have to be spirit filled.

ANDREA STUCKEY-HUNDLEY
Kennesaw, Georgia



Deleting people who have a negative mind-set from my contact list—a small upgrade, but big for me. I understood that if I kept them in my inner circle, my value and thinking would be degraded.

NKEM DENCHUKWU
Sugar Land, Texas

Letting my hair go natural. I remember growing up and going to the salon with my sister to get our hair pressed out, but mine was short and the bangs would flip up. It's wonderful now to love my God-given, glorious nappy hair!

MARY LOMAX
Greenville, South Carolina



Listening to stand-up comedy albums during my commute. It's hard to have road rage when you're cracking up!

CHRISTINE SKONY
Chicago

Taking a photography class after I separated from my husband and moved to another city. It was just the push I needed to step out of my comfort zone, meet new people, and explore.

STEPHANIE D. FISCHER
Washington, D.C.



Buying a Cuisinart food processor with money from my first paycheck as a résumé writer. It was worth it because I'd taken that job to save up for culinary school. Now, 29 years later, I still use one to chop all the vegetables that go into the relishes for my hot dog trailer!

LISA VOLPE HACHEY
Hopkinton, Massachusetts

I bought big buckets to fill with bright flowers for my front and back porches. Now no matter which way I look out, I see beauty and smile!

JANINE YORDY
Huntersville, North Carolina

Using a heating blanket. I warm up my bed ten minutes before I get in it, and now my feet are never cold.

KRISTIN HIEMSTRA
Chapel Hill, North Carolina

JEAKINS: LYLE JEAKINS. DENCHUKWU: COURTESY OF NKEM DENCHUKWU. SKONY: COURTESY OF CHRISTINE SKONY. HACHEY: EVANGELINE HACHEY.

→ *OUR NEXT QUESTION:* What area of your life could use a makeover and why?
Tell us at oprah.com/question or e-mail us at thequestion@hearst.com, and your response could be featured in our September issue.

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We Hear You!

In May, you embodied confidence.



Body Language

I ate up this month's issue. The focus on our wonderful and fascinating bodies was both informative and inspiring. I loved the articles about our systems and the fantastic things we're capable of doing—especially when we often criticize our forms and take them for granted. I'm 64 and teach Jazzercise classes, and I often remind my students that we get only one chance to take care of ourselves!

LENE' BURNETT
Mariposa, California

Iyanla Knows

I'm always excited to see *O* in my mailbox, and May was no exception. I enjoyed browsing every page, but my face lit up with joy when I came to Iyanla Vanzant's "Q: How Do I Know When It's Time to Let Go?" Thank you for choosing such a great columnist and topic—and for putting together a breathtaking issue each month.

CARLITA GIBSON
New York

O, What a Read!

The latest cover of *O* is fantastic. Oprah outdid herself in that purple dress with those heels and her beautiful smile—what a sexy pose! I plan to keep it as a reminder of why I admire Oprah and how she lives her best life.

TYRONE DUMAS
Milwaukee

This was my fourth issue since I started subscribing. I'll be 78 years young in June, and I've decided this is the best magazine I have ever read. After I finish it, each *O* goes to my daughter-in-law, then my 18-year-old granddaughter. You've compiled the most interesting and talented contributing editors!

JOYCE SENKIEW
Port Jervis, New York

Driven to Drink

I love tea, so when I received my May issue, I went straight to the article "Tea Nation," which explored why more people are embracing the beverage. My breath was taken away by the photo of 62-year-old Jo Johnson, the tea consultant. Her hair, skin, and dress—I wonder whether tea has anything to do with her beauty.

BONNIE MORRISSEY
Scituate, Massachusetts



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Wow, Indeed!

One of the awe-inspiring items on our August 2013 issue's "Wow! List" was Campowerment, a sleepaway camp for women that features everything from life coaching to cooking demonstrations. In our October issue, we printed reader Vivian Rivera's letter in which she shared: "That little paragraph about finding peace and healing with the help of other women gave me hope.... Even if I can't make it to that camp, I hope I can somehow find the camaraderie the writer talks about with friends of my own." Before we knew it, Campowerment had contacted us asking to host Rivera. "I'm so thankful Campowerment noticed my letter," Rivera told us. "The camp helped me build confidence alongside other dynamic women." Rivera wasn't the only intrigued reader: At another retreat, in Malibu in March, 45 of the 140 guests were *O* readers who'd learned of the getaway from the magazine. The camp hit the Poconos this spring and heads back to Malibu this fall. For more information, visit **campowerment.com.**

CROWNING GLORY

Remember the big (hair) statement we made with our September issue *(right)*? Turns out that a three-and-a-half-pound 'fro wig is sometimes a crown: In May, *O* won a National Magazine Award for "Hair Extravaganza," our look at the agony and the ecstasy of taming and taking care of our hair. Another highlight? We also took home the Cover of the Year award in the Women's Service category. Thank you to the American Society of Magazine Editors—and you, *O* readers—for helping us make hairstory!



***Below,* Oprah and editor in chief Lucy Kaylin celebrate the big win.**



RIVERA: CATHERINE A. SULLIVAN/CAMPOWERMENT. OPRAH: RUVEN AFANADOR. INSTAGRAM: ARIANNA DAVIS.

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Here We Go!

DON'T YOU FIND that life is so much sweeter in the summertime? The warmer weather is terrific, of course, but there's also a change that occurs within us, a shift of the soul. For me, this season is all about slowing down, living a little better, and treating myself a little kinder.

The thing is, you don't have to save this sort of joy for summer—it can be a year-round proposition. In this month's big, brimming special on upgrading your life one step at a time, we're showing you how to improve everything from your mood to your alarm clock—and, most of all, reminding you how important it is to ask for what you want (page 92). Because here's what I've learned: If you don't ask for it, you're not likely to get it.

One thing you *will* get this month is a ton of brilliant book recommendations. Our summer reading extravaganza is overflowing with them (page 76), so whether you're looking for a beach read or a moving memoir, we can help. Same goes for great grilling recipes (check out Sunny Anderson's on page 107), lasting stress relief (don't miss the advice on page 62!), and—stay with me now—the shorts that will make your legs look lovely this season. (Yes, you can wear them! Turn to page 48 to find the right style for you.)

Speaking of short, summer lasts only a little while—so savor it while you can. I know I will.

Enjoy!

Oprah



FASHION EDITOR: JENNY CAPITAIN. HAIR: ANDRE WALKER. MAKEUP: DERRICK RUTLEDGE. SET DESIGN: TODD WIGGINS FOR MARY HOWARD STUDIO. MANICURE: ROSEANN SINGLETON FOR CHANEL AT ART DEPARTMENT. KINDLE: COURTESY OF AMAZON. ON OPRAH: RASH GUARD MAILLOT, COVER. SKIRT, CAMILLA. EARRINGS, SYLVA & CIE. BRACELET, GILES & BROTHER. RING, VAUBEL. SANDALS, TORY BURCH. KINDLE PAPERWHITE.

U DON'T HAVE TO TAKE *OUR* RD FOR IT.... For an excerpt from

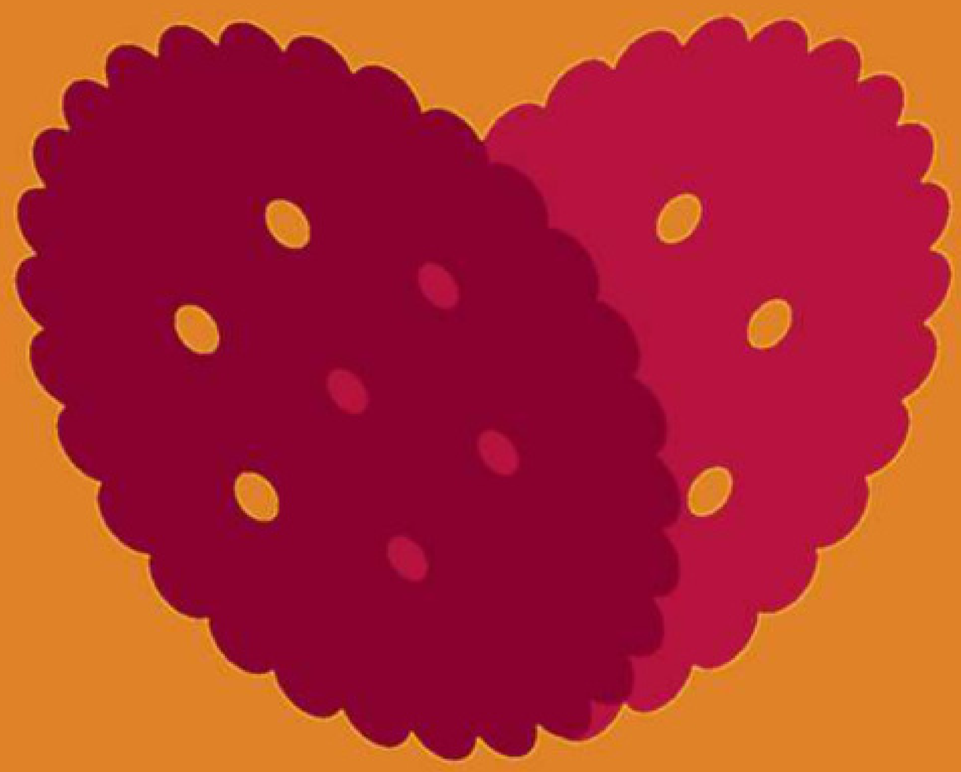
iTunes Store.

WHAT I'M READING NOW

"From the first chapter of *The Conscious Parent*, I knew it was a game changer. Dr. Tsabary offers ways to transform your relationship with your child—the most sacred contract on earth and one that must be defined by connection and mutual respect. It's the most profound book on parenting I've ever read." —*Oprah*



PHOTOGRAPH BY RUVEN AFANADOR



Snacks on the beach.



Ritz. Open for fun.

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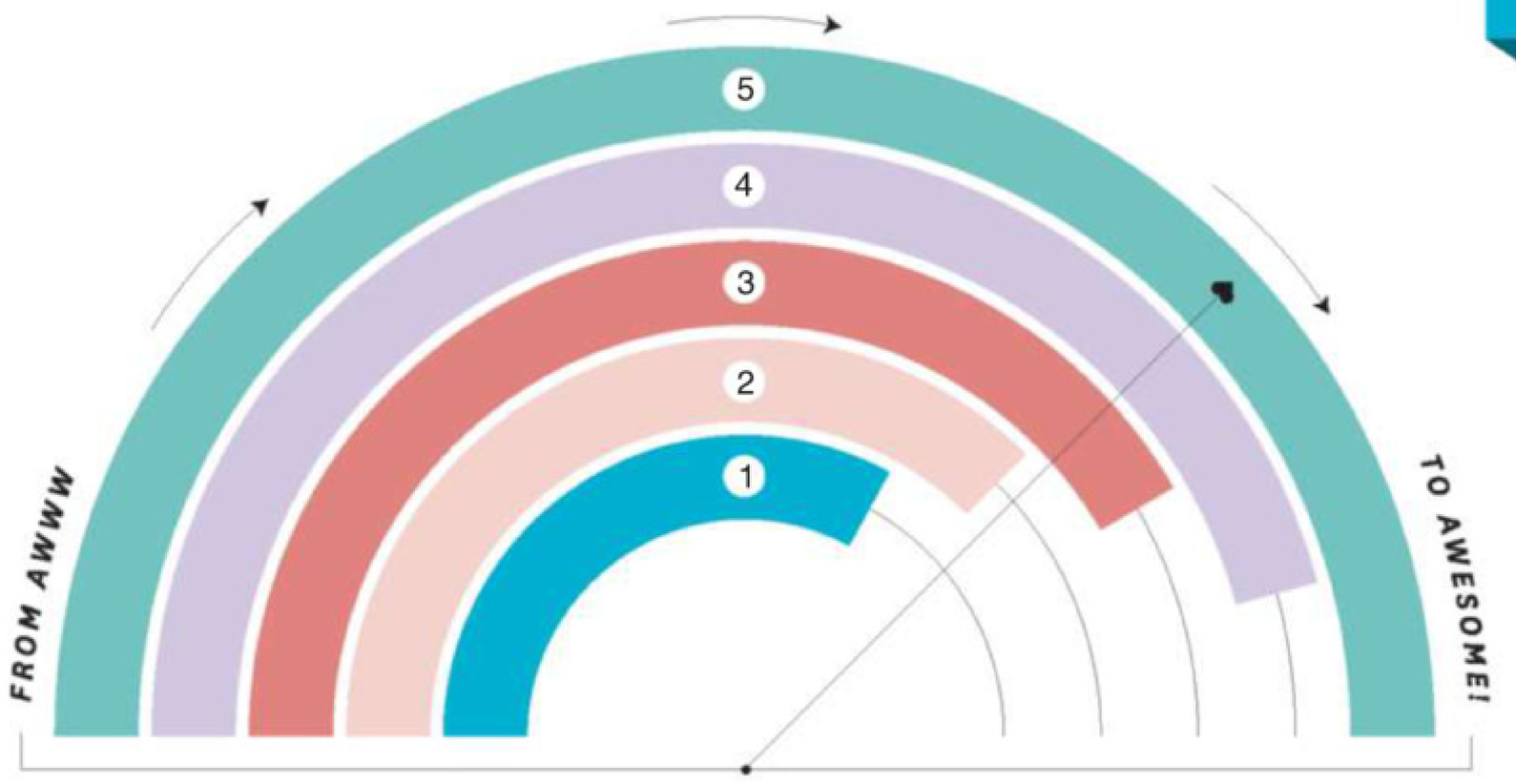
Instructions for
living a life:
Pay attention.
Be astonished.
Tell about it.

—MARY OLIVER, "SOMETIMES"

PHOTOGRAPH BY CASS BIRD

The Gratitude Meter

Five things we can't stop smiling about this month.





1

MOVING PICTURE

A summer film not to be missed: *When I Walk*, a documentary by 35-year-old Jason DaSilva, who, after being diagnosed with multiple sclerosis, chronicles his condition with spirit and humor. It airs June 23 on PBS (and on pbs.org/pov for 30 days after). Read DaSilva's story at wheniwalk.com.



2

HE'S WITH THE BAND

Though he played the flute on his own for years, 80-year-old grandpa Tony Boland wanted to fine-tune his skills with a practice group—so he joined the fifth-grade band at the local elementary school where he's volunteered for over a decade. Today he's even performing with the tweens.



3

GRAPE DEAL

Whether you fancy red, white, or rosé, you'll love the deals at Wines 'Til Sold Out, an online flash-sale site. Like a Gilt Groupe for grapes, it offers palate-pleasing—and hugely discounted—vinos one bottling at a time until it's gone. You can score a fine Pinot for less than $20 at wtso.com.



4

BRIGHT IDEA

After learning that a friend who lives without electricity in the Philippines couldn't get enough daylight time to study, Canadian whiz Ann Makosinski invented a flashlight powered by body heat. Now, with a $25K scholarship, the 16-year-old plans to perfect the prototype, making the future brighter for all.



5

SUGAR WITHDRAWAL

Sprinkles bakery is cooking up world cupcake domination with its 24-hour ATMs dispensing freshly baked treats. So far the machines, which are restocked several times a day, have popped up in Atlanta, Chicago, Dallas, and more cities. See where at sprinkles.com. —**ZOE DONALDSON**



GLOBE TROTTER FOR GOOD

Think Tanks

Filmmaker ***Mary Jordan*** *is using New York City water towers to spotlight a precious resource.*

MARY JORDAN WAS shooting a documentary in Ethiopia in 2007 when contaminated water knocked her out with blurry vision, cold sweats, and the most searing stomach pain of her life. A local woman nursed her back to health, but not before exacting a promise: that Jordan would raise awareness about the area's lack of clean drinking water.

Returning to New York with H_2O on her mind, Jordan was struck by all the rooftop water towers dotting the city. "I had barely registered them before, let alone their abundance!" she says of the estimated 12,000 to 17,000 tanks in use today, a primary source of tap water for millions of residents. The tanks, she decided, were the ideal canvas for a campaign to draw attention to the global water crisis.

For the Water Tank Project, Jordan assembled artists—from big names like Jeff Koons to high school students—to design murals that will wrap around close to 100 New York tanks, transforming the skyline into a stunning public art display. The ultimate goal? To remind people to conserve one of our most vital, yet often overlooked, resources. —**ALI MORAN**





MOVING PICTURE: JASON DASILVA, FROM *WHEN I WALK*, A LONG SHOT FACTORY RELEASE 2013. BOLAND: JESSICA REILLY/*TELEGRAPH HERALD*/AP. WINES: JESSICA ELKIN/WINES 'TIL SOLD OUT. BRIGHT IDEA: LLOYD BISHOP/NBCU PHOTO BANK VIA GETTY IMAGES. CUPCAKES: COURTESY OF SPRINKLES CUPCAKES. THINK TANKS, FROM TOP: COURTESY OF THE WATER TANK PROJECT. © 2014 ETERI CHKADUA. © 2014 ICY AND SOT.

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YOU DO WHAT?!



Professional sand sculptor **Jenny Rossen**'s office is a beach.

◆ ON CREATING HER DREAM JOB
"I've loved sand castles since I was a kid, so even as a grown-up I'd build them on my hometown beach in Australia. At some point people started tossing money on my towel, which I found offensive. I wasn't begging! But local malls and then car shows and festivals in other countries started commissioning me. Twenty-seven years later, it's my main gig."

◆ ON LAYING THE FLOOR PLAN
"I draw a rough sketch of my idea on paper. Once I'm on the sand, I dive in. I start with a foundation and build up using bottomless wooden boxes and plastic buckets. When crowds gather, they want to see what clandestine chemical or spray I use. I'll tell you: water!"

◆ ON HER TOOL KIT
"After winning my first competition, I bought a Louis Vuitton handbag. I now carry my tools—makeup brush, ice cream scoop, and cake-decorating knives, which are great for slicing wet sand—in that 15-year-old, beat-up bag."

◆ ON PLAYING WITH SAND
"It's a fickle medium. I'll carve an exquisite dragon's head, only to watch it crumble and fall off. The gamble is part of the fun—and why you have to be an absolute nut to call this a profession. Your job is spent creating something that's always at risk of collapsing!"

◆ ON HER KOOKIER CREATIONS
"I've done furniture, cartoon characters, and a Christmas castle guarded by elves. I recently constructed camels for Dubai's races. We were stumped on what to put on the back side of the sculpture, until I drove past the city's skyline and thought, *Aha!*"

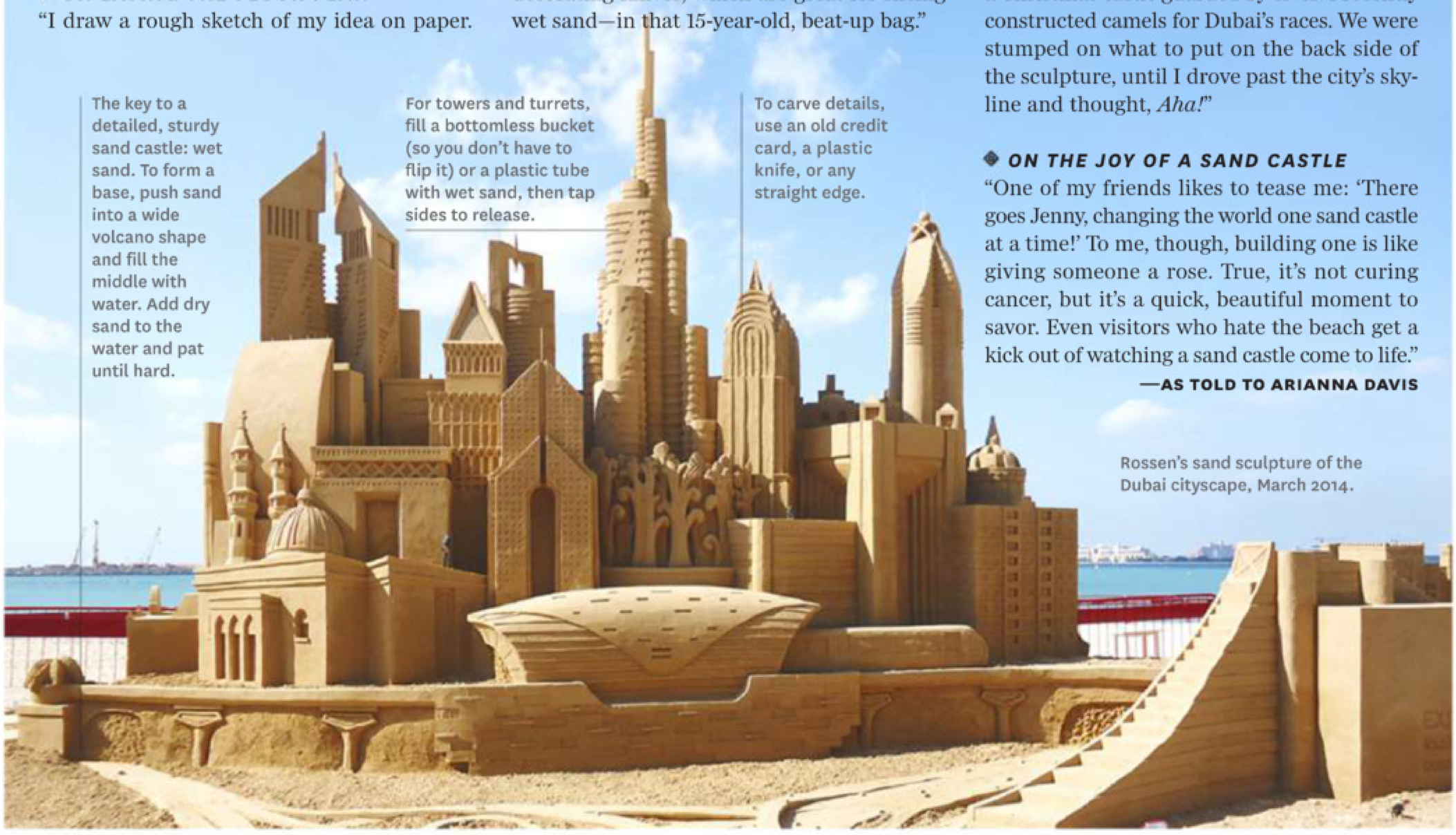
◆ ON THE JOY OF A SAND CASTLE
"One of my friends likes to tease me: 'There goes Jenny, changing the world one sand castle at a time!' To me, though, building one is like giving someone a rose. True, it's not curing cancer, but it's a quick, beautiful moment to savor. Even visitors who hate the beach get a kick out of watching a sand castle come to life."

—AS TOLD TO ARIANNA DAVIS

The key to a detailed, sturdy sand castle: wet sand. To form a base, push sand into a wide volcano shape and fill the middle with water. Add dry sand to the water and pat until hard.

For towers and turrets, fill a bottomless bucket (so you don't have to flip it) or a plastic tube with wet sand, then tap sides to release.

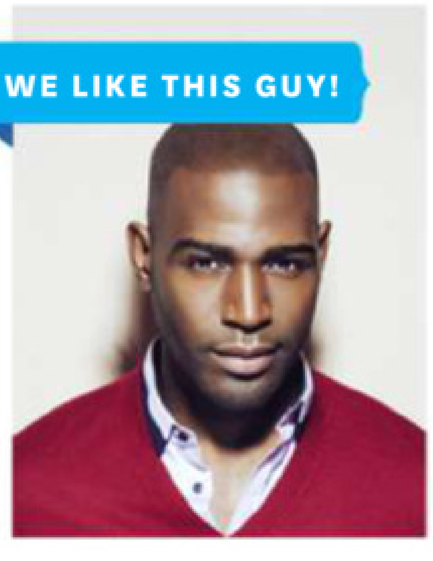
To carve details, use an old credit card, a plastic knife, or any straight edge.



Rossen's sand sculpture of the Dubai cityscape, March 2014.

SAND CASTLE: SKYSCRAPER ON THE BEACH FOR MERRAS HOLDINGS, DUBAI, 2014. ROSSEN: COURTESY OF JENNIFER ROSSEN. BROWN: JERRIS MADISON.

WE LIKE THIS GUY!



Getting Real

Oprah.com host Karamo Brown is ready to be candid on-camera.

ON THE NEW WEB SERIES *#OWNShow,* cohost Karamo Brown might share stories of everything from how he learned to hug it out to how he let go of fear. But then he's used to baring his soul. When he appeared on MTV's *The Real World* in 2004, Brown was the show's first openly gay black man. But none of his TV experience could've prepared him for the offscreen plot twist in 2007 that rocked his world: a 9-year-old son he didn't know he had.

When Brown received a subpoena from the state of Texas asking him to pay back child support, he thought it was a joke. "Even though I saw my ex-girlfriend's name on the document, I hadn't spoken to her since I was in high school," says Brown, now 33. "A kid was the furthest thing from my mind."

Brown flew to Houston and met with his ex, a single mom with five kids, including his own, Jason. "We cried, we laughed," he says, "and then came my questions: How is he? *Who* is he?" Brown was able to support Jason, and his ex agreed he should seek custody. Brown also bonded with Jason's half-brother Chris, who was having trouble at home. "I became his legal guardian, too," Brown says. "I went from living it up to having two kids."

Today Brown hopes to learn more about handling life's complications along with *#OWNShow* viewers. "I don't want to sugarcoat parenthood for anyone," he says. "I'm the first to admit I'm no superdad!" Tune in at oprah.com/ownshow.com. **—LASHIEKA HUNTER**

WOMEN WHO MAKE BEAUTIFUL THINGS

Ripe Talent

Food blogger **Erin Gleeson** creates stunning, nature-inspired tableaux that look good enough to eat.







Clockwise from top: Gleeson preps a dish; a recipe in her cookbook; her cabin in the woods; an arrangement of her food and watercolors, ready to shoot.





COURTESY OF ERIN GLEESON

THREE YEARS AGO, photographer Erin Gleeson and her husband traded cramped New York City living for a cabin about an hour south of San Francisco, nestled in a thicket of redwoods. She began looking for local gigs, but found that potential clients were asking for a California vibe (natural light, rustic styling), not the sleek, spare look of her previous images.

To build a portfolio, Gleeson, 34, launched the food blog the Forest Feast, inventing recipes on the fly with whatever seasonal produce arrived in her weekly CSA (community-supported agriculture) delivery and using her property's lush locales as a backdrop to photograph them. "I have come up with some pretty weird combinations!" Gleeson admits. "Persimmons and cilantro, roasted sunchokes with apples. I'm drawn to color, so I reach for the most vibrant thing in the box and then figure out what other shades and flavors complement it."

Gleeson arranges her simple creations—strawberry-cucumber salad or figs with goat cheese and mint—on vintage plates, and then wanders outside until she finds the ideal surface to show them off. "I look for tree stumps, fallen leaves, and mossy patches, which turn emerald green after it rains," she says. Then she heads to her home studio to blog, including step-by-step photos of the recipe, fanciful hand lettering, and her own watercolors of the ingredients.



Gleeson's artfully styled shot for the cover of her cookbook.

She hopes her charming collage-like posts—now available in an enticing cookbook, *The Forest Feast*—will inspire more off-the-cuff seasonal cooking. "First I want to draw people in because the recipe looks gorgeous," she says, "then have them realize they can pull it off with just a handful of fresh ingredients!"

—ABBE WRIGHT

See It to Believe It

Hitting the road this summer? Don't miss some of the country's zaniest pit stops.

FOAMHENGE
NATURAL BRIDGE, VIRGINIA



A handy artist used Stonehenge's exact measurements to carve this delicate replica entirely from Styrofoam, painted the slabs to appear ancient—and appropriately debuted the work to the public on April Fool's Day 2004.



LEANING TOWER OF NILES
NILES, ILLINOIS

In 1934, a local businessman built the Prairie State its own (smaller) lopsided landmark as a creative way to conceal unsightly water tanks and to pay respect to Italian astronomer Galileo. Bravo!



JIMMY CARTER PEANUT STATUE
PLAINS, GEORGIA

In homage to the former commander in chief who grew up on a peanut farm near Plains, a larger-than-life legume was built in Carter's likeness, complete with toothy grin. Erected in the '70s during Carter's first presidential campaign, this Mr. Peanut has been the beneficiary of at least one reported facelift.

DOG BARK PARK INN B&B
COTTONWOOD, IDAHO

You can snooze inside a massive beagle, better known as Sweet Willy, at this *ruff*-ly 30-foot-tall bed-and-breakfast, the pet project of a chain-saw-artist couple who provide guests with freshly baked canine-shaped butter cookies.



THE PAPER HOUSE
ROCKPORT, MASSACHUSETTS



Aside from its wood roof, frame, and floors, almost everything in this former summer getaway—a desk, tables, chairs—is crafted from varnished newspaper. Even the walls of the pulpy cottage are made of layered paper that's withstood rain and snow for 90 years. **—Z.D.**

SINGULAR WOMAN



Game Changer

*As baseball's only female announcer, **Renel Brooks-Moon** scores big with San Francisco Giants fans.*

GROWING UP IN a Northern California family of baseball nuts, Renel Brooks-Moon spent many a weekend cheering at Oakland A's or San Francisco Giants games. But she didn't realize how far fandom would take her until 2000, when she was working as a morning radio show host and local sports correspondent. That's when the Giants tapped Brooks-Moon—and her booming, throaty voice—to be the ballpark's public address announcer. She's the only woman in Major League Baseball holding the coveted position (and the third ever in the sport's history to do it full-time).

Since then, Brooks-Moon, 55, has been living her baseball fantasy. "There are PA announcers who have spent decades in the booth and never experienced a single World Series," says Moon, who already has three under her belt. "It was only my third season when I got that chance. I was an absolute wreck—the whole world was watching!" (The 2002 championship is thought to be the first in major U.S. pro sports announced by a woman.)

For a die-hard supporter of the home team, announcing the games—81 in the regular season—comes with a certain challenge. "It's tempting to call players by their nicknames or give a shout-out to favorites as they come to bat," Brooks-Moon says. "But my job is to be enthusiastic and professional, not the complete fanatic I really am."

—LINDA CHILDERS

ROAD TRIP, FROM TOP: FRANCK FOTOS/ALAMY (2). PEANUT: ANDRE JENNY/ALAMY. DOG BARK PARK B&B/SPLASH NEWS/CORBIS. NORMAN BARRETT/ALAMY. BROOKS-MOON: NIK CHILDERS.

MY BEST LIFE

Olivia Wilde

The actress, who stars in the new film *Third Person*, on paddleboarding, pocket-size paraphernalia, and her pooch, Paco.



Best OBSESSION

Miniature objects, anything tiny: furniture, cameras, trees—all of which you'll find scattered around my home. *Honey, I Shrunk the Kids* is everything I could dream of in a film.

Best HOBBY

While shooting *Cowboys & Aliens* in New Mexico, Jon Favreau taught Daniel Craig and me how to paddleboard on a lake. Daniel sank because he was too muscly, but my girl parts helped me balance! Jon gave me a board as a parting gift, and it's become a lovely pastime—like surfing with training wheels.

Best FASHION SECRET

If you were to peek inside my closet, you'd think I was a newscaster or a politician—I have dozens of blazers. I always buy them, thinking they'll pull together an outfit, but then never wear them. My assortment rivals Rachel Maddow's.

Best PICK-ME-UP

A solo reggae dance party. I fell in love with the music as a kid and was the girl who had Bob Marley posters in her boarding school dorm room. Whenever it's sadville outside, I'll blast Toots & the Maytals to create my own tropical paradise inside.

Best FRIEND

Paco, my 11-year-old mutt. He has an awesome habit of leaving his toys in a perfectly organized pile. It looks like I've trained him into submission, but he's instinctually orderly and well behaved. I'm praying that my child takes after him!

Best COLLECTION

It's actually my fiancé's [Jason Sudeikis]. He's a sneakerhead with about 200 pairs of Air Jordans. They make up an extraordinary colorful wall in our apartment. Guests always expect *me* to have too many shoes.

—AS TOLD TO A.D.

CONTOUR BY GETTY IMAGES

PHOTOGRAPH BY FABRIZIO MALTESE

THE WORLD ACCORDING TO *Gayle*

O's editor at large shares what she's loving this month.



I'VE GOT TWO WORDS FOR YOU: *KEVIN HART!*

The star of *Think Like a Man Too* (opening June 20) makes every line funny. And unlike most sequels, this movie does not disappoint. Inspired by a book by Steve Harvey, the comedy promotes stable, fulfilling relationships—and don't we all need one of those?!



"Never be ashamed of a scar. It simply means you were stronger than whatever tried to hurt you."

I LEARNED OF THIS QUOTE...

from a very thoughtful runner, Lee Ann Yanni, who as a spectator was injured in the Boston Marathon bombing but participated in the race this year. All I can say is, Amen.



ONE OF THE MANY PLEASURES...

of working with *O*'s creative director, Adam Glassman, is that he can always find the very thing I want to wear. When he pointed out this Tommy Bahama top during a fashion meeting, I was sold. I wear it as a beach cover-up, but if you're 16, I guess it also works as a micromini. ($118; tommybahama.com)



I LOVE WATCHING HALLE BERRY...

on the big screen, so imagine how excited I am to see her on my favorite network, CBS (smile), in a brand-new Steven Spielberg–produced series called *Extant* (July 9). Science fiction is generally not in my wheelhouse, but if anyone can convert me, it's that team.

I KNOW THE WORLD CUP...

for soccer isn't exactly huge in the United States, but it's *ginormous* everywhere else on the planet. I plan to give it a try (if for no other reason than to hear the Jennifer Lopez–Pitbull theme with Brazilian singer Claudia Leitte) when the 2014 games kick off June 12.





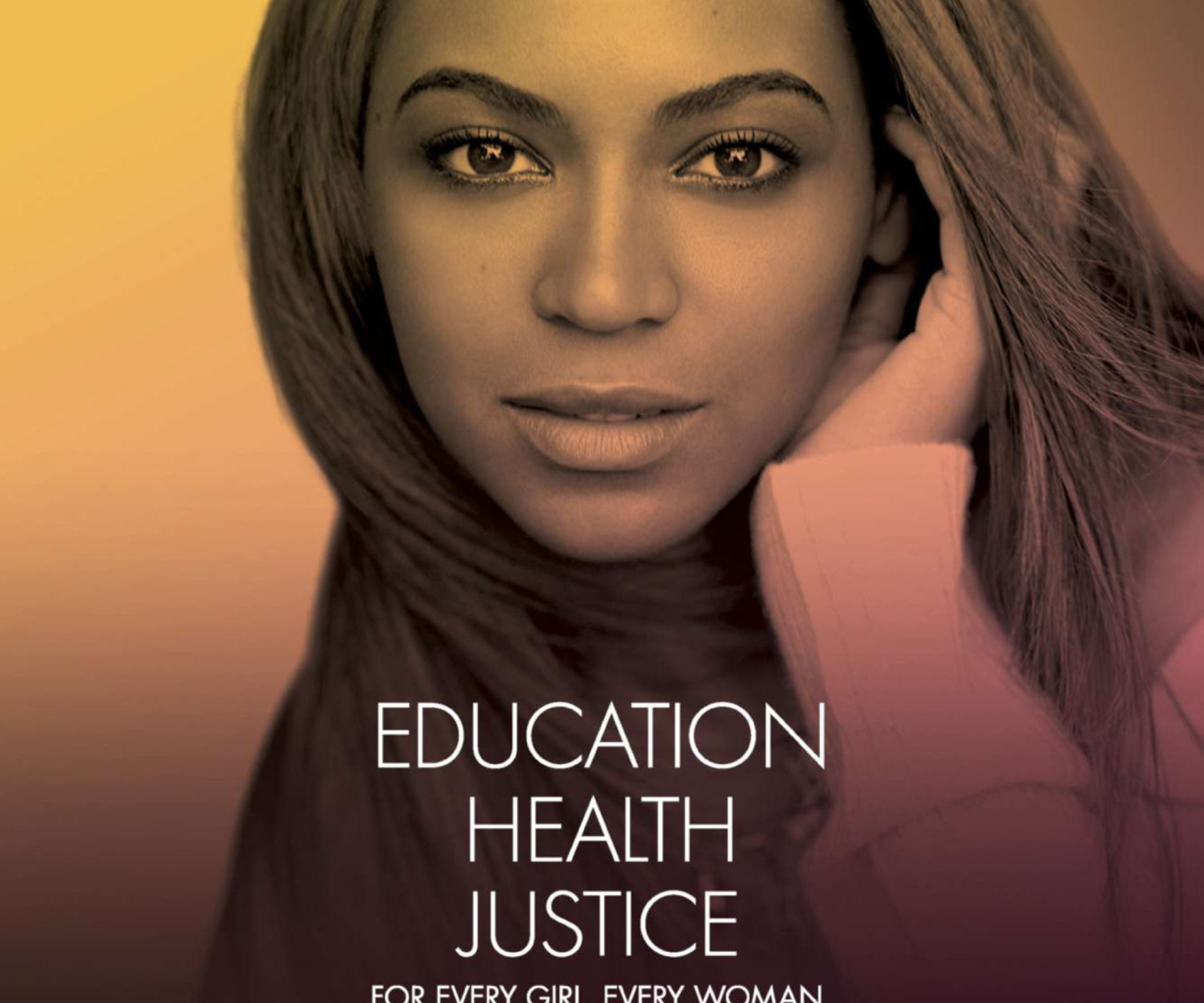
I FIRST HEARD ABOUT BRITISH SINGER SAM SMITH...

from some of the younger women in the office, and darned if he didn't show up on *Saturday Night Live* two days later. His sound—smooth falsetto and buttery rhythm and blues—blew me away. But I liked him even more when I saw how touched he was by the audience's wildly enthusiastic reception. This boy has got a very bright future.

Follow Gayle at ***twitter.com/gayleking*** *and* ***instagram.com/gayleking****.*

GOAL! To hear "We Are One (Ole Ola)," this year's FIFA World Cup official song, download the O iPad app from the iTunes Store.

THINK LIKE A MAN TOO: MATT KENNEDY/© 2013 SCREEN GEMS INC. GAYLE: JOSEPH ZAMBRANO. WORLD CUP: ALEXANDER TAMARGO/GETTY IMAGES. SMITH: JO HALE/REDFERNS VIA GETTY IMAGES. *EXTANT*: DALE ROBINETTE/© 2014 CBS BROADCASTING INC. YANNI: MATT STONE/*BOSTON HERALD*/POLARIS.



Beyoncé Knowles-Carter
Artist, Producer, Entrepreneur, Wife, Mother, Daughter, Sister

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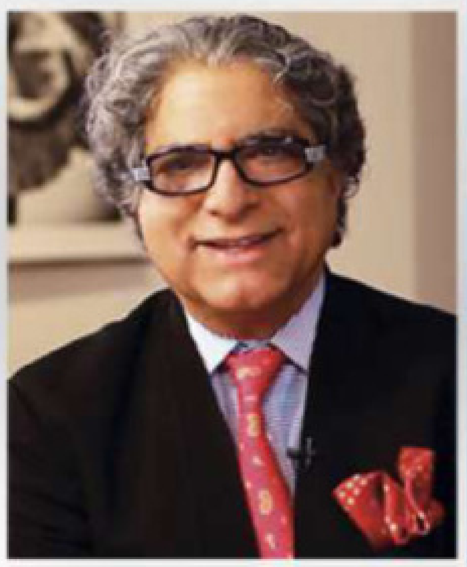
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May We Help You?

EXPERT ADVICE, INSIGHT, REALLY SMART MOVES



ILLUSTRATIONS BY HYE JIN CHUNG

Reversal of Bad Fortune

Accidents are never pleasant, but if you choose to see meaning in them, they can be useful. ***Martha Beck*** explains why every mishap is a chance to expand your outlook.

THE MOMENT I heard that my friend Annette had been in a serious car crash, I rushed to see her. She seemed strangely peaceful, considering what had just happened. Another car had run a red light and slammed into Annette's SUV at 70 miles per hour, flipping it. Her crushed vehicle rolled, bounced, and came to rest upside down. No one could believe she'd walked away from the accident.

Unless—cue eerie music—it wasn't an accident. We've all heard the credo "There are no accidents." Some people believe that every mischance, from a stubbed toe to an earthquake, is predestined, "manifested," or both. Other people see pretty much everything, including our very existence, as random and meaningless. I like to split ›

May We Help You?



the difference: Are some events random? I think so. But meaningless? Heck no.

The human mind is a meaning-making machine. Choosing to look for import in everything helps us weather adversity. As neurologist and Holocaust survivor Viktor Frankl, MD, PhD, wrote, to live happily, humans don't require the absence of suffering, but "the call of a potential meaning." Seeing accidents as significant may or may not align us with Absolute Truth—there's no way we can know. But it can definitely help us trade nihilist despair for courage, comfort, and wisdom. If you're into that sort of thing.

So Are There Accidents or Not?

The driver who demolished Annette's car snarfed up a snootload of crystal meth and set off on a joyride. For him the crash wasn't accidental; it was more of a sure thing. Annette, on the other hand, followed all traffic laws and fastened her seat belt. She was simply in the wrong place at the wrong time.

Accepting that such things can happen to anyone is unnerving. It would be comforting to think that something Annette did (something we can avoid) "attracted" the accident. Maybe she offended God, some might say, or had negative thoughts. Control your thoughts, the theory goes, and only good things will happen to you.

I can't prove that the "thoughts create accidents" hypothesis is incorrect. I also don't believe that European Jews "manifested" the Holocaust. Nor do I think calamities are sent by a peevish God. There are raging pessimists who escape tsunamis and murderers who thrive while babies starve. (I've heard people argue, "You don't know what sins those babies committed in their previous lives." If you talk this way, someone will punch you, and it will not be an accident.)

My point is, shit happens. Randomly. But here's an amazing human capacity: We can use virtually any experience as a catalyst for hopelessness or growth. We can see the world as if everything is meaningless or as if everything is meaningful. Each of these positions is equally untestable. So we get to choose.

Deciding to Make an Accident Not an Accident

The phrase *felix culpa,* Latin for "fortunate fault," means a bad-luck event that ends up being positive. I've watched hundreds of clients turn all sorts of disasters—getting cancer, losing a loved one, going bankrupt—into *felix culpae.* Many came to say their "bad luck" helped them find strength and resilience they didn't know they had. They seemed genuinely joyful, transformed in real, measurable ways by terrible mischances. But this positive outcome never happens by accident. Turning a *culpa* into something *felix* is a deliberate act of focused attention.

For example, after her accident, Annette was both deeply shaken and startlingly serene. This wasn't Pollyannaish revisionist history—it was a point of view that encompassed both good and bad, anger and awe. "I'm mad as hell at the guy who hit me," she said, "but more than that, I'm shocked by how peaceful I felt. I thought I would die, but I wasn't afraid. Watching my windshield shatter, I was amazed by how beautiful it was." She also felt deeply touched by the kindness of onlookers who came to help. The peace and compassion she felt were stronger, and lasted longer, than her fear and rage.

I asked Annette to walk through an exercise I sometimes use to help clients make sense of accidents. I invite you to use it, too.

So You've Been in an Accident

First, write a description of a mishap that's affected your life—a broken ankle, a bounced check, whatever. Annette wrote: "I was crossing an intersection when a driver, high on meth, ran a red light and hit me at 70 miles per hour. My car rolled three times and stopped with me hanging upside down. I was able to call my husband, and help came right away."

Once you've got a description, make a list of all its parts. For example, Annette's might include: "(1) Intersection. (2) Meth addict. (3) Red light. (4) 70 miles per hour." And so on.

Now comes the tricky part: Pretend you are each component of the accident. Then, still in character, begin talking about yourself. Don't think too much about it, just start riffing.

For example, I had Annette consider the first item on her list—intersection—and speak as if she were the place itself, saying whatever came to mind. It took a minute to get the hang of it, but eventually she said: "I'm a crossroads, a place where Annette can make an important choice." Annette didn't plan to say this. It just popped out when she allowed herself to imagine being the intersection. Weird, huh? But cool.

As you pretend to be the first item on your list, write down anything interesting that comes into your head, even if it doesn't make sense. Then move on to the next item. When Annette pretended to be the other driver, she said: "I'm a speeding driver, high on meth. I'm the insanity of humans and of the world. I'm here to teach Annette not to be afraid because fear is useless."

Continue free-associating with each element of the accident until you've gone through your whole list. Then read your description again with the meaning you've created through the free association. In Annette's case, the story of her accident turned out to be a pivotal moment when she could choose to release her fear of death and go on with greater serenity.

Years later, the calm that emerged from that analysis still hasn't faded. Ever since that *felix culpa,* Annette has been clearer, wiser, kinder, and less afraid of both death and life. Actively choosing to look for meaning in her accident left her happier and more vibrant; seeing it as meaningless would have caused her to contract in terror.

After Meaning Come Miracles

The interesting thing about treating accidents this way is that once you've begun habitually meaning-making, you may well begin to notice positive "accidents," happy coincidences that seem beyond chance. The very process of seeking meaning brings these little miracles to your attention. Perhaps it even causes them—I don't know. But I've seen it happen to many people.

For example, after Lori lost her father, a stranger approached her on the street and said, "Your father sends you his love." On a ski trip, Jennifer felt compelled to begin wearing a helmet on the very day she later hit a tree headfirst on the slopes (thanks to the helmet, she was fine).

I got an inside look at this process when my son (conceived accidentally) was diagnosed with Down syndrome. When I chose to see this as meaningful, I had comforting dreams that came true, offers of help from people who barely knew me, and the persistent feeling that some unseen force was protecting and soothing me. Were these delusions? Maybe. Coincidences? Could be. Miracles? You decide.

After Annette and I analyzed her accident, when her mind was in meaning-making mode, she recalled something strange. "I remember gripping the steering wheel very tightly with both hands just as I got hit. Then everything was absolute chaos. But when the car finally stopped and I was hanging there upside down, my cell phone was in my hand. How in the world did it get there?"

"Hmm," I said. "Divine intervention?"

"Well, maybe," said Annette, "considering that the driver's first name was Jesús."

Yes, it's true. Annette can accurately describe her accident by saying either "I was hit by a meth head who totaled my car" or "I came to a crossroads where I met Jesús and lost my fear of death." Luck was definitely involved, but Annette gets to determine whether that luck was bad or good.

We all have the same freedom to find and focus on the meaningful parts of our own misfortunes. Every one of us encounters random events, but we also possess a universal ability to create meaning out of suffering. We can turn a curse into a blessing, tragedy into heroism, loss into gain. Lucky us.

> **We can use virtually any experience as a catalyst for hopelessness or growth. We get to choose.**



MARTHA BECK's latest book is *The Martha Beck Collection: Essays for Creating Your Right Life, Volume One* (Martha Beck Inc.).

CHRIS ECKERT/STUDIO D

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MY BRAIN MATTERS

In the United States alone, nearly 13 million women are either living with or caring for someone with Alzheimer's disease. The Alzheimer's Association® calls on one million women to use their amazing brains to help wipe out Alzheimer's disease.

On Saturday, April 26, 2014, *O* and the Alzheimer's Association asked the people of Chicago to share why their brain matters, and join the fight against this devastating disease. Thousands of people posted their thoughts on a chalkboard cube in the center of John Hancock Plaza, showing that together we can do something remarkable to raise awareness and fight this disease.

Join the movement of women working together to end Alzheimer's at **alz.org/mybrain**, and share why your brain matters.

Suze Orman



A Family Affair

Suze shows two overwhelmed parents how to gain control of their debts.

JENNY AND LUKE were thrilled when fertility treatments helped them welcome a daughter in 2008. A year ago, Jenny gave birth again, this time to a baby boy. These abundant blessings, however, have come with their share of challenges.

Jenny, 43, and Luke, 42, were once financially secure, but the cost of the fertility treatments as well as tests that Jenny had during her pregnancies contributed to the couple's $26,000 in credit card debt, $7,000 in hospital bills, and lack of an emergency fund. "We're tired of living on a shoestring," Jenny said. "I don't sleep at night."

When I looked at the Illinois couple's finances, though, I was impressed by how small their debt was in spite of their difficulties. Luke, a machinist, had suffered a layoff, and Jenny hadn't worked since losing her drafting job for an interior designer in 2010.

But things are looking up: Luke has a new job that pays $48,000 a year, and Jenny has just accepted a part-time position. Their total income will be more than $60,000—almost as much as it was before their kids were born. If they follow my four-step plan, their earnings should cover the needs of their expanded family.

NEVER BE AFRAID TO NEGOTIATE. With their income, the couple should be ideal candidates for a credit card debt management plan. I recommended they contact either the National Foundation for Credit Counseling (nfcc.org) or the Association of Independent Consumer Credit Counseling Agencies (aiccca.org), two nonprofits that can connect them with a counselor who will negotiate with their credit card issuers to set up a reasonable repayment schedule.

Jenny and Luke don't have $7,000 to pay their overdue medical bills, but they received a tax refund for half that amount. They should offer to settle their debt with one lump sum payment of $3,500. That may be even more than the hospital would receive if the account were sent to a collection agency.

MAKE A TACTICAL MOVE. Jenny and Luke's house is too small for their family. It's also not in a great school district, and private school for their 5-year-old would cost $6,400 annually. So I want them to sell their property and rent in a nearby town with good public schools. Renting will boost their housing expenses by $500 a month, but that's still cheaper than tuition. By selling their home, the couple could net $15,000—enough seed money for an emergency fund.

BE SURE THE KIDS ARE ALL RIGHT. Jenny and Luke have a total of $500,000 in term life insurance, far less than they need. (I recommend having coverage valued at 25 times a dependent's annual expenses.) According to SelectQuote, an online insurance marketer, Luke could buy $1.2 million in coverage starting at $74 a month, and Jenny could purchase a $750,000 policy for $44 a month. (They currently pay a monthly premium of nearly $60 for a quarter of the coverage.) The couple also has two unnecessary $25,000 whole life insurance policies. Unlike term life insurance, whole life insurance builds cash value in addition to paying death benefits, which makes these policies pricey. Jenny's and Luke's new term life insurance should set them back only slightly more than their old policies combined.

RAMP UP RETIREMENT SAVINGS. Luke can take advantage of his employer's 401(k) plan and matching contributions, but Jenny has no savings of her own. One spouse is typically the beneficiary of the other's 401(k) assets, but I advise everyone to have an individual account, too. (Nonworking and lower-paid spouses can use some of their partner's earnings to fund a spousal IRA.) Right now Luke and Jenny need to finish paying a car loan that costs them $240 a month, but then I want them to put that amount in a Roth IRA opened in her name. (The funds in that account will be available tax-free when she retires.) They should eventually set aside about $460 a month to meet the annual maximum contribution, which for Jenny would be $5,500.

I know my plan could improve this family's financial situation in two years. "I'd love that," Jenny told me. After all, it's her little ones who should be keeping her up at night, not her money woes.

Suze Orman's latest book is The Money Class: How to Stand in Your Truth and Create the Future You Deserve *(Spiegel & Grau). To ask Suze a question, go to oprah.com/omagazine_talk.*

FASHION STYLIST AND HAIR: KIM ROBINSON. MAKEUP: ALICE SO AT KIMROBINSON.COM.

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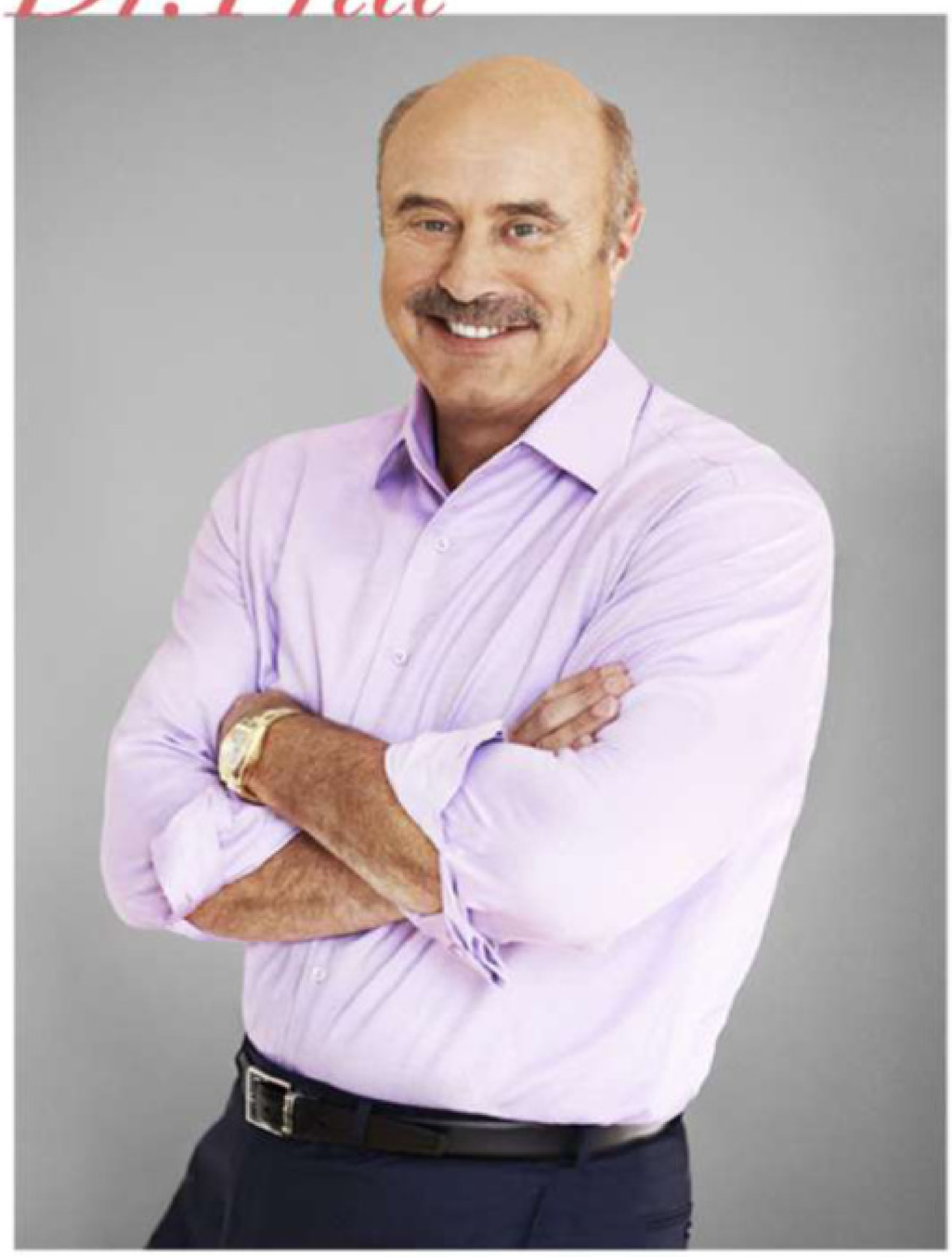
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Dr. Phil

May



"There is no reality—only perception."

WE BELIEVE WHATEVER WE TELL OURSELVES. We trust ourselves, and, after all, why would we lie inside our own heads? Is that even possible? Actually, yes. You're probably living your life according to a set of beliefs you've held so long that you take them as gospel truth. Maybe you're telling yourself that your critical boss is out to get you, and you're keeping a detailed mental list that pinpoints every single time you've been victimized. Perhaps you're convinced that your husband doesn't really love you because he's never home on time. Or you're certain that you know what's best for everyone, and anyone who dares to contradict you is just in denial. But what if the lens through which you're seeing the world is terribly distorted?

When I was growing up, we'd jump into the pool wearing those plastic goggles with colored lenses. The second we put them over our eyes, everything would look bright yellow or blue or red. Whether we were above or below the surface of the water, it felt as if we were in a parallel universe because whatever we saw was drenched in the hue of the goggles we'd chosen.

Could you be viewing the world through a lens colored by depression, paranoia, or narcissism? When emotions are involved, you're not as trustworthy as you think, and if you can't step back and look at a situation objectively, then you can create all kinds of hell for yourself. Your negative assumptions can even become a self-fulfilling prophecy because you'll create the results you think you deserve.

If you suspect you're being held prisoner by your own distortions, it's time for a gut check: Are you conveniently ignoring alternate explanations that could disprove your arguments about other people's behavior? For instance, you may not be considering the idea that your boss criticizes because she sees potential in you and wants you to be your best. Or that your husband works those long hours because he intends to be successful and make you proud. Or that when your friends come to you with problems, they may need a sounding board more than your take on everything they're doing wrong.

One very effective way of getting to the truth is to confide in a person you trust completely—but you've got to be open to hearing someone else's point of view. Does your confidante see the situation the same way you do? You don't have to agree on every detail, but if your interpretation and hers are really at odds, think about why that's the case. Remember that you are bringing your own deep-seated preconceptions, hurts, and even prejudices to every single circumstance, and though they all may feel very real to you, they're not necessarily reality. Feelings are not facts.

If you're a hammer, everything looks like a nail. So you've got to be more than a hammer! Once you recognize the limitations of the way you're looking at the world, you can make different choices in how you respond to it. You do have the ability to choose, and it's available to you every second of every day.

So decide for yourself: Will you continue to let the past dictate your present and future? Or are you going to challenge yourself to stay on high alert for your own filters, unfounded assumptions, and illogical conclusions? This is the moment to start holding yourself accountable—to continually test whether your perceptions are grounded in fact and to cast off the beliefs that are thwarting your potential. Take off those goggles and see all the possibilities the world can hold.

Dr. Phillip C. McGraw's daily talk show is in its 12th season. He has written seven best-selling books; his latest is Life Code: The New Rules for Winning in the Real World *(Bird Street).*

STYLIST: FIONA GEBRESELASSIE. HAIR: MIMI VODNOY-LOVE. MAKEUP: JAN PING.

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Dr. Oz



Four Risks of Stroke You Need to Know

New guidelines reveal red flags every woman should look out for.

IN MY YEARS AS A heart surgeon, I've seen far too many patients who suffered strokes because they weren't aware of the causes. According to a recent report published by the American Heart Association, one in five women can't name a single warning sign. However, each year roughly 55,000 more women than men have strokes, which kill nearly twice as many women as breast cancer. The good news: Strokes can be preventable—but only if you're aware of the dangers.

RISK FACTOR #1

Preeclampsia

After the 20th week of pregnancy, some women develop preeclampsia, a disorder characterized by a spike in blood pressure along with higher protein levels in urine—both of which increase your chance of stroke. Though preeclampsia typically goes away within six weeks of giving birth, a history of the condition has been found to almost double the risk of stroke later in life. If you have high blood pressure before pregnancy, your odds of developing preeclampsia are about 25 percent, so make sure you ask your doctor for a screening. And have your BP checked six months to a year postpartum to confirm that it's dropped back within a healthy range.

RISK FACTOR #2

Migraines

These skull-busting headaches—which affect three to four times more women than men—may double your risk of ischemic stroke (which results when a clot blocks a blood vessel leading to the brain), according to a report in *The American Journal of Medicine.* Researchers hypothesize that people with migraines have impaired blood vessel function, making them more susceptible to stroke. While there's currently no cure for migraines, you can take proactive steps to lower your overall stroke risk by exercising, eating a healthy diet, and not smoking.

RISK FACTOR #3

Birth Control Pills

Several studies have shown that women who take oral contraceptives may be more than twice as likely to have a stroke as those who don't. (Hormones in the pills may increase the risk of blood clots and raise blood pressure.) It's rare for the pill to cause a stroke in healthy young women, but if you already have other risk factors, your odds of developing a dangerous clot shoot up considerably. In fact, one study of women ages 15 to 49 found that smokers who experienced migraines with auras (flashing lights or blind spots) and were on the pill were seven times more likely to have a stroke compared with those with migraines who didn't smoke or take the pill.

RISK FACTOR #4

Irregular Heartbeat

When the upper chambers of the heart beat rapidly and out of sync with the bottom chambers—known as atrial fibrillation (or A-fib)—blood can begin to pool in the heart's upper chambers, increasing the risk that clots will form. You can screen for A-fib at home with a simple 60-second pulse check. If you notice that the beats seem uneven and faster than normal, consult your doctor; she can perform more tests to determine whether you have the condition and recommend treatment to reset your heart rate or rhythm.

THINK FAST!

We know a lump in the breast may mean cancer, and that a sore arm and shortness of breath could signal a heart attack—but would you know what a stroke felt like if it happened to you? Here's one easy way to remember the warning signs and when to get help:

F: Face drooping
A: Arm weakness
S: Speech difficulty
T: Time to call 911

Mehmet Oz, MD, is the host of The Dr. Oz Show *(weekdays; check local listings).*

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LOOK

WHAT WE FOUND



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O, The Oprah Magazine's Merchandising Director

For great styling tips and amazing fashion looks by George Kotsiopoulos, follow @gapfs #exclusivelystyled

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EXCLUSIVELY STYLED



George Kotsiopoulos, Co-host of E!'s Fashion Police
Modeled by Chanel Iman

Iyanla, Fix My Life!



Q: How Do I Know When I'm Settling for Less?

SOME YEARS AGO, I was shopping and came upon a beautiful red dress. The color, style, and length were perfect. But the store didn't have it in my size. It did, however, have the same dress in navy, which I wasn't crazy about. Then I noticed a pair of blue shoes nearby that complemented that blue dress. (I didn't love those, either.) So what did I do? I bought both. I was afraid I wouldn't find anything else, so I settled. (It won't surprise you to learn that I've never worn the dress or the shoes.)

You've probably heard the saying "Better the devil you know than the devil you don't." Here's a question: Why put up with any devil? Why not give ourselves only good things? When we believe we cannot have what we desire—when we lack faith in ourselves and in the goodness of life—we settle for less. We decide that whatever is in front of us is better than nothing. But believe me when I tell you that better than nothing isn't good enough.

I often see people settle for less than they deserve in personal relationships: accepting bad behavior, excusing broken promises, accommodating people who take more than they give. Why? Because doing things we've grown accustomed to is familiar, comfortable.

Which is why sometimes it can be tough to gauge whether we're settling: When we tell ourselves that things are fine, we soon forget that they could be better. Here's how to know whether you're putting up with less than you deserve:

*

When you have to work yourself into a state of excitement rather than naturally experiencing joy and passion, you're probably settling.

*

When you bargain with yourself about what you can do without rather than feeling gratitude for what you already have, you're probably settling.

*

When your focus is on the time and energy you've invested in an endeavor rather than the love, joy, and gratification you've gained, you're probably settling.

*

When you're making excuses about why you should stay put rather than going for what you truly want, you're probably settling.

*

When you spend more time complaining about what you have than appreciating it, you're definitely settling.

But there is a lesson to be learned in everything. When we realize we've been settling, we discover what we actually believe. We learn that we perhaps think ourselves undeserving of happiness and find how susceptible we are to outside influences—because often we settle when others convince us it's the right thing to do. Most important, we learn that we are not standing fully in our truth. Armed with this information, we can make new choices that support our desires—by beginning to believe that we *can* have what we really want.

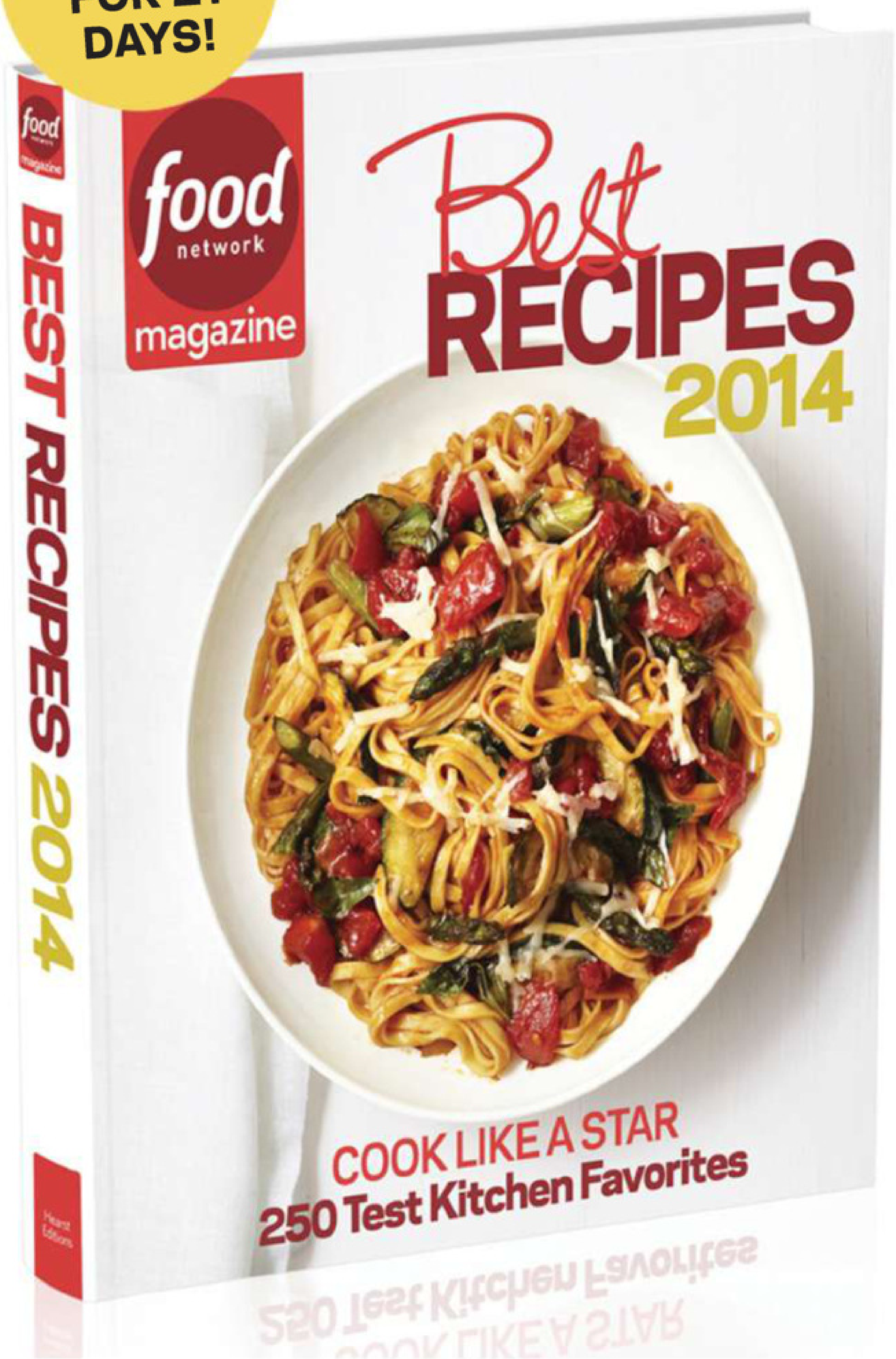
Iyanla Vanzant is the host of OWN's Iyanla: Fix My Life *and the author of* Peace from Broken Pieces *(SmileyBooks).*

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The O List

A few things
we think
are just great!



PROP STYLIST: JULIE FLYNN FOR FAUCHER ARTISTS. FOOD STYLIST: KHALIL HYMORE.

Fork It Over

Sure, it's disposable, but this cheap and cheery flatware, made of sustainably forested birch and hand-printed in the United States, is almost too pretty to toss. All you need is the Fourth of July picnic to go with it. **(Birchwood Ice Cream Spoons and Utensils Variety Packs, originally $10 to $12 for set of 20, now 20 percent off with code OPRAH; sucreshop.com)**

PHOTOGRAPHS BY GREGOR HALENDA

Wings of Desire

Where do discerning hummingbirds dine? Well, if you like this hip stoneware feeder (which can hold 1½ cups nectar—1 part sugar in 4 parts water) as much as we do, they'll be supping Chez You! **(Hummingbird Feeder, originally $135, now 20 percent off with code OPRAH; jschatz.com)**



Shellfish Motives

Serve a Caesar salad and sourdough boule with this luxurious gazpacho bursting with chunks of succulent Maine lobster, and you've got the perfect summer dinner—without ever turning on the stove. **(Maine Lobster Gazpacho, originally $50 for 32 ounces, now 20 percent off with code OPRAH; hancockgourmetlobster.com)**





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Made of sturdy waxed-cotton canvas and trimmed with hand-cut saddle leather, this is not your garden-variety gardening apron. **(Peyton Waxed Half Apron, originally $100, now 20 percent off with code OPRAH; birdkagestyle.com)**



Walk Softly

With breathable mesh in front, a whimsical necktie-inspired print in back, and a super-cushy leather and terry-cloth lining, these slip-ons will put a spring in your step. **(Leucate, originally $98 a pair, now 20 percent off with code OPRAH; jacqueslevine.com)**



Just Chillin'

Double-walled stainless steel bowls keep ice cream colder, you happier, and summer sweeter. Bonus: They're dishwasher safe and come with matching spoons. **(Stainless Steel Ice Cream Bowls, $60 for set of two; momastore.org)**

Sitting Pretty

Water-resistant and fadeproof, these handy-dandy seats are durable enough for the outdoors and, at only six pounds, portable enough for any indoor space. **(Dublin Cube and Tangier Pouf, originally $149 each, now 20 percent off with code OPRAH; fabhabitat.com)**





Dry and Mighty

Is your beach towel the size of a postage stamp? These luscious cotton terry towels have a different design on each side and are so generously oversize (40" x 67"), you can share one with a friend and still spread out. **(Beach Towels, originally $90 each, now 20 percent off with code OPRAH; tideandpool.com)**



Wait Until Dark

Create your own midsummer night's dream with these pierced-iron lanterns. Use the set of three to light a path to your porch or make a centerpiece that casts shadows in the moonlight. **(Two's Company Lanterns, originally $150 for set of three in fuchsia, yellow, or green, now 20 percent off with code OPRAH; madisonavegifts.com)**



Ready to Rumple

Feel free to throw this 100 percent sustainable-linen boyfriend shirt in your suitcase and go! Whether you're wearing it over leggings, pairing it with white capris, or treating it as the world's sexiest beach cover-up, you'll look effortlessly glamorous. **(CP Shades Jay Shirt in linen, $192; 310-450-5124)**





Make It Rain

If an ergonomically designed watering can and a vintage teapot had a baby, it would probably look a lot like this nontoxic plastic, 12-liter flower shower. **(XALA Lungo Watering Can, originally $35, now 20 percent off with code OPRAH; neo-utility.com)**



Up in My Grill

No more guessing whether your rib eye is rare or burned. This spatula cuts through smoke and darkness, thanks to the bright LED bulb built into the handle. The battery-powered light is removable, so you can pop the flipper in the dishwasher. **(Spatula, originally $30, now 10 percent off with code OPRAH; grillight.com)**



First Blush

Nothing says summer like a chilled rosé. Created by a mother-daughter team in Northern California, this one is a deliciously dry addition to any picnic basket. **(Rosé Wine, originally $20, now 20 percent off with code OPRAH; lorenzawine.com)**

Love That!

ADAM'S

STYLE SHEET

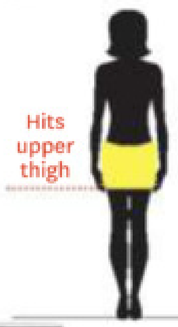


Let the

Hot weather means it's time to get leggy with it!

HOW TO WEAR SHORTS

They're tricky, but I support your right to bare legs. Think of shorts as a summer version of trousers or a tailored skirt and accessorize accordingly. (No flip-flops!)



SHORT

AGE RANGE: 35 AND UNDER*

These shorts show lots of leg, so keep the top modest. A stacked heel adds a polished vibe.



MIDLENGTH

AGE RANGE: 45 AND UNDER*

Perfect for a garden party or a festive lunch. Just make sure they're not too tight in the thighs.



LONG

AGE RANGE: NO LIMIT!

This length flatters most women, and with a dressy top and accessories goes from day to night.

* If you are genetically blessed with gorgeous legs, disregard all age rules!



Shorts, *Sandro, $220.* ***Top,*** *Raoul.* ***Bag,*** *Vince Camuto Signature.* ***Shoe,*** *Paul Smith*

Shorts, *10 Crosby Derek Lam, $375.* ***Jacket,*** *Nic + Zoe.* ***Top,*** *Ann Taylor.* ***Shoe,*** *J. Crew.* ***Clutch,*** *Penelope Chilvers*

Shorts, *Talbots, $60.* ***Top,*** *ICB.* ***Clutch,*** *Zac Zac Posen.* ***Shoe,*** *Tod's. For details see Shop Guide.*

MORE OPTIONS



SAVE *JCP, $20; jcpenney.com*



SPEND *United Colors of Benetton, $65; benetton.com*



SAVE *$170; clubmonaco.com*



SPEND *Rachel Zoe, $225; shopbop.com*



SAVE *Rafaella, $50; rafaellasportswear.com*



SPEND *$334; assemblynewyork.com*

TRY THIS...

instead of a dress! This striped set by C. Wonder is stylish, fun, and far less prone to wardrobe malfunctions than a mini of the same length. Add heels and glam sunnies and you're good to go.



Top, *$118, and* ***shorts,*** *$98; cwonder.com*

ADAM'S TIPS

- Unless you work in a creative environment, don't wear shorts to the office.
- Pumps or stilettos with shorts are trashy, not classy. Choose wedges, stacked heels, or flats instead.
- Use self-tanner to make your legs look smoother and slimmer.



TanTowel Self-Tan Towelette Full Body Plus, $27 for a five-pack; tantowel.com

RICHARD MAJCHRZAK/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. GLASSMAN: GREG KESSLER. TANTOWEL: COURTESY OF COMPANY. MEASURING TAPE: ISTOCK/GETTY IMAGES.

Gams Begin

Here's how to find the best shorts and dresses for your shape.

ALL HAIL THE *LWD*

Summertime's answer to the LBD? The little white dress, updated with new textures and chic details. Contrary to popular belief, the LWD can be as slimming as the LBD if you choose the right style. Whatever your body type, two rules apply: (1) Wear lingerie that matches your skin tone—not white, which will show right through. (2) Avoid white shoes, unless you want to look like a *Nurse Jackie* extra. Choose accessories in luggage colors, brights, or metallics for a fresh look.



Pretty pleats at OSCAR DE LA RENTA's spring 2014 show.



Blue chain necklace plated in rose gold, *Jaded Jewels, $595; 212-288-6631*

The minimalist top flatters a **SMALL BUST;** the over-the-knee length makes this a good choice for **TALL** women as well. *Joie, $378; nordstrom.com*

This drop-waist pleated silk number, a modern take on Gatsby style, looks great on **ALL BODY TYPES.** *$375; kule.com*



White sunglasses, *Alexander McQueen, $450; nordstrom.com*



Green jeweled sandal, *$325; lkbennett.com*



Gold-plated earrings, *$105; sibilia-accs.com*

CURVY women (attention, Gayle King!) will look smashing in this sheath. *$199; clubmonaco.com*

An A-line silhouette and a flutter hem are fab for **PEAR** shapes. *$128; bananarepublic.com*



The boxy silhouette of this perforated T-shirt dress is perfect for **BOYISH** frames. *$80; gap.com*



PETITES should nab this sleeveless chemise immediately! *ICB, $475; icbnyc.com*

Orange clutch, *Sondra Roberts, $125; zokydoky.com*





Metallic sandal, *SJP, $375; nordstrom.com/sjp*



Faux-pearl bracelet, *$40; rjgraziano.com*



Top-handle bag, *$498; furla.com/us*

"These summer whites are modern and flattering." —ADAM

MARKO METZINGER/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC. RUNWAY: GAMMA-RAPHO/GETTY IMAGES.

Love That!

GREAT BUYS UNDER $100!

Exotic styles are getting an urban makeover.



$49

These metal and horn clip-on earrings make a bold statement. *(chicos.com)*

Black leather and raffia wedges are a little country, a little rock 'n' roll. *(gap.com)*

$60



$28

Dark side panels visually slim legs.



Sleek ankle-length trousers are more sophisticated in black and white. *(Mossimo, target.com)*

$60



Shots of yellow liven up a silky printed tunic that can double as a dress for petites. *(zara.com)*

$58



Too shy to wear the look head to toe? This tile-print cross-body bag adds just a touch. *(bcbgeneration.com)*

$50



An elegant stack of stretch rolling-band bracelets gives any outfit a modern edge. *(rjgraziano.com)*

$60

With textured links, a chain necklace feels luxurious. *(bananarepublic.com)*



BLUES TRAVELER The Duchess of Cambridge is pretty in print in a Diane von Furstenberg wrap dress.

$80

$69



Layer a patterned shirt under a bright knit for a fun yet pulled-together ensemble. *(Shirt, Michael Michael Kors; michaelkors.com. Sweater, llbeansignature.com)*

The subtle A-line shape of this skirt flatters all figures. *(anntaylor.com)*

$89



"Pair graphic prints with tailored silhouettes and gold jewelry for a fresh take on the Moroccan-inspired trend."

—O CREATIVE DIRECTOR ADAM GLASSMAN

RICHARD MAJCHRZAK/STUDIO D. STYLIST: ANITA SALERNO FOR R.J. BENNETT REPRESENTS. DUCHESS: CHRIS JACKSON/GETTY IMAGES.

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O, Beautiful!

WATERPROOF EYES | HAIRCOLOR GAME CHANGER | METALLIC MANI

LOOK WHAT WE FOUND!

ALL WET

Is swimming your strong suit? Are you a member in good standing of a frequent crier program? Great news: You'll never again have to sacrifice your stunning smoky eyes. Rich, vivid, and waterproof shadow, liner, mascara, and brow makeup are here to stay...and stay.

BROWS: *Anastasia Beverly Hills Dipbrow Pomade* in *Blonde* ($18; sephora.com). **UPPER LIDS:** (*from inner to outer corners*) *Make Up For Ever Aqua Matic* in *I-90 Iridescent Pop Purple* ($21; sephora.com), *Sephora Collection Velvet Eyeshadow* in *Turquoise Waves 11* ($15; sephora.com), *Make Up For Ever Aqua Matic* in *I-22 Iridescent Electric Blue* ($21; sephora.com), *Sephora Collection Velvet Eyeshadow* in *Sweet Champagne 03* ($15; sephora.com). **LOWER LIDS:** *By Terry Aqua-Print Eyeshadow* in *No. 4 Green Fizz* ($38; barneys.com). **LINER:** *Marc Jacobs Beauty Highliner Gel Crayon* in *O(Vert)* ($25; sephora.com). **MASCARA:** *Maybelline New York Pumped Up! Colossal Mascara by Volum'Express* ($8; drugstores).

ILLUSTRATION BY MARTA SPENDOWSKA

O, Beautiful!

BRIGHT IDEA

Instant Eyeshade



unexpected sunny situation (a few stolen moments at the park during lunchtime), we panicked that the sunscreen we'd applied that morning wasn't enough to protect the delicate area under our eyes. Then we remembered we had an SPF-rich lip balm in our bag—and voilà, under-eyes covered! Our stick of choice? **Dr. Dewy Lip Protector SPF 15** ($25; drdewy.com), which contains natural waxes, grapeseed oil, and antioxidant vitamin E, plus licorice extract, an anti-inflammatory.



L'Oréal Paris Superior Preference Mousse Absolue *($15; drugstores)*

WHY WE LOVE IT: *Like most at-home haircolor, this luxurious mousse delivers a rich hue and plenty of shine. But unlike other DIY dyes, which require you to play kitchen chemist by mixing dye and developer, Mousse Absolue comes in a dual-chamber canister that cleverly dispenses color and activator together in a nondrip foam. An added perk: Because the formula remains unmixed until you need it, anything left over can be used to touch up regrowth later. Available in 16 shades.*



LOOK WHAT WE FOUND!

ON THE DOUBLE

A new multitasker just in time for the lazy days of summer: **Yves Saint Laurent Baby Doll Kiss & Blush** ($40 each; yslbeautyus.com) comes in a range of 12 creamy (yet nongreasy) shades from nudes to oranges to pinks that can be used on lips and cheeks. A raised bead in the middle of the sponge applicator lets you dot on color for just a hint of tint.

MARKO METZINGER. WOMAN: KATE POWERS/AUGUST.



MARKO METZINGER/STUDIO D. WOMAN: WALTER CHIN/TRUNK ARCHIVE. ESTÉE LAUDER: COURTESY OF COMPANY.

LOOK WHAT WE FOUND!

NOTES FROM ABROAD

Tom Ford's Neroli Portofino perfume achieved cult status for the way it seemed to capture the Italian Riviera's sun and sea with neroli, rosemary, and amber. Now he's created two more dream olfactory escapes: **Mandarino di Amalfi** combines bergamot and basil with jasmine and vetiver root to evoke the rugged landscape along the Italian coast, while **Costa Azzurra,** with its blend of oak, cedar, and vanilla, takes you deep into a Mediterranean forest ($210 each; neimanmarcus.com). *Bellissimo!*





LOOK WHAT WE FOUND!

BLEMISH BUSTERS

Whether you're looking to protect breakout-prone skin, fight flare-ups, or conceal pimples, Estée Lauder's new anti-acne arsenal, **Clear Difference**, has you covered. For prevention, try the *Advanced Blemish Serum* to stop pore blockage, minimizing the severity and frequency of breakouts. To help where it's needed most, the *Targeted Blemish Treatment* dispenses through a roller ball that glides over problem spots. And for a flawless finish, the *Complexion Perfecting BB Creme SPF 35* (available in three shades) conceals not only blemishes but redness and irritation. Kapow! A one-two-three punch for a clearer complexion. (Advanced Blemish Serum, $54; Targeted Blemish Treatment, $35; Complexion Perfecting BB Creme, $40; esteelauder.com)

STOP THAT!

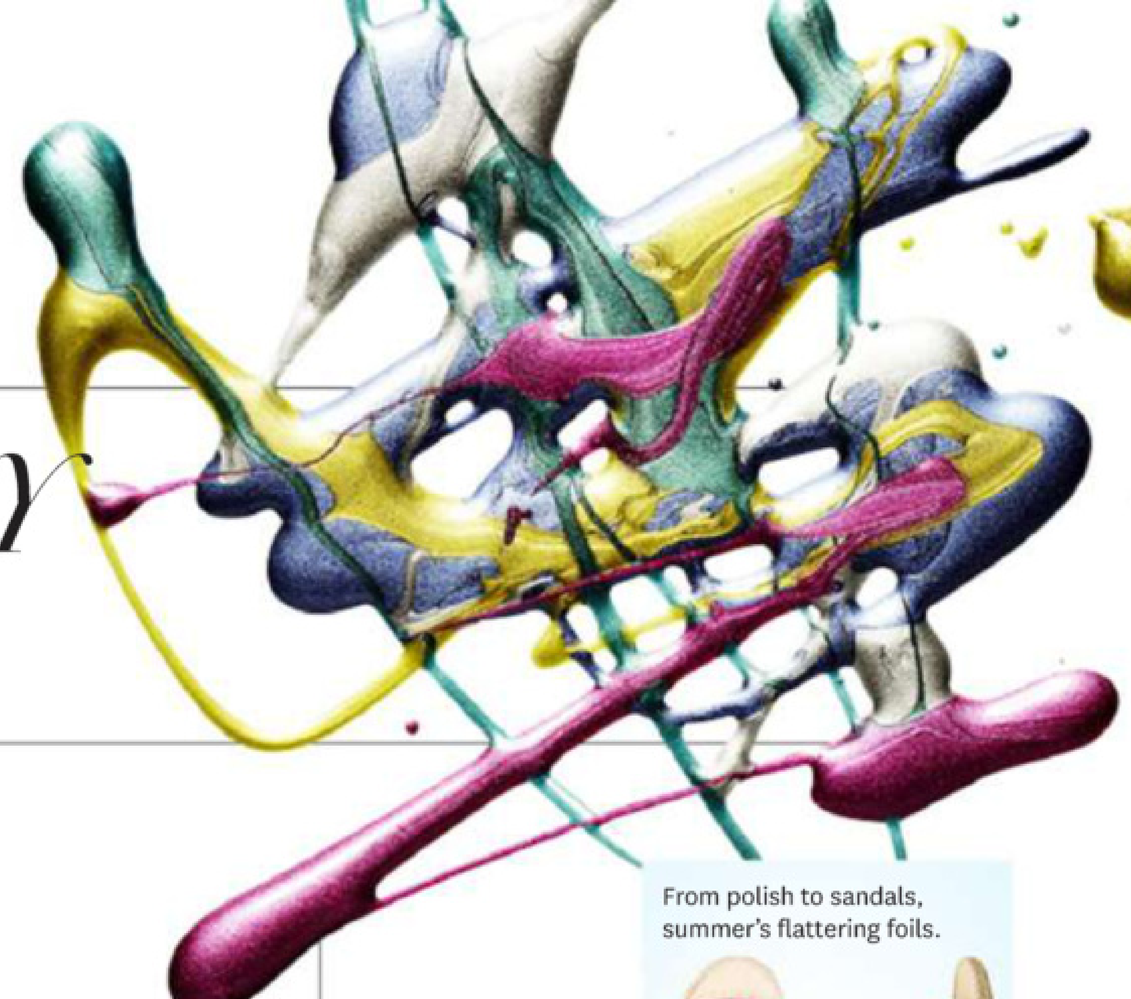
DON'T LEAVE YOUR RAZOR IN THE SHOWER.

Humidity and moisture prevent the blades from drying fully, which can cause bacteria buildup and lead to a skin infection, says Whitney Bowe, MD, clinical assistant professor of dermatology at Mount Sinai Hospital in New York City. As an extra precaution, it's also wise to switch to a new razor or blade every two weeks or so, says Jeffrey Benabio, MD, a dermatologist at Kaiser Permanente in San Diego.

O, Beautiful!



Val's BEAUTY BUZZ



O'S BEAUTY DIRECTOR, ***VALERIE MONROE,*** ON WHAT YOU NEED...AND WHAT YOU'LL LOVE.



Scent Away

How about a chic little suitcase for your fragrance? Last year the peripatetic perfumer Francis Kurkdjian circled the world three times, which inspired him to create the **Globe Trotter Travel Spray Case** in *Zinc* and *Gold* ($95 and $105; neimanmarcus.com). Fitted with a magnetic cap, each holds 0.37 ounce of his transporting scents (sold separately; my current favorite is the soft floral Amyris Femme).

ONE-SENTENCE REVIEW

Hampton Sun Airbrush Bronzing Mist
($42; hamptonsuncare.com)
Take three minutes to lightly spray on this temporary bronzer and blend—you'll look like you spent all afternoon at the beach, even if you never left the house.



From polish to sandals, summer's flattering foils.



First-Prize Metal

Though you probably won't see me sporting the purple or green—a little edgy for my taste—I will definitely be dressing up my nails in *Sterling Silver* and *Leaden Lilac* this summer. The new **Sally Hansen ColorFoil Nail Makeup Collection** ($8 each; drugstores) leaves a unique iridescent sheen in a choice of ten vivid shades. Feel free to change your mind and your polish capriciously: No top or

Greatness with Brush



It's a gold mine: This new SPF 20 liquid foundation, **BareMinerals BareSkin Pure Brightening Serum Foundation** ($29; sephora.com), comes in 20 shades and offers adjustable coverage from nearly sheer to full. Add a drop (or more) to the fluid reservoir at the top of the **Perfecting Face Brush** ($28; sephora.com) and sweep it over your complexion for natural-looking polish. The formula is free of oil, fragrance, and parabens.

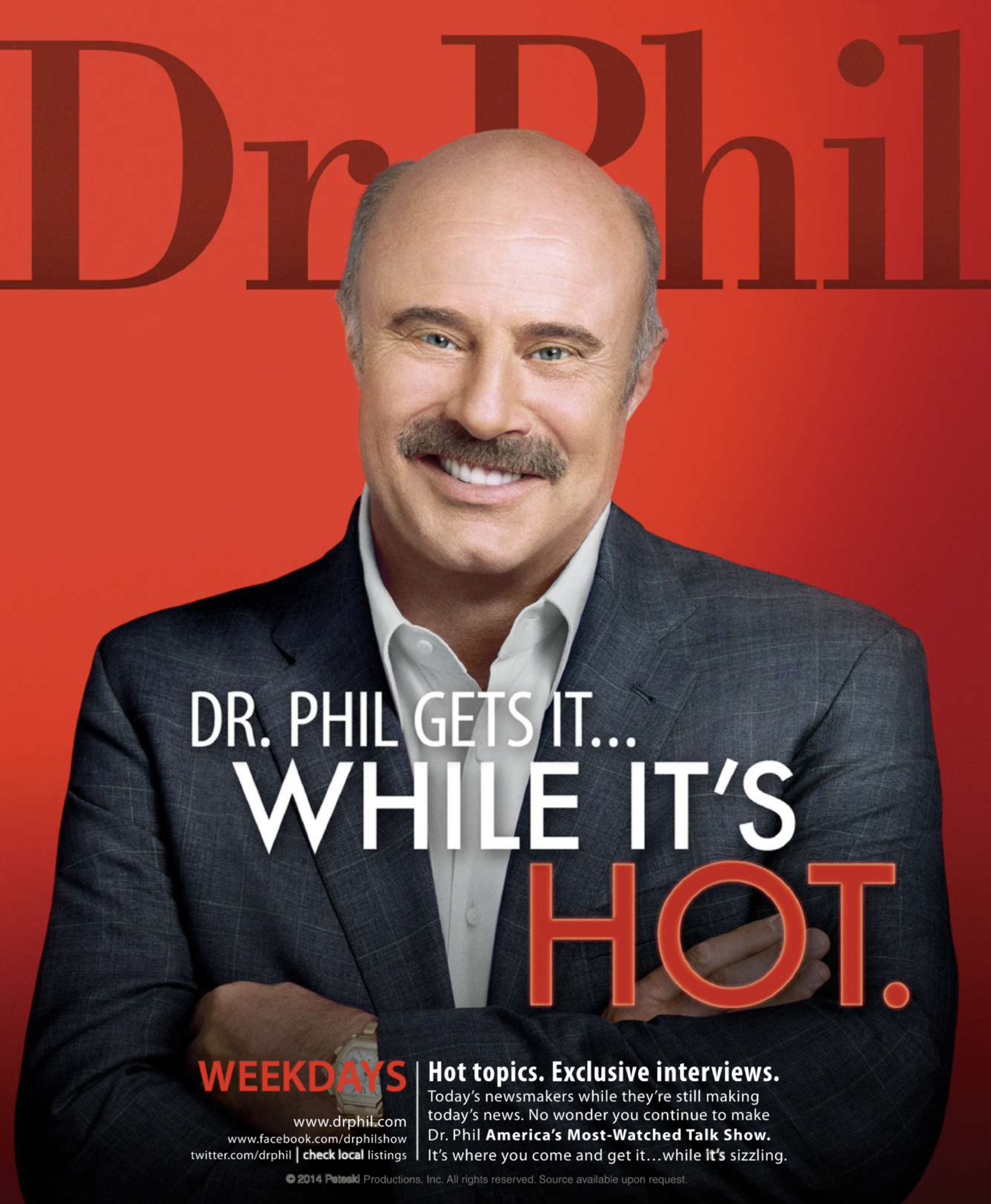
Ask Val

I swim in a chlorinated pool three days a week. How can I protect my skin?

As you probably know, chlorine can strip your skin of natural oils, making it feel dry, tight, and maybe even itchy, says Emmy Graber, MD, director of the Boston University Cosmetic and Laser Center. The chemical can also exacerbate eczema and other skin conditions, so apply a body oil or lotion before you dive in—a water-resistant sunscreen is a terrific choice if you swim outdoors. As soon as you get out of the pool, rinse in a cool shower (warm water may allow chlorine to penetrate the skin). And don't forget to reapply sun protection.

If you have a question about makeup, skincare, or haircare, e-mail askval@hearst.com or Ask Val at twitter.com/thisisvalmonroe.

MARKO METZINGER. MONROE: PATRIK ANDERSSON. SANDALS, $207; LIKAMIMIKA.COM. COURTESY OF LIKA MIMIKA.


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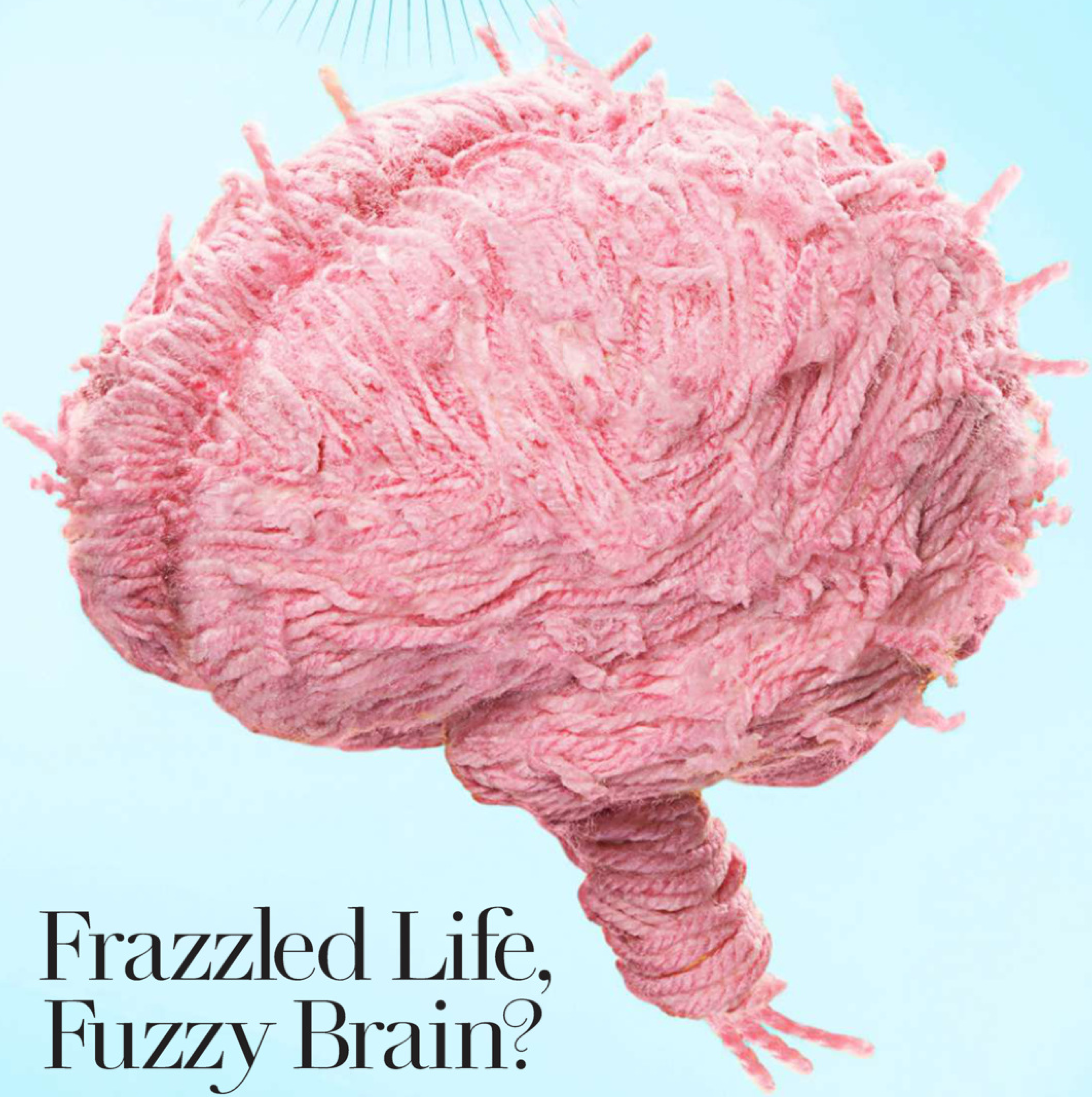
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Feeling Good

THE GOOD NEWS ON FAT

HOW YOUR SENSES CAN HELP YOU EAT LESS



Frazzled Life, Fuzzy Brain?

Reeling from the breakup of her marriage, ***Laura Hilgers*** had a lot on her mind. Then she started worrying about what all that worrying was doing to her brain.

PHOTOGRAPHS BY MAURICIO ALEJO

PROP STYLIST: FIDEL CASTAÑEDA

IF EMOTIONAL stress could be measured on the Richter scale, mine would be hovering around 9.0—and it's been that way since the day my husband of 23 years announced he wanted a divorce. I was blindsided by the news; if there had been warning signs, I'd missed them completely. A year and a half later, as we signed the divorce papers, I was still in shock.

So when I tuned in to NPR several months ago while driving home from my divorce attorney's office, the last thing I wanted to hear about was a study linking midlife stress to dementia. The researchers had tracked 800 women in Gothenburg, Sweden, from 1968 to 2005, looking at how stress affected their health pre- and postmenopause. Over the course of the study, they uncovered a surprising finding: The women who reported major stressors—such as divorce, the death of a spouse, or a demotion or job loss—between ages 38 and 54 had a 21 percent increased risk of Alzheimer's and a 15 percent increased risk of developing any kind of dementia. The more stressors, the higher the risk.

My first thought was, *They have stress in Sweden?*

My second thought: *Oh, great. My marriage blows up, and now I have to worry about losing my mind?*

My third thought: *At least I'll be in good company.*

The fact is, I can't name a single person who hasn't been through *something* awful in midlife. Among my friends, several have weathered ugly divorces or serious marital troubles, others are dealing with their spouse's or children's addiction issues, and a few have lost their jobs. Even though the study focused specifically on middle age, stress at any stage of life may impact our Alzheimer's risk, says Maria Norton, PhD, an associate professor at Utah State and one of the study's authors. And women might not be the only ones affected: Early data from a 19-year study on men and women suggests that the link between stress and dementia may be similar for both sexes. Does this mean that our brains take a hit with every major life shakeup?

Women who reported major stress at midlife had a 21 percent increased risk of Alzheimer's.

To find out, I got in touch with Robert Sapolsky, PhD, a neuroscientist at Stanford and the author of *Why Zebras Don't Get Ulcers,* which explores the effects of long-term stress on the body and brain. Sapolsky explained that when we're stressed, two areas of the brain crucial to learning and memory, the hippocampus and frontal cortex, are flooded with hormones called glucocorticoids, which help our body prioritize what's most important in a crisis. These hormones maximize our strength and energy—in case we need to flee a predator, for example—while temporarily shutting down less essential functions, such as maintaining connections between neurons in our brain. (You don't want to spend precious mental energy consolidating memories when you're trying to outrun a saber-toothed tiger.) But chronic stress has us releasing glucocorticoids nonstop. "As a result, the hippocampus and frontal cortex continually back-burner their housekeeping duties of cleaning up connections between neurons," says Sapolsky. Over time, that can cause these neurons to function poorly, potentially leaving us vulnerable to cognitive decline.

The big question—and one Rajita Sinha, PhD, a professor of psychiatry and neurobiology and director of the Yale Stress Center, gets a lot—is whether the brain can bounce

Stress Relief, Navy SEAL–Style

Navy SEALs, known for handling many of the military's riskiest missions, operate under extremely taxing conditions, but are among the most resilient members of the armed forces. We asked former SEALs how they learned to keep their cool—and how we can better navigate our personal minefields.



Prep for Battle
Instead of wasting energy by catastrophizing about stressful situations, SEALs spend hours in mental dress rehearsals before springing into action, says Lu Lastra, director of mentorship for Naval Special Warfare and a former SEAL command master chief. He calls it mental loading and says you can practice it, too. When your boss calls you into her office, take a few minutes first to run through a handful of likely scenarios and envision yourself navigating each one in the best possible way. The extra prep can ease anxiety and give you the confidence to react calmly to whatever situation arises.

Talk Yourself Up
Positive self-talk is quite possibly the most important



back after periods of chronic stress. "Everyone wants to know if they can recover from the damage," says Sinha. "And actually, we think they can, but the extent to which neurons can be repaired is still not clear. We've learned that the brain is very dynamic in the way it can restore itself after stress." So while the neurons I may have damaged during my months of fretting might be damaged for good, it's possible that once the glucocorticoid flood subsides, the brain may begin creating new neural pathways and potentially even new neurons. (It's like taking a detour on a highway: You eventually get to the same place but by a different route.)

Feeling Good

The key to getting back in tip-top neurological shape is, forgive the pun, a no-brainer. Research indicates that if we make a conscious effort to calm down after a traumatic event with a range of stress reduction techniques—cognitive-behavioral therapy, regular exercise, strong social support, and mindfulness activities like yoga and meditation—we may help prevent further neural damage.

While the research on stress reduction and dementia is relatively new, some animal studies and a few small human trials have shown that certain strategies for calming down can help increase the number of the neurons and neural connections that make up gray matter. A Harvard study found that among a group of adults between ages 25 and 55, those who meditated and practiced yoga for about three hours per week over the course of eight weeks showed significant increases in gray matter of the left hippocampus, which helps facilitate our ability to store information and recall it later.

It's impossible to predict whether I'll dodge the Alzheimer's bullet, of course, but I'm glad to know that all my downward dogs, triangle poses, and deep breaths are making my neurons happy. So I'll keep it up, look for other ways to soothe my mind, and try to trust that somehow everything—including my neurons—will be okay.

Laura Hilgers is a writer in Marin County, California.

---

skill these warriors learn during their 15-month training, says Lastra. The most successful SEALs may not have the biggest biceps or the fastest mile, but they know how to turn their negative thoughts around. Lastra recommends coming up with your own mantra to remind yourself that you've got the grit and talent to persevere during tough times.

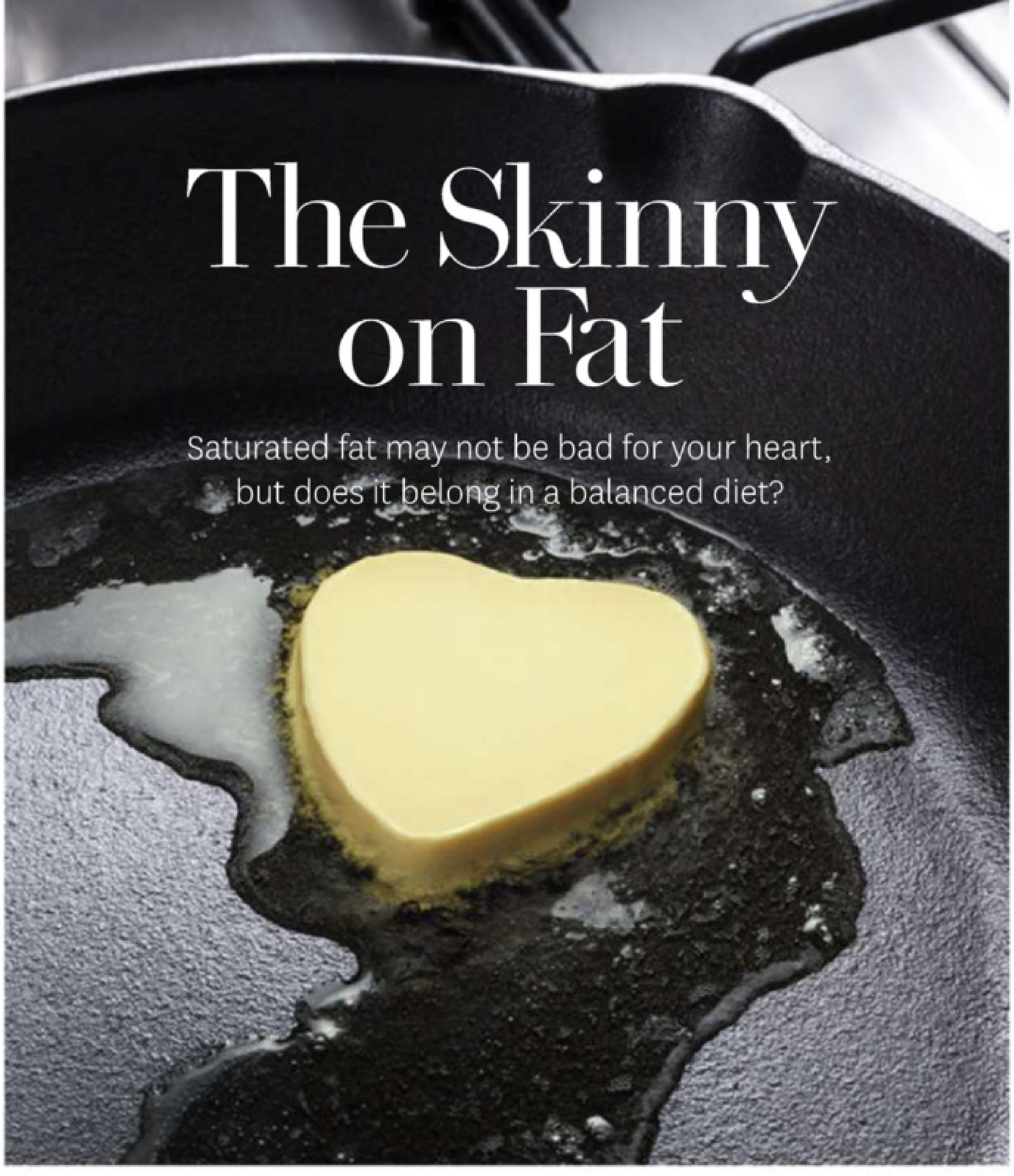
Embrace the Suck

"When the weather is foul and nothing is going right, that's when I think, *Now we're getting someplace!*" says Lastra, who encourages recruits to power through the times when they're freezing, exhausted, or discouraged. Why? Lastra says the, *er,* suckiest moments are when most people give up; the resilient ones spot a golden opportunity to surpass their competitors. "It's one thing to be an excellent athlete when the conditions are perfect," he says. "But when the circumstances aren't so favorable, those who have stronger wills are more likely to rise to victory."

Take a Deep Breath

"Meditation and deep breathing help slow the cognitive process and open us up to our more intuitive thoughts," says retired SEAL commander Mark Divine, who developed SEALFit, a demanding training program for civilians that incorporates yoga mindfulness and breathing techniques. He says some of his fellow SEALs became so tuned-in, they were able to sense the presence of nearby roadside bombs. Who doesn't want that kind of Jedi mind power? A good place to start: Practice what the SEALs call 4 x 4 x 4 breathing. Inhale deeply for four counts, then exhale for four counts, and repeat the cycle for four minutes several times a day. You're guaranteed to feel calmer on any battleground.

—KATHRYN WALLACE



The Skinny on Fat

Saturated fat may not be bad for your heart, but does it belong in a balanced diet?

WHILE NUTRITIONISTS have long praised the good fat in avocados, olive oil, and nuts, they've universally recommended avoiding food high in its stepsister, saturated fat. Because saturated fat can raise levels of bad cholesterol (LDL), it's been thought to increase your risk of heart disease. Yet while some studies supported this association, the findings were far from conclusive—and may not have taken into account other dietary factors (like the potentially negative effect refined carbs can have on the heart) or the fact that saturated fat can actually raise good cholesterol (HDL).

Still, the idea stuck: Sat fat is bad fat. But now emerging research is shedding new light on the debate. A scientific review of studies involving more than 600,000 people, published in the *Annals of Internal Medicine* earlier this year, found no significant link between dietary saturated fat and heart disease—suggesting that we don't, in fact, need to shun foods like red meat, butter, and whole milk for our heart's sake. But before you go hog-wild, here's what you should know about popular fatty foods.

MEAT

There's a difference between unprocessed meat—like beef, lamb, and pork—and the processed varieties that include sausage, bacon, and lunch meat. After analyzing 20 studies, Harvard researchers found that while eating one 3.5-ounce serving or more of red meat daily wasn't associated with a higher risk of heart disease, consuming just 1.8 ounces of processed meat (the equivalent of about two slices of bologna) a day was associated with a 42 percent increased risk. The main culprit might not be the saturated fat after all, but rather the high amounts of sodium (which can raise blood pressure) and preservatives (which may promote arterial hardening) in processed meat.

EAT SMART: Sticking to one to two servings of red meat per week shouldn't have a major impact on your health if you eat well the rest of the time, says Dariush Mozaffarian, MD, an associate professor at the Harvard School of Public Health and coauthor of the *Annals of Internal Medicine* study. But he recommends consuming most of your protein from sources proved to be beneficial, like nuts and fish rich in unsaturated fatty acids.

WHOLE MILK

While full-fat milk contains 66 more calories and four more grams of saturated fat per cup than nonfat milk, skim might not mean slim. A study of more than 19,000 middle-aged women found that consuming one serving or more of whole milk a day appeared to protect against weight gain over the course of about nine years, while drinking low-fat milk had no effect. "The extra fat in whole milk is satiating, and it's possible that we may get fuller on less," says Mario Kratz, PhD, a nutritional scientist at the University of Washington.

EAT SMART: Portions still matter, so drink no more than three cups of whole milk per day (the total recommended daily dairy intake). And consider going organic; one study found it can contain a heart-healthier mix of fatty acids, including omega-3s.

BUTTER

Butter and lard (pork fat) are back in favor as natural, minimally processed sources of fat (as opposed to, say, margarine). Lard is actually lower in saturated fat than butter and contains double the amount of heart-healthy monounsaturated fatty acids.

EAT SMART: Still consume these spreads in small serving sizes (a couple of teaspoons over steamed broccoli, for example) and within a healthy, whole-food-based diet.

CHEESE

Could Gouda be good for you? A 2012 study looked at total dairy consumption in eight European countries and found that on average, people who ate about two ounces or more cheese daily had a 12 percent lower risk of developing diabetes compared with those who consumed it sparingly. One hypothesis is that when cheese is fermented, it produces good bacteria that may help reduce cholesterol.

EAT SMART: Cheese often keeps very unhealthy company, like fast food burgers and takeout pizza, so aim to include it alongside healthier fare. And keep in mind that not all cheese is created equal: Swiss is naturally low in sodium, and Parmesan is high in protein, while feta and blue cheese are so big in flavor that a little can go a long way.

—JESSICA GIRDWAIN

Move Over, Taste Buds

EAT YOUR BRUSSELS SPROUTS! Stop at one cupcake! Step away from the French fries! If well-meaning dietary advice were simple to follow, we'd do it all the time. But you needn't rely on willpower alone to eat right. Engaging all five of your senses at mealtime may be the secret to creating healthier eating habits. **—J.G.**

HEARING

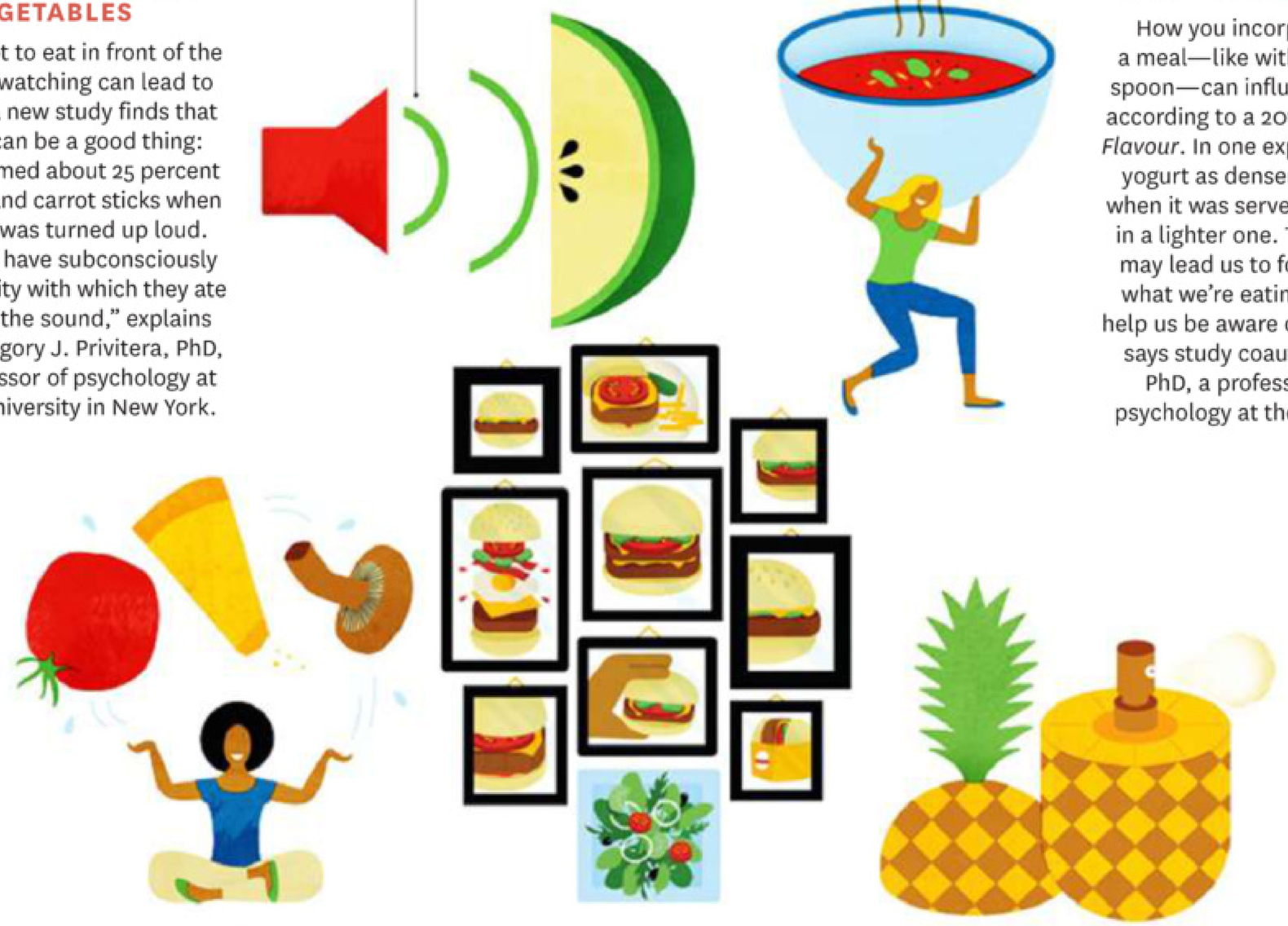
USE IT TO: EAT MORE FRUITS AND VEGETABLES

We've been told not to eat in front of the TV because binge watching can lead to binge eating, but a new study finds that mindless eating can be a good thing: Participants consumed about 25 percent more apple slices and carrot sticks when a movie's volume was turned up loud. "The subjects may have subconsciously matched the intensity with which they ate to the intensity of the sound," explains study coauthor Gregory J. Privitera, PhD, an associate professor of psychology at St. Bonaventure University in New York.

TOUCH

USE IT TO: FEEL FULL ON LESS

How you incorporate touch during a meal—like with a hefty wineglass or spoon—can influence how food tastes, according to a 2013 report in the journal *Flavour*. In one experiment, people rated yogurt as denser and more enjoyable when it was served in a heavy bowl than in a lighter one. The tactile experience may lead us to focus more intently on what we're eating, which can thereby help us be aware of when we're truly full, says study coauthor Charles Spence, PhD, a professor of experimental psychology at the University of Oxford.



TASTE

USE IT TO: CUT BACK ON FAT AND SODIUM

To get the most deliciousness from your food, chefs often recommend adding umami, considered the fifth taste after salty, bitter, sweet, and sour. (Umami owes its savory or meaty flavor primarily to the amino acid glutamate.) A review in *Nutrition and Health* concludes that adding umami-rich foods (including Parmesan, shiitake mushrooms, and tomatoes) to your dishes in place of high-fat extras and salt can help reduce fat content by up to 30 percent and sodium by as much as 40 percent—without compromising taste.

SIGHT

USE IT TO: KILL CRAVINGS

We know that scrolling past a mouth-watering picture of a friend's latest culinary creation on Instagram can make us hungrier, but you can use the images to your advantage if you don't stop at just one photo. A 2013 study in the *Journal of Consumer Psychology* suggests that exposing people to repeated images of the same type of food (like salty or sweet dishes) makes them grow mentally tired of the taste, so it's less enjoyable when they finally have a chance to eat. Before dining, look at images of food you intend to eat—the sensory stimuli may be enough to stop you from overindulging.

SMELL

USE IT TO: TAME YOUR SWEET TOOTH

Go on, take a whiff of something really sweet. In a small 2012 study, participants ate vanilla custard in a lab while researchers released a cream aroma at different levels of intensity. When the strongest aroma was present, the subjects took smaller bites and consumed as much as 10 percent less of the treat. "We tend to regulate intensely pungent sensations by reducing our intake," says study coauthor René de Wijk, PhD. "As a result, we can eat less but still feel satisfied." You may get similar results when eating foods that have stronger aromas and flavors, like lemon pie or pineapple upside-down cake.

ILLUSTRATION: MITCH BLUNT

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The Other Woman

After a blissful courtship, **Helyn Trickey Bradley** married the man of her dreams. She loved his two daughters, his charming house—but could she love



The author with her daughter, stepdaughters, and husband.



Karen Bradley's old blue chair.

COURTESY OF BRADLEY FAMILY. FRAMES: GETTY IMAGES.

I HAVE A LAUNDRY list of reasons for hating the blue recliner: It's lumpy; it's too big for the room; it's covered with scratches from a dog I never belonged to my husband's dead wife, Karen.

Over and over again, I turn it to face the rest of the room, but because of a slight slope in the floor, the chair stubbornly swivels to face a bookcase that holds a framed photo of Karen sitting in the rumble seat of a Model A with her two young daughters, her blonde, chin-length hair shimmering in the sun. I dig up a photo of Gary and me the biggest ride at the fair. I place our photo on the bookcase, nudging it next to the picture of Karen and the girls. The frames touch, they are so close. Still, the chair nags at me. I want it gone.

"It's comfortable," Gary argues. "It's functional."

I tell him it looks like it belongs in a fraternity house. ›

Connections

I married Gary, a widower with two young daughters, after a whirlwind romance, the kind with such velocity that it confounds everyone but the two people at its center. We met online, then had dinner on a sticky night in August, when only mosquitoes and lovers linger on park benches. We broke most of the first date rules: He told me of the pain of losing his wife to cancer and the challenges of helping his daughters through their grief. I told him about the toxic decade-long relationship that had left me pessimistic about finding lasting love. By midnight, we'd both admitted that we were open to getting married—him again and me for the first time. It felt like we were spinning through the universe, two shooting stars shivering with speed. The following month, Gary introduced me to his daughters: Tonya, 12, energetic and twinkly eyed, and Lizzie, a 5-year-old with a honey-colored bob and a jack-o'-lantern smile. Three months later, we were engaged. Less than a year after our first date, I became, at 41, a first-time wife and mother of two. In so many ways it was a dream come true, and I wanted badly to believe that moving into the home Gary had shared with Karen would be as seamless and wonderful as falling in love with her husband had been. Loving Gary was easy. Loving Gary's daughters was easy. Loving Karen was not.

The house was saturated with her. When we made peppermint tea, we used Karen's kettle. When we baked pumpkin muffins, we used Karen's oven mitts. Mail addressed to her still came to the house. I'd hoped I would grow to treasure Karen's primary-colored Fiesta dishes, her wedding dress, pressed and hanging at the back of our closet, waiting for Tonya or Lizzie. Instead, I wondered what kind of woman would buy a gingham shower curtain and leave the walls in her home a numbing shade of Mary Oliver's poetry on the bookshelves. But the blue chair remained—and so, it seemed, did Karen's hold on my house.

I was jealous that Karen had loved my husband for 17 years. She'd known him as a young man, when starting his own woodworking business was just a dream he whispered about under the covers. Karen had loved my husband before children, when, I imagined, sleeping late, romantic weekends at the coast, and long, uninterrupted conversations were routine. I hated learning that Gary had proposed to Karen on a cliff overlooking the Pacific Ocean. Pausing to study their wedding photo in a corner of Gary's home office, I spied a young couple squinting and ecstatic in the sun outside the Chapel of Love in Las Vegas, grinning like they'd just pulled off a bank heist.

I've had girlfriends, most of them sane and successful, who've made voodoo dolls out of their lover's ex-wives or past girlfriends. I can't do that to Karen: It's distasteful to speak ill of the dead, much less stick effigies of them with pins. I can't even complain about her to my girlfriends without feeling like a heel.



The author with Tonya (*left*) and Lizzie on the beach in Seal Rock, Oregon, in December 2010.

COURTESY OF BRADLEY FAMILY

TO COMMEMORATE Karen's death each April, Gary and the girls release balloons with messages they've written on paper hearts attached to the strings. On the second anniversary of her death, Gary and I had been engaged for four months. I knew I was officially part of the family when Tonya and Lizzie selected a red balloon for me to release, too. But I had trouble writing a message. I wasn't sure what Karen would want to hear from me, the woman who'd sneaked into her house, slept with her husband, and presumed to know how to mother her two babies. I sat with a pencil poised over my blank paper heart. Finally I just scribbled "thank you" and quickly folded the paper twice so no one could glimpse what I'd written. It felt like such a silly, weak message, but what could I say? The truth and incredible

irony is that Gary, Tonya, and Lizzie's loss had been my gain.

One summer, while Gary, the girls, and I were on the Oregon coast, we stopped at a favorite local restaurant following an afternoon spent building sand castles and splashing in the frigid Pacific. As we waited for our cheeseburgers and fries, I leaned over and brushed some sand from Tonya's eyebrows. Someone at the table, maybe Lizzie, began to hum, and soon the whole family was singing "She'll Be Coming 'Round the Mountain" and laughing about how none of us except Gary could remember the lyrics. We were still singing when Tonya looked at me and stopped short, her face stricken. She turned her gaze to the ocean tumbling outside the window, but the tears at the edges of her eyes told me what had happened: She'd lost herself in time and had turned toward me expecting to see Karen.

I was certain Karen had experienced the same anxiety that was now consuming me, the heavy possibility of so much loss.

WE HADN'T BEEN together a year when Gary and I were happy to discover that I was pregnant. During my second trimester, we learned that our baby was too small, and the doctor advised bed rest. Heavy and uncomfortable, I spent my days sipping protein shakes and drifting in and out of fitful naps. Gary and the girls would gather in the bedroom each afternoon and tell me their news. It occurred to me that they must have done the same during Karen's final months. As her body withered in hospice care, Karen's adjustable home hospital bed had been placed along the west wall to give her a view of the busy dining room. My queen-size sleigh bed now sat in the same place—but while I was lying under the covers waiting for a new life to take hold, Karen had been waiting for her own to end.

Twisting in a tangle of sheets, I thought about how Karen, too, must have looked out the window to see the neighbors trudge through the drizzle with golden retrievers tugging on their leashes. Surely she also saw the school bus motor down our quiet street every afternoon, filled with boisterous children. Maybe Karen lifted her head and smiled when she heard the thumping of small feet, Tonya's earnest attempts to channel Adele, and Lizzie's lament of "I'm hungry!"

I began to grill Gary for details about this woman whose life I'd come to inhabit. From him I learned that Karen had planted King Edward daffodil bulbs each fall, that she made her own granola, that she could watch any movie starring Cary Grant ten times without tiring. Gary told me how on a blustery Friday afternoon in February 2009, Karen had gathered her daughters close on her bed and, with Gary's help, explained that the bad cells were beating the good cells, and that she was going to die. Lying there in the room we shared, I couldn't imagine how she'd summoned the courage.

Every so often during those months of bed rest, when Gary and the girls were out, I'd wander through the quiet house, letting my fingertips drift along the same counter tops that Karen's hands had touched. I'd sit at the dining room table, clutching a mug of ginger tea and a box of Saltines, fighting off morning sickness. And I'd wonder whether Karen, who had miscarried twice before she and Gary adopted Tonya and Lizzie, had sat at this same table feeling sick to her stomach. I was certain that she'd experienced the anxiety that was now consuming me, the heavy possibility of so much loss. In life, we have little control over whom we fall in love with and when; which babies flourish in our bellies and which don't; when we die and whom we leave behind, bobbing and gulping in our wake.



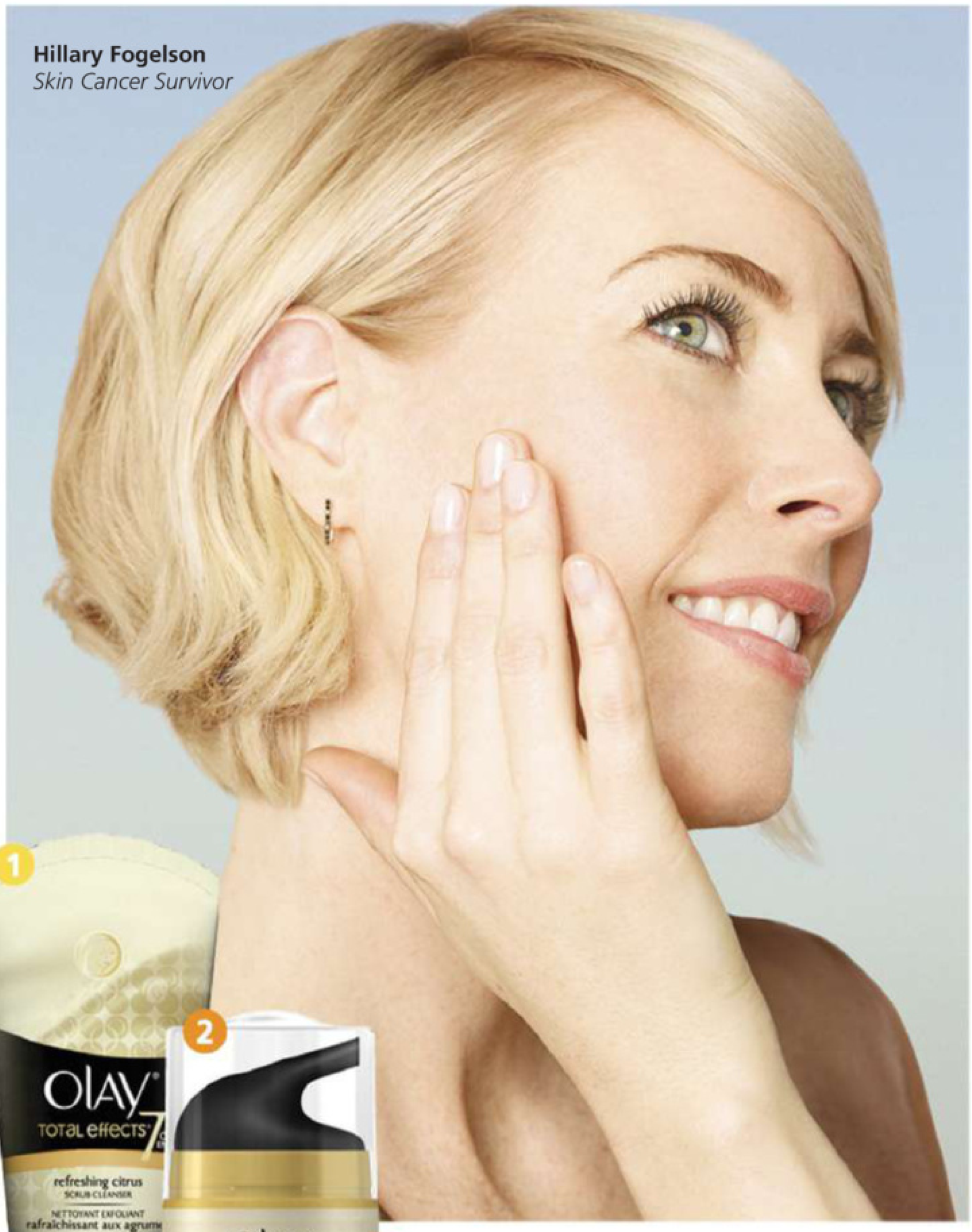
The author and her daughter, Summer, then 6 months old.

In January 2012, I delivered a healthy baby girl, and Gary and I became swamped with around-the-clock feedings, diaper changes, and swaddling and reswaddling our squirmy infant. I was so overwhelmed by new motherhood that I nearly forgot my jealousy of Karen—until one afternoon when I sank deep into her old blue chair to feed my daughter. Holding my warm baby, I lifted my foot and the recliner swiveled to face the bookcase. From there, I could see an array of photos: Gary and me at our wedding; Tonya and Lizzie goofing around at the beach; our newborn, her hair wet from the bath, her eyes starry with wonder. I felt a sudden surge of gratitude for my oddly constructed family—including Karen, who will always be here: in photos, in memories joyous and heartbreaking, in her careful recipe notes, and in her blue chair, which still isn't pretty, but is starting to feel like home.

COURTESY OF BRADLEY FAMILY

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THE summer skin I WANT



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Hillary Fogelson, a Skin Cancer Survivor, was 25 when she was first diagnosed with melanoma. Now, at 38, she knows the importance of sun protection, and her best beautiful is knowing her skin is healthy and protected. **Follow Hillary's tips below for glowing summer skin.**

- When it comes to daily skin care, look for multitasking products to keep your routine quick and simple. See my 1-2-3 routine below.

- Diet and exercise have a big impact on your skin. I love long jogs and hikes to keep my skin luminous, but any exercise you love will work! Drink lots of water and give your body healthy fuel, like fruits and vegetables.

- For me, summer means broad spectrum SPF and wide-brimmed hats. Carry sunscreen in your purse and keep a hat in your car so you're never caught without sun protection.

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HELLO, SUNSHINE!

This is the season for reading by the beach, lounging by the pool, and bigger, better, more brilliant living by the bucketful. Come along as we show you how to ***upgrade your life,*** one clever tweak at a time (page 92). First on the list: Clear your schedule and dive into a few thrilling reads with the help of our ***summer books spectacular*** (page 76). Your future is looking bright indeed....

PROP STYLIST: ROBIN FINLAY

PHOTOGRAPH BY ADAM VOORHES

the BOOKS of SUMMER

Think of the season as an equation: *Sunshine* plus *blue sky* plus *idle afternoon* equals *lovely,* to be sure. But when you multiply all that by the power of books, things get exponentially more delicious. Join us as six of our favorite writers explore the exquisite place where summer and reading converge. Then use our bonanza of highly selective book recommendations—epic sagas! moving memoirs! brilliantly brief short stories!—to find your perfect summer reads.

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CONFESSIONS of a PATHOLOGICAL READER



ZADIE SMITH
is the author of *White Teeth*, *The Autograph Man*, *On Beauty*, *NW*, and the essay collection *Changing My Mind*.

ZADIE SMITH offers an ode to bibliomania, a happy disorder nicely accommodated by this forgiving time of year.

QUITE OFTEN I AM ASKED TO RECOMMEND, as a practice, the habit of "reading." I like to do this, though I always feel a little phony. To recommend something implies that its presence in your life is a positive choice, like playing tennis or avoiding gluten. For me, being a reader, in summer or at any other time, isn't a "lifestyle choice." Rather, I made the choice—if that's what it was—so long ago, it has taken on an inescapable character in my mind. I think that if I were a very good swimmer, I would be proud to be so, but being proud of being a reader, in my case, is like being proud you have feet. I don't feel much pride when, on the way to somebody's house for dinner, I stuff several books into my handbag for...well, for what? Can I really not manage a brief subway ride without textual support? Is that normal? Are there other people who, when watching a documentary set in a prison, secretly think, as I have, *Wish I had all that time to read*?

What I'm describing is a condition that might be termed "pathological reader syndrome." My acquisition and digestion of books is, to be frank, absurd. Just get a Kindle, everyone advised me a few years ago. Yet here I am, packing for a short flight between London and Belfast, with my Kindle, certainly, but also with four or five hardback books jammed into my hand luggage, just in case. Just in case we happen to fly through a wrinkle in time in which an hour expands to accommodate infinity.

While I'm not sure I can recommend living this way, I can say that if you are similarly afflicted, summer is your season: The beach is one of the few places pathological readers can pass undetected among their civilian cousins. Of course, summer calls for a particular kind of book. In August, in a hammock, I find that one sentence must flow unobstructed to the next, and the people I'm reading about should struggle and die and confess their eternal love for one another. **Tolstoy is excellent for hammock reading,** especially *Anna Karenina*, *War and Peace* (skipping over the essays at the end), and any of his shorter stories. Flaubert's *Madame Bovary* is, likewise, utter heaven. More recently I forgot I had a life while reading of lives torn apart by the Biafran war in Chimamanda Ngozi Adichie's *Half of a Yellow Sun*. The epic inaction of our summer holidays is perhaps what makes them suitable for the reading of epics, especially those set in times of war. When I am doing nothing but watching a 4-year-old dig a large hole in the sand, it's nice to know that somewhere else the Russian army is advancing. I once went to the Bahamas with my mother and brothers, but in truth I went on holiday with *Daniel Deronda*. A decade later, I still remember Eliot's sentences better than the charms of the company.

I have also experienced much summer reading joy sinking into the epic lives of real people. Adrian Nicole LeBlanc's *Random Family: Love, Drugs, Trouble, and Coming of Age in the Bronx* gave me one of the greatest, most immersive summer reading experiences of my life. This summer I hope to read *Common Ground: A Turbulent Decade in the Lives of Three American Families* by J. Anthony Lukas, which gives us Boston in the '60s and '70s, with all its racial and political turmoil. I say "hope" because all reading now, pathological or otherwise, is dependent on my two children giving me time to do it. Epics begin to look daunting when you're measuring your time in teaspoons. For this reason, among many others, I do not sniff at true crime, which you can read even while

Though the length of Tolstoy's massive masterpiece War and Peace *has been the butt of many a joke, the novel is not nearly the world's longest. Proust's seven-volume* In Search of Lost Time *is triple the size.*



LINDA BROWNLEE/CORBIS OUTLINE

your children are talking to you. And the grandfather of that genre, Truman Capote's *In Cold Blood,* is still, to me, the finest.

My name is Zadie Smith, and I am a 38-year-old pathological reader. I would like to say in my defense that I don't really get the appeal of **YOLO.** I live many times over. Hypothetical, subterranean lives that run beneath the relative tedium of my own and have the power to occasionally penetrate or even derail it. I find it hard to name the one book that was so damn delightful it changed my life. The truth is, they have all changed my life, every single one of them—even the ones I hated. Books are my version of "experiences." I'm made of them. But every summer I hope to take a book to a beach and pretend that it's only an occasional thing, a seasonal indulgence, which will be put down come September, as I return, like any civilian, to real life.

A sort of carpe diem for the younger set, YOLO, meaning "You only live once," was popularized by rapper Drake in his 2011 song "The Motto."



THE SAGA OF THE SUMMER

A God in Every Stone
By Kamila Shamsie (Atavist)

A sweeping novel of love, empire, and rebellion set in Turkey, England, and British India during and after World War I by a writer short-listed for the Orange Prize.



NEW LINES WE LOVE

"She comes out of the house and sees FRESH SHAPES in the GRASS, a GEOMETRICAL WARNING she does NOT UNDERSTAND."

From *Song of the Shank* By Jeffery Renard Allen

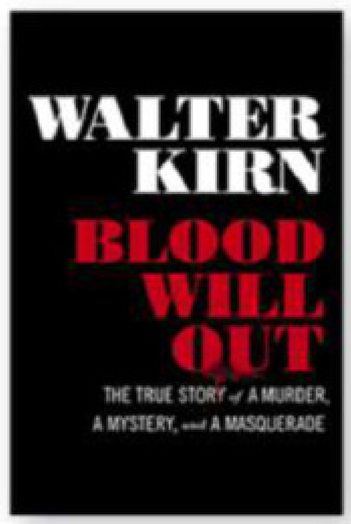
The BOOKS OF SUMMER

15 TITLES to

Whether you're on vacation or need a vacation from your vacation, you'll be swept away by these extraordinary new releases, ranging from hilarious to harrowing, girly to gritty, highbrow to high octane. *By NATALIE BEACH*

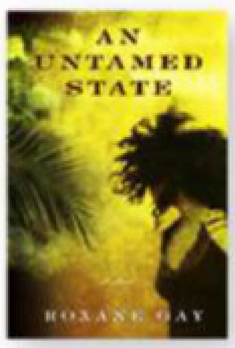
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BLOOD WILL OUT *By Walter Kirn (Liveright)*
In July 2008, novelist Kirn was shocked to learn that Clark Rockefeller, his friend of 10 years, was a serial impostor being charged with murder. In this exhilarating mash-up of memoir and true crime, Kirn takes an unflinching look at how everyone, including himself, got taken in.

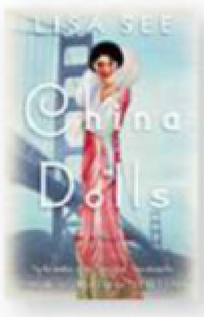


2

AN UNTAMED STATE
By Roxane Gay (Black Cat)
"Once upon a time, in a far-off land, I was kidnapped by a gang of fearless yet terrified young men...." So begins the debut novel by a bold feminist critic, a gripping tale of a young mother ensnared in Haiti's explosive class struggle.



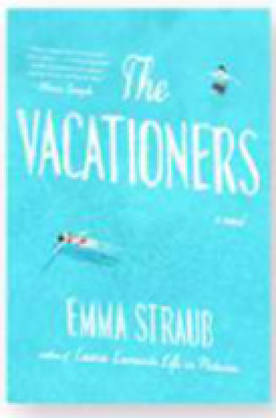
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CHINA DOLLS *By Lisa See (Random House)*
San Francisco, 1938: a glamorous world of sex, scandal, and paranoia where three women become confidantes after meeting on the "chop suey circuit," the city's all-Asian revue nightclubs. See paints a spellbinding portrait of a time burning with opportunity and mystery.

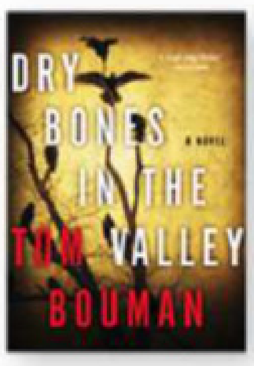
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THE VACATIONERS
By Emma Straub (Riverhead)
Those who love novels featuring sly humor, sun-drenched islands, and family drama will fall fast and hard for this one. A nearly perfect read, beach or otherwise.

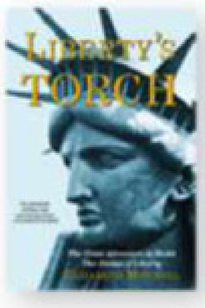


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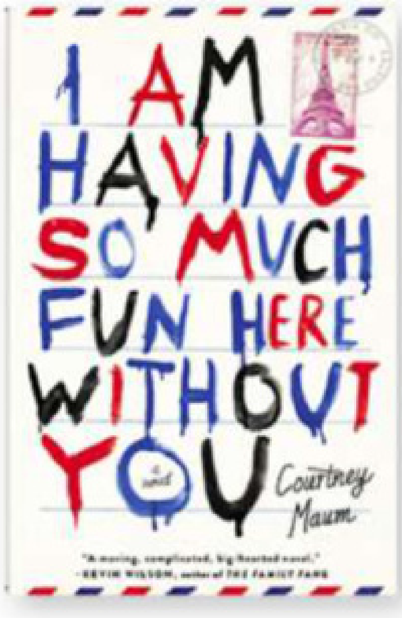
DRY BONES IN THE VALLEY
By Tom Bouman (Norton)
This Pennsylvania-set noir belongs to a fiddle-playing, funny-guy cop who just caught his first murder case. But in the grisly literary tradition of Leonard and Lehane, it's a little more complicated than just one corpse in the woods. Soon Officer Farrell is trapped in a morass of fracking and family feuding. Will all this darkness cost him his soul?



6



LIBERTY'S TORCH
By Elizabeth Mitchell (Atlantic Monthly Press)
Give me your tired, your poor, your...originally intended for Egypt? Turns out what you thought you knew about Lady Liberty is dead wrong. Learn the truth in this fascinating account of how a French sculptor armed with only an idea and a serious inability to take no for an answer built one of the most iconic monuments in history.



7

I AM HAVING SO MUCH FUN HERE WITHOUT YOU
By Courtney Maum (Touchstone)
How do you say *men are dogs* in French? When a brilliant Parisian lawyer discovers that her painter husband has been having an affair, she does something very un-French: She sends him packing. But now he's trying to win her back. Can she forgive him? Should she? A winning first novel of infidelity, forgiveness, and (maybe, just maybe) falling back in love.

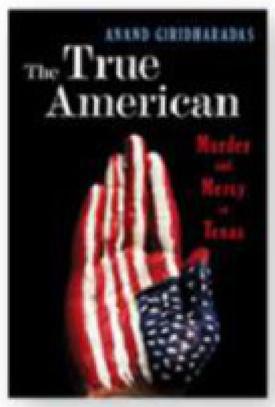
Pick up NOW



8

ONE MORE THING
By B.J. Novak (Knopf)
Weepy sex robots, belligerent planetarium visitors, and a warlord on a blind date are just a few of the bizarre creations in this surprisingly tender short-story collection. You'll laugh and you'll cry (mostly from laughter) at this sure-handed debut. Novak, formerly known as Mindy Kaling's main squeeze on *The Office*, must now be acknowledged as one of the funniest authors we've read all year.

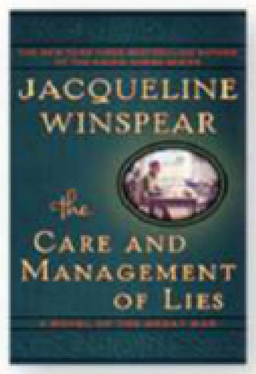
9



THE TRUE AMERICAN: Murder and Mercy in Texas *By Anand Giridharadas (Norton)*
Raisuddin Bhuiyan, a former Bangladeshi air force pilot, was working at a Dallas convenience store when he was shot point-blank by self-described terrorist Mark Stroman. *The True American* tells the wrenching story of Bhuiyan's path to healing, assimilation, and finally his campaign to stay Stroman's execution. A chilling nonfiction account from a *New York Times* columnist who dares to ask whether Americans can still claim the American dream.

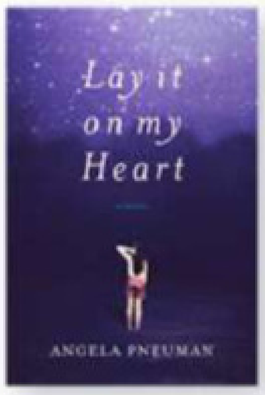
10

THE CARE AND MANAGEMENT OF LIES
By Jacqueline Winspear (Harper)
Fiction at once fresh and timeless, intimate and sweeping that chronicles the challenging friendship between a suffragist and a farmer's wife. Set against the backdrop of the Great War, it's a rare stand-alone novel by the author of the beloved Maisie Dobbs series.



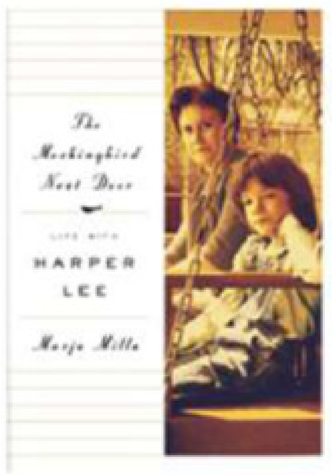
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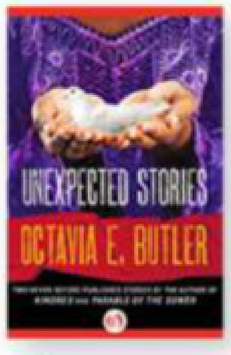
LAY IT ON MY HEART
By Angela Pneuman (Mariner)
You think your teenage years were rough? Charmaine Peake is 13 when her father is committed to an asylum for believing himself a prophet. Now she must live with her mother in a cramped trailer and somehow retain her sanity and sense of humor. Biting yet optimistic, this first novel will knock you sideways with its Southern charm and quiet humanity.



12

THE MOCKINGBIRD NEXT DOOR: Life with Harper Lee
By Marja Mills (Penguin Press)
Journalist Mills was sure she'd fail when she traveled to Monroeville, Alabama, to land an interview with reclusive *To Kill a Mockingbird* author Harper Lee. But against steep odds, Mills not only made a connection with the writer, she ended up spending 18 months hanging out with Lee and her sister, listening to their stories, and tagging along with them to fast food joints. Through a combination of persistence, kindness, and journalistic karma, Mills has done what no writer before her could: She got Harper Lee to open up about her life, her work, and why she never wrote another book.

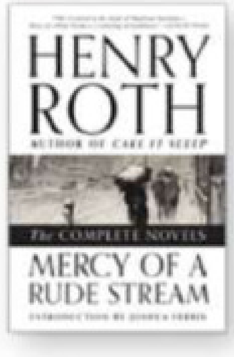




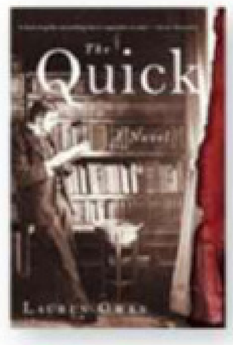
13

UNEXPECTED STORIES
By Octavia E. Butler (Open Road Media)
As a young artist, Butler woke at 2 A.M. to write, for a time supporting herself as a potato chip inspector. She later became one of science fiction's most acclaimed novelists and, as a black woman, a trailblazer in the genre. Now, eight years after her death, two unpublished works—dystopian allegories more resonant today than ever—can be devoured in one e-book.

14



MERCY OF A RUDE STREAM
By Henry Roth (Liveright)
If your idea of a good time is digging into 1,300-plus pages of an underappreciated modernist classic, then you're (a) a person after our own heart and (b) in luck. Finally, Roth's four-volume opus is collected in one staggering edition—so clear your calendar.



15

THE QUICK
By Lauren Owen (Random House)
Forget Jack the Ripper—it's the curiously pale aristocratic types you need to beware of in this supernatural Gothic nightmare. Charlotte Norbury travels from her family's dilapidated estate to the back rooms of Victorian London society to find her brother, who's mysteriously vanished. Owen's stylishly sinister world of betrayal and Lovecraftian monsters will have you sleeping with the lights on.

LONG STORY SHORT

What should a space alien do on its summer vacation? According to *GEORGE SAUNDERS,* discover the essence of being human—by reading short fiction.



GEORGE SAUNDERS is the author of the award-winning short-story collection *Tenth of December* and, most recently, *Congratulations, By the Way: Some Thoughts on Kindness.*

RECENTLY, A FRIEND SAID TO ME, "Hey, George, if a space alien beamed you up to his ship and demanded that you explain what being human is like, what would you say?"

"Well," I said, "I'd advise the alien to spend a few days reading short stories." Short stories are the deep, encoded crystallizations of all human knowledge. They are rarefied, dense meaning machines, shedding light on the most pressing of life's dilemmas. By reading a thoughtfully selected set of them, our alien could, in a few hours, learn everything he needs to know about the way we live. Except how it feels to lose one's car in a parking garage and walk around for like three hours, trying to look as if you know where you're going, so the people driving by—who have easily found their cars, having written the location on their wrists or something—don't think badly of you. I don't think there's a short story about that yet.

Anyway.

"What is this thing called love?" our alien might wonder.

"All right," I'd say. "Your first assignment is **Chekhov's beautiful 'Lady with the Dog,'** which shows a supposedly casual fling morphing into true love, in fits and starts, even over the objections of the lovers."

"Does that happen often down there?" the alien would ask.

"Yes," I would say. "Though mostly in 19th-century Russia." (No need to give aliens too much detail.)

But, also, it would be important for him to know that not *everyone* on earth finds love. So, "On the Cart," also by Chekhov—one of the saddest stories ever, in which absolutely nothing happens, except: Lonely person stays lonely.

Do aliens, once in love, ever break up? You'd have to hope so. It would be kind of creepy, all these aliens living monogamously to like age 9,000, making love in that slow, telepathic way they have. And afterward, they do that "brain meld" thing and put their "teeth" back in. Eek. Let's give him "The Three-Day Blow" by Ernest Hemingway, a great breakup story that also has some of the best drunk dialogue in literature. Do aliens get drunk? I heard they do, and that is how the Grand Canyon came to be.

But it's not all about love down here! We're also obsessed with money. So our alien must read Isaac Babel's "In the Basement," the most ecstatic story ever written about class: simple as a joke (poor kid gets invited to a rich kid's house, must—ugh—reciprocate), deep as a parable in the way it shows poverty infecting and freakifying everything it touches. It also contains this killer line, which the alien may find useful back on his planet: "Grandson, I go now to take castor oil, so that I might have something to lay on your grave."

By now our alien is getting rather "down on" us humans, and his long green finger is creeping toward the Death Ray. Hold on there, Zarcon 13! Earthlings can also be good! Proof: Jhumpa Lahiri's "When Mr. Pirzada Came to Dine." I taught this to an undergraduate class a few years ago, after a number of dark and murderous contemporary stories, and it led to a great conversation about how difficult it is to make dramatic action from people's behaving well and caring for one another—and how satisfying when someone pulls it off.

Do aliens have mothers? I know some aliens reproduce spontaneously, by ripping off parts of themselves and then putting those parts on the floor and watering them, but let's say our alien isn't that type. I'd give him "I Stand Here Ironing" by Tillie Olsen (in which a working-class mother reflects back, fiercely, on the way being poor has complicated her relationship with her daughter), to show him that our mothers down here on earth are



Anton Chekhov, while most famous for his short stories and plays, was also a doctor who once said, "Medicine is my lawful wife and literature is my mistress."



TIM KNOX/EYEVINE/REDUX



In Saunders's moving speech to Syracuse University's graduating class of 2013 (seriously, Google it), he said, "What I regret most in my life are failures of kindness. Those moments when another human being was there, in front of me, suffering, and I responded...sensibly. Reservedly. Mildly."

Munro, who won the 2013 Nobel Prize in Literature for her short stories, had always planned to write novels. But with three small children and no help, "there was no way I could get that kind of time," she has said.

just as good and loving as any alien mother—and probably better, actually, because down here, pal, we are constrained (not that I'm complaining) by crushing materiality, which makes everything hard, unlike you guys up there, with your "infinity gardens" and "eclair-producing ex-bots" and all of that.

Up there, on your planet, maybe people live forever? Well, not so down here. And that makes things scary, as demonstrated in Leo Tolstoy's great "The Death of Ivan Ilych," inspired by an anecdote Tolstoy once heard: A dying man screamed uninterruptedly for the last days of his life. The result is vivifying and terrifying, like attending one's own funeral—but in a good way! We know from the very first page that Ivan is dead, but we forget, and as the event approaches, find ourselves in a (familiar) state of denial. What can save him? Nothing. What was the sin that caused him to die in such terror? Each reader will answer that question differently and, if I'm any indication, will answer it differently at different stages of his life.

Our alien is looking at us funny. "You poor bastards," he seems to be saying with his four green eyes and three blue ones and that snoutlike thing hanging down from that other smaller snoutlike thing: "How do you survive? Are there any pleasures down there?"

"Oh, sure," we say. "Many pleasures." One thing we humans really like to do is pass judgment on someone and let that opinion calcify so we can enjoy the resulting feeling of smug superiority. Well, at least I do. Although the pleasure never lasts long, as demonstrated by **"Dance of the Happy Shades" by Alice Munro,** "The Deacon" by Mary Gordon, and Raymond Carver's "A Small, Good Thing." In each, the reader is led to a comfortable place of harshness, where writer and reader conspire to dislike/look down upon a character. Then comes the reversal: **The reader finds he has (wrongly) sided with intolerance and unkindness.** This is, perhaps, the quintessential earthling moment: when we find that we have underestimated one of our fellows. But in literature it is also a sweet moment, because the reader's shame is evidence that he still knows good from evil and prefers the good. Now take a look at our alien: Has he, too, resolved henceforth to be more generous?

If so, he may be human after all.

NEW LINES WE LOVE

"Her gaze was like some STRANGE green RAINFOREST POOL."

From *Last Stories and Other Stories* By William T. Vollmann

the EXAMINED LIFE

There is no better season for losing yourself in someone else's past. *GARY SHTEYNGART* on the perils and pleasures of plundering the secrets of those you love.



GARY SHTEYNGART is the author of the memoir *Little Failure* and three novels, most recently *Super Sad True Love Story.*

"WHY DID YOU DECIDE TO WRITE A MEMOIR NOW?" I'm often asked. As in, "Why not wait until you're completely gray?" They're talking about my relatively young age—my memoir, *Little Failure,* was published when I was 41; I always respond that 41 is actually 74 in Russian years, a joke I make while clutching my beleaguered, butter-slathered heart.

But there are other reasons I decided to write *Little Failure* right after hopping onto the daisy path of middle age. My alcohol- and drug-related hijinks at Oberlin College notwithstanding, I can still recall in shocking high definition my strange Lenin-loving childhood in the Soviet Union—we left that country before I turned 7—and my early Reagan-loving years in the United States. The facts of my crappy Cold War existence—my parents' doting but harsh child-rearing, the cries of "Commie!" from Queens yeshiva kids—are still potent enough to quash the sentimentality I might indulge in as an older memoirist. Sure, I hunger for youth, but not for that youth.

It is no coincidence that I began *Little Failure* just as my wife and I first considered having a child. That sweet American boy—we named him Johnny to be sure—was born just before my book's publication. In writing it, I wanted to remember the best of my parents, but also remind myself that my past did not have to be my son's. Still, the truth is, my parents made me who I am. By the time I was 9, my father had already taught me the meaning of satire. And the Amy Chua–approved work ethic I inherited from my mother kept me typing away on **my first novel** even through the pot haze of college, when I could have been spending my time enjoying the rather frightening coed showers.

That would be The Russian Debutante's Handbook, *a blisteringly funny send-up of immigrant life in America, published in 2002.*

Through my teens and 20s and early 30s, I bore my parents a small but ever-percolating grudge. Like many immigrant children, I had wished them to be American parents: supportive of my writing, light on criticism of my life choices, and open walleted. The term "little failure" was first spoken by my mother in my 100-square-foot, water-bug-friendly Lower East Side hovel, after I informed her that I was not going to law school but would instead try to be a writer. She took one look around my apartment, which would have been considered pathetic even in the lousiest quarter of Minsk, and proclaimed: *"Failurchka."*



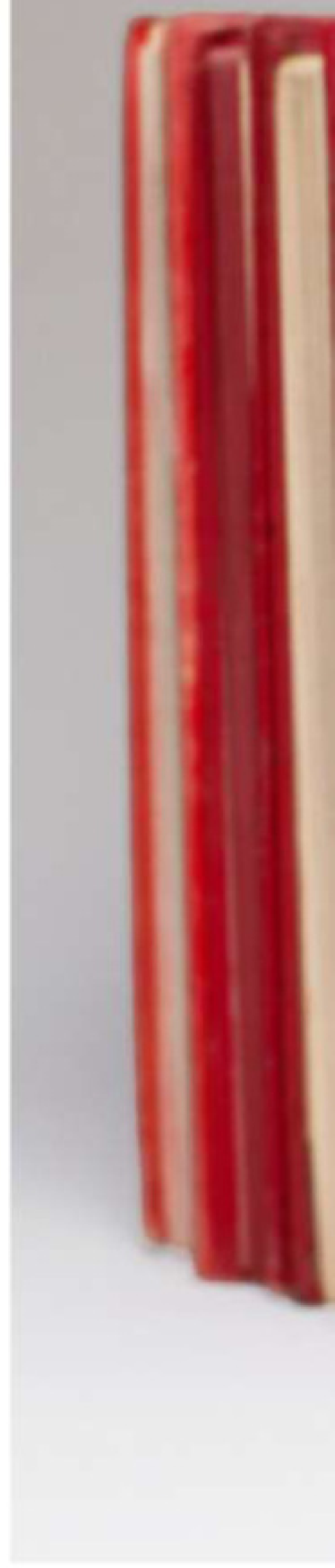
Failurchka is how I always felt before them. *"Ne kritikuete menya!"* I would scream, an incorrect Russian version of "Stop criticizing me!" But how could they? It was what they knew. **In writing *Little Failure,*** though, something unexpected happened: My anger and incomprehension toward my parents turned to sadness—for them, for what their lives had been and hadn't had the chance to be. My father's first memories: hiding under the carriage of an evacuee train being bombed by the Luftwaffe; his cousin, pursued by hungry rats, jumping out of a window; and, worst of all, at age 5, being told that his father had been killed during the Siege of Leningrad. When the war is over, there's my father hiding beneath the kitchen table, singing opera while daydreaming of going back in time to kill Hitler, thereby saving his own father's life. And there's my mother in the present day, constrained by fears and anxieties I could never understand, with her photo album labeled UNCLE SO-AND-SO AND HIS FAMILY, BURIED ALIVE, BELORUSSIA, 1941. No Cape Cod vacation Polaroids for her.

So what could my parents make of my all-American fantasies of becoming a writer? ("Writer—what kind of profession is this?") And until I began writing my memoir, how could I truly understand them?

Which leads to the first question a memoirist must ask: *What should I hold back?*



On page 7, Shteyngart explains that "unless I'm telling you otherwise, I am completely in love with everyone around me for the rest of this book."



GRANT DELIN/CORBIS OUTLINE



Whatever one writes, and however crackerjack one's memory, memoir is by definition an intrusion into the privacy of others. In my book I quote the poet Czeslaw Milosz: "When a writer is born into a family, the family is finished," perhaps overstating the case in a typically Eastern European way. Or not. My two favorite memoirs—**Vladimir Nabokov's *Speak, Memory*** and Mary Karr's *The Liars' Club*—are as different as can be. The first is a celebration of a family whose world falls apart; the second, the story of a family that *itself* falls apart.

Speak, Memory, published in 1951, bore that title initially only in the United Kingdom. It was titled Conclusive Evidence *in the United States and* Drugie Berega *(Other Shores) in Nabokov's native Russian.*

In the end, I held back almost nothing. I wanted to write with all the sickening honesty that could be brought to bear upon the subject. My parents raised me Russian in America, in the tried and true immigrant way, and I realized that to American eyes and ears, the belittlement, the thwacks on the head I endured would come across as injustices. But to most readers from my background, they would be just the familiar artifacts of our cross-cultural reality.

Eventually, my parents reconciled themselves to my career and now are proud of me. The actor Oliver Platt, introducing me at a reading in New York, called my memoir "a difficult love letter to your parents," and that is exactly how I hoped it would be read. Because without the difficult part there can be no love, only blind adoration and obedience, a commandment instructing one to "love thy parents." The real, uncoerced love is bumpy, painful, and often unwieldy. It is too big for this essay. It is too big even for a book titled *Little Failure*.

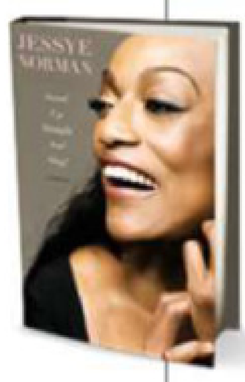
NEW LINES WE LOVE

"I am INTOXICATED with the LAST WEEK of my LIFE."

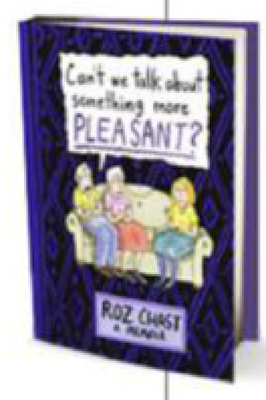
From ***Things I Should Have Told My Daughter: Lies, Lessons & Love Affairs*** By Pearl Cleage

3 MORE MEMOIRS TO PICK UP NOW

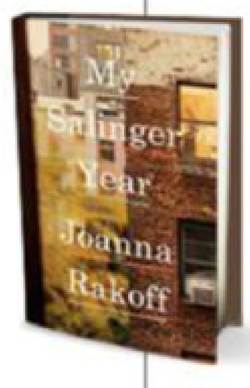
Stand Up Straight and Sing!
By Jessye Norman (HMH)
A story of joy, passion, and endurance by the groundbreaking opera singer.



Can't We Talk About Something More Pleasant?
By Roz Chast (Bloomsbury USA)
The beloved *New Yorker* cartoonist's hilarious and poignant graphic memoir of caring for her elderly parents.



My Salinger Year
By Joanna Rakoff (Knopf)
An aspiring poet lands a position as an assistant to J.D. Salinger's longtime agent, not realizing that being yelled at by the star client is part of the job.



ROAD TRIP!

Driving somewhere this summer? That's no excuse to stop reading. No matter how many hours you'll be spending behind the wheel, there's a great audiobook to get you there.

START HERE!



56.25 HOURS*

INFINITE JEST

By David Foster Wallace

Revolving around substance abuse, Quebec separatism, junior tennis, and entertainment terrorism, this postmodern, tragicomic opus is a contemporary classic and essential listening. Daunted? Don't be: It'll sustain an entire cross-country journey—with about 15 hours of material left over.

**Plus 7.5 hours of endnotes*



16 HOURS

THE HITCHHIKER'S GUIDE TO THE GALAXY

By Douglas Adams

After 7½ million years, a computer finally has the ultimate answer to the universe. Curious? The BBC Radio recordings of the science fiction series have that and more, including a full cast, sound effects, and sluglike bureaucratic aliens bent on destroying planet earth. A respite from the humdrum for all ages.

5.5 HOURS

HAVE A NICE GUILT TRIP

By Lisa Scottoline and Francesca Serritella

There's nothing like the mix of love and aggravation in a mother-daughter relationship. The laughter, tears, taunts, and—fine, we'll admit it—occasional pearls of motherly wisdom all are part of the



essays. We get to be flies on the wall as the mother-daughter writing team barbs just like you and your mom. Only, you know, better written, with less screaming in dressing rooms...

5.5 HOURS

BOSSYPANTS

By Tina Fey

Oh, the thrill of the open road with Fey riding shotgun. Recorded with her older daughter in the sound booth, the audiobook is full of ad libs, inside info on the legendary *SNL* Sarah Palin sketch, and unprompted riffs and rants on breastfeeding, eating food off the floor, and being an older virgin. Let your summer (mis)adventures begin!



6.5 HOURS

THE END OF THE AFFAIR

By Graham Greene

Fog, passion, steam engines, tweed, fog, wartime despair, desperate lovers, more fog—no one does doomed London romanticism like Graham Greene. Just try to keep a stiff upper lip while listening. Frankly, we don't think it can be done, thanks to the vocal stylings of the achingly dour Colin Firth.



6.75 HOURS

THE SNOW QUEEN

By Michael Cunningham

The Snow Queen is quintessential New York listening, whether you're gliding across the Brooklyn Bridge at sunset or mired in midtown gridlock. Read by Claire Danes, this new novel tells the story of two brothers, a tragic illness, and their shared search for courage and understanding.



7.5 HOURS

A CALL TO CONSCIENCE: The Landmark Speeches of Dr. Martin Luther King Jr.

Birmingham, Memphis, D.C., Montgomery. Explore U.S. history via a listening tour of the battlegrounds of the civil rights struggle. We highly recommend this inspiring collection of King's speeches, with introductions by Rosa Parks and other heroes of the movement.



[redacted]

By Alexander McCall Smith

Stuck Stateside this summer? Escape to Botswana with ace private investigator Mma "Precious" Ramotswe. McCall Smith's world is an exotic cocktail of brightly colored caftans, refreshing red-bush tea, philanderers, an evidence-concealing crocodile, and one missing boy feared gone forever. Between the whiff of danger and the warmth and sunny efficiency of Botswana's female Sam Spade, you may never want to close this case.



11.5 HOURS

LOLITA

By Vladimir Nabokov

Think you know seduction? Think you know where to draw the line? You don't know anything until you've heard this tour de force read by Jeremy Irons. In the guise of Humbert Humbert, the silver-tongued actor casts a hypnotic spell of tender carnality that will rattle even the most reserved listener.



10 HOURS

I AM MALALA: The Girl Who Stood Up for Education and Was Shot by the Taliban

By Malala Yousafzai with Christina Lamb

Yet more evidence that summer reading doesn't have to be full of empty calories. This memoir by the Pakistani girl who survived a brutal attack to become a beacon of hope spurred a global call to action. We guarantee her story, read by Archie Panjabi (Kalinda on *The Good Wife*), will change you.

—Natalie Beach with reporting by Maja Thomas

NEW LINES WE LOVE

"I live with the beauty of REGRET, and the memory of LOVE."

From *Let's Just Say It Wasn't Pretty* By Diane Keaton

BOOK-TASTIC! For excerpts and audiobook samples from our summer reading extravaganza, download the *O* iPad app from the iTunes Store.

Finders, KEEPERS

They're not the kind of books you'll encounter at the airport newsstand. And *LYDIA MILLET* can't get enough of them.



LYDIA MILLET's first young adult novel, *Pills and Starships,* set on a Hawaiian resort in a future ruled by rapid planetary change and social chaos, came out in June.

THERE'S A PARTICULAR LAZINESS of the body, in the yellow-grassed, humid fallows of summer, that can strip the mind of what's trivial and open it to the essentials. Sure, to the layperson's eye, you may look like you're doing nothing—maybe floating on a pool raft or lolling on a porch swing. But appearances deceive. With a splayed paperback or scrolling tablet in hand, you may in fact be as far away as the moons of Jupiter. I'm not talking about the bubblegum worlds of beach books that can be picked up at the grocery checkout. I'm picturing a more exotic landscape: the unfamous but brilliant gems, the harder-to-find silver slivers of genius. If you want a secret adventure, the sluggish days of summer can give you both the camouflage and the opportunity.

For me summer has often been a season of stumbling onto extraordinary and lesser-known books on other people's shelves, in dusty secondhand stores in small vacation towns. A few summers ago, staying with friends in a rented cottage overlooking the Hudson River with our three kids underfoot, I immersed myself in Nancy Lemann's languorous, eccentric, and laugh-aloud New Orleans novel *The Fiery Pantheon* and then—just when the fug of beer and bug spray threatened to lull me into a toxic coma—Liz Jensen's explosive end-times climate-change thriller, *The Rapture.*

The next August, renting a cut-rate condo on Kauai, I read still odder fare that left me with a feeling of suspension in zero gravity: Seattle writer Stacey Levine's deadpan, existential novel *Frances Johnson,* so off-kilter and atmospheric it gave me a sudden impression that the ground beneath my feet had fallen away and there I hung, weightless, puzzled, and feeling weird. There was also **a hilarious book of bite-size meditations** by poet Mary Ruefle called *The Most of It,* which I lapped up one day while a babysitter tended my children and I allowed myself a rare solo lunch at a café. And on a road trip to Maine last year, staying overnight in a cheap motel en route, I pored over an advance copy of Ben Marcus's delectably neurotic, philosophical, powerfully intelligent story collection *Leaving the Sea.*

Summer doesn't have to be a downtime for creativity. It can be a period of thrilling, often private penetration into the mental empires of others, of shocking intimacies with the worlds of writers whose unfamiliar, even unorthodox, powers you may at first resist. Overcome your resistance. Surrender to the new. If you find a smart, idiosyncratic, difficult-to-get-into book, stay with it past the first pages. Don't give up. Those foreign and exotic fictions, if only you let yourself be drawn in, may end up transforming you.

An excerpt: "If you were very, very small, smaller than a leprechaun, smaller than a gnome or a fairy, and you lived in a vagina, every time a penis came in there would be a natural disaster. Your dishes would fall out of the cupboards and break and the furniture slide all the way to the other side of the room. It would take a long time to clean up afterwards."



VINCE BUCCI/GETTY IMAGES

the USES of ENCHANTMENT

In *HELEN OYEYEMI*'s view, a magical time calls for fantastical reading.



HELEN OYEYEMI is the author of five novels, most recently *Boy, Snow, Bird*. She lives in Prague.

ONCE A YEAR THE EARTH holds a season-long party—more of a ball, really, in honor of the sun. There are barbecues, heaps of fresh produce, ice cream cones, and costumes constructed of flowing, featherweight material in blues and whites and yellows—all evidence of summer's infinite joys, among them the sun's warmth. Even the tiniest of creatures seem to partake, at least according to one of my favorite Emily Dickinson poems, "The Fingers of the Light": "Gnat / Held up His Cup for Light." There is a bittersweetness to even the headiest days of summer—once we have drunk our fill from our cups of light, we must set them aside. There are other seasons to taste.

The poem, published in 1862, tells of two sisters tempted by "goblin" fruit (one indulges; the other doesn't). Is it about religion, sex, feminism, or sisterhood? Critics are still discussing.

If you're reading this in summer, there's a good chance you're reluctant to be reminded of how quickly it passes. Even now it is playing its games with your senses. These are the months when daylight lingers longest, creating the illusion that we have more time than we really do. And so for me summer is for short stories, long poems, novellas, writing with a brief and powerful span, pages I can reach the end of without time disappearing. Like **Christina Rossetti's "Goblin Market,"** a poem that is in part about girls held captive by the delights of summer: "Plump unpeck'd cherries, / Melons and raspberries, / Bloom-down-cheek'd peaches." This is fruit more delicious than any human farmer could offer, for it's grown in lands where summer lasts forever. Faced with all this plenty, Laura chants to Lizzie: "We must not look at goblin men, / We must not buy their fruits...." The fruit is poisonous to humans, awakening an impossible longing to exist outside time. But in the end, nothing can change the simple fact that girls grow into women, that summer always ends.



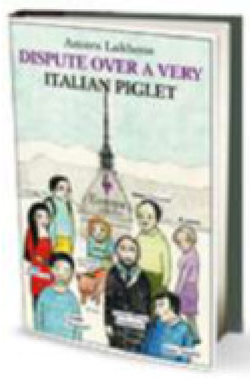
Sample line: "When I see photos of these blue bowers, I feel so much desire that I wonder if I might have been born into the wrong species."

Books in short episodes also suit the season: *The Pillow Book of Sei Shōnagon* thrills me with Shōnagon's wit and lively mind. Maggie Nelson's *Bluets* is a hybrid of poetry and essays, opening with the confession that **the narrator has fallen in love with the color blue.** Toward the end of this book composed of numbered statements and references to the many shades of blue found in nature, art, and literature, the narrator tells us: "I am writing all this down in blue ink, so as to remember that all words, not just some, are written in water." This is a work I appreciate in all seasons, but I wonder whether Nelson finished writing it in summer, when the only way to prevent time (and words) from evaporating is by keeping both in casual but thoughtful view.



FRANK BAUER/CONTOUR BY GETTY IMAGES





FOR A LITTLE MORE MAGIC

Second Childhood: Poems
By Fanny Howe (Graywolf)
The mystery of faith, the question of an afterlife, the joys and sorrows of motherhood and grandmotherhood—all are explored in this new volume by one of America's most dazzling poets.

Dispute Over a Very Italian Piglet
By Amara Lakhous (Europa)
A wryly charming mystery, set in Turin, Italy, whose central question is, How did the pig end up in the mosque?

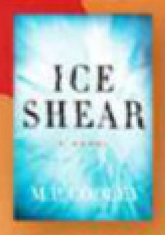
NEW LINES WE LOVE

"The screaming CEASES ABRUPTLY, mid-howl."

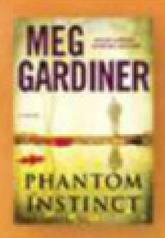
From *The Three*
By Sarah Lotz

Killing It

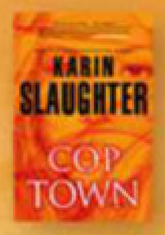
Each year as the temperature rises, so does the body count in the most compulsively readable thrillers. These nine make rollicking use of some of the genre's hottest tropes. *By* ***KATIE ARNOLD-RATLIFF*** *and* ***MEREDITH BRYAN***



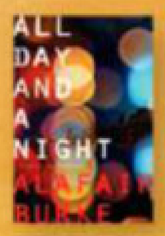
***ICE SHEAR* By M.P. Cooley** (William Morrow)
Widowed ex-FBI agent June Lyons joins the police department in the small town where she grew up and soon discovers a young woman—the daughter of a local congresswoman—impaled on an ice shear. When the FBI swoops in, June finds herself playing in the big leagues again.



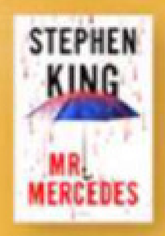
***PHANTOM INSTINCT* By Meg Gardiner** (Dutton)
After her boyfriend is killed in a nightclub shooting, scrappy UCLA student Harper Flynn finds herself embroiled in a murder plot gone wrong. The book's twisty narrative involves a reformed thief and a rare mental disorder that makes strangers seem like the enemy.



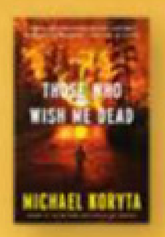
***COP TOWN* By Karin Slaughter** (Delacorte)
It's a man's, man's, man's police department in this sly thriller set in 1974 Atlanta, where rookie Kate Murphy has a serial cop killer—and one hell of a hostile work environment—to contend with.



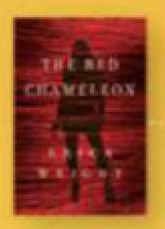
***ALL DAY AND A NIGHT* By Alafair Burke** (Harper)
When elite lawyer Carrie Blank was a teenager, her sister was murdered, and convicted serial killer Anthony Amaro was accused of the crime. Now another death is in the news, and Amaro wants to offer insights into the case in exchange for Blank's help in clearing his name.



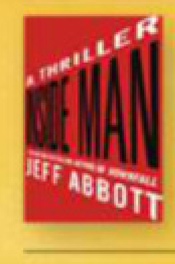
***MR. MERCEDES* By Stephen King** (Scribner)
In the opening scene, a psychopath in a gleaming—yes—Mercedes mows down a line of desperate job seekers. The murderer, who lives—yes—with his mother, taunts a brilliant ex-cop (with whom he has a history) until the cop comes out of retirement to help solve the crime.



***THOSE WHO WISH ME DEAD* By Michael Koryta** (Little, Brown)
After Jace Wilson, 14, witnesses a murder, its brutal perpetrators don't let the boy's age stop them from hunting him down in this taut novel brimming with violence, terror, and (just as scary) the perils of growing up.



***THE RED CHAMELEON* By Erica Wright** (Pegasus)
Kathleen Stone is a private investigator well versed in the art of disguise. Her wigs, costumes, and varied personae come in handy in the fight against a revenge-minded villain from her days in the NYPD.



***INSIDE MAN* By Jeff Abbott** (Grand Central)
Think of it as *Homeland* meets *Miami Vice:* A South Florida bar owner named Sam, who happens to be an ex-CIA operative, tries to avenge the death of one of his regulars by going undercover in the mysterious and powerful Varela family.



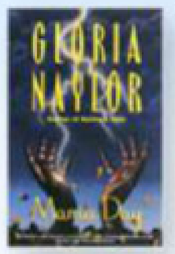
***THE CITY UNDER THE SKIN* By Geoff Nicholson** (FSG)
A hapless petty criminal trying to go straight gets pulled into a haunting urban underworld wherein a hulking, map-obsessed killer abducts a group of women who have been inexplicably branded with strange cartographic tattoos. *Shudder.*

KEY | INVENTIVE MURDER WEAPON | ESPECIALLY TERRIFYING KILLER(S) | CRAZY PLOT TWISTS | FEMALE PROTAGONIST | NITTY-GRITTY PROCEDURAL

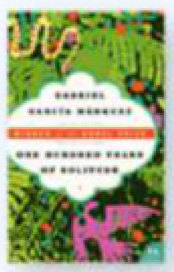
the BOOKS OF SUMMER

the BEACH READ

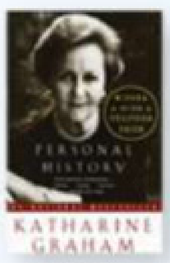
Our all-time favorite surfside reads offer an immersion so total, you won't even notice the Channing Tatum–like lifeguard pulling on his cargo pants and calling it a day. *By LEIGH HABER*



MAMA DAY *By Gloria Naylor*
Naylor's prose is electrifying, provocative, intricate, and unlike anyone else's. In this 1988 novel, she introduces us to the inhabitants of Willow Springs, a Sea Island off Georgia populated solely by descendants of slaves—among them Mama Day, who can summon lightning storms and see the future in her dreams. What *we* hope to see? A Naylor renaissance.

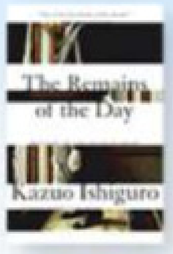


ONE HUNDRED YEARS OF SOLITUDE
By Gabriel García Márquez
If you've already read this exquisite family saga set in a mythical Latin American town, reread it. If not, prepare to be blown away by the late magical realist's skill and soul.



PERSONAL HISTORY
By Katharine Graham
What could have been a clichéd poor-little-rich-girl tale is instead a disarmingly honest, Pulitzer Prize–winning excavation of self. Graham battled debilitating insecurities and a disastrous marriage to become the leader of *The Washington Post*—and one of the most admired women of her time.

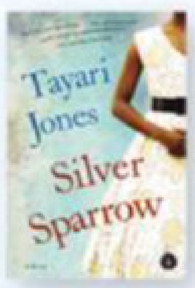




THE REMAINS OF THE DAY
By Kazuo Ishiguro
A small masterpiece about a man who has spent nearly his entire life as a butler, a role that has defined him. What will become of him as the world changes and serving a gentleman is no longer an elevated calling? And are there any gentlemen left? Ishiguro's seemingly conventional upstairs/downstairs story turns ingeniously subversive.



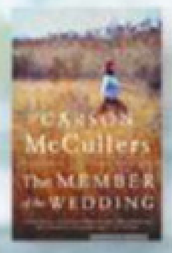
BEFORE YOU SUFFOCATE YOUR OWN FOOL SELF
By Danielle Evans
Tender, funny, smart, and surprising, this 2010 collection illuminates the experience of being young and African American or of mixed race in the 21st century. The characters in these sparkling stories confront cultural divides and the challenges of family—as well as such obstacles as Burmese pythons.



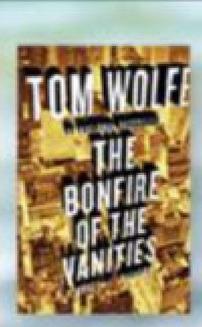
SILVER SPARROW *By Tayari Jones*
Why isn't Jones a household name, and why isn't this unputdownable book on every must-read list? "My father, James Witherspoon, is a bigamist," reveals protagonist Dana in the opening sentence of a novel that is by turns deft, delicate, and devastating.



THE UNBEARABLE LIGHTNESS OF BEING
By Milan Kundera
Prepare to be transported—to Prague, to bedrooms where a deeply erotic love triangle plays out, to a heady milieu of musings on the meaning of life. As transfixing a world as prose can conjure.



THE MEMBER OF THE WEDDING
By Carson McCullers
Harper Lee's Scout could be a sister to unforgettable narrator Frankie (or as she sometimes refers to herself, F. Jasmine). In this bittersweet story of a girl wracked with boredom, obsession, and angst that simmers and nearly boils over, we are reminded of the poignancy of youth, of the sultry listlessness of summer—and of McCullers's uncommon sensitivity.

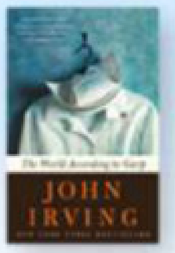


THE BONFIRE OF THE VANITIES
By Tom Wolfe
What do you get when a philandering Wall Street WASP accidentally hits a young black man with his Mercedes somewhere in the Bronx? In Wolfe's hands, you get a hilariously astute slice of social commentary—of Gilded Age excess, ego, and maneuvering—with precious few innocents in sight. Irresistible. The Dylan's Candy Bar of novels.

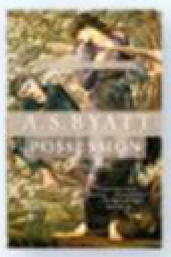


WIDE SARGASSO SEA *By Jean Rhys*
Do you come alive the moment you step onto Caribbean sands? Are you curious about how *Jane Eyre*'s madwoman in the attic got there in the first place? Then lose yourself in this hallucinatory, spellbinding 1966 novel whose heroine is Jamaican Antoinette Cosway, a.k.a. Mrs. Rochester.

CANON



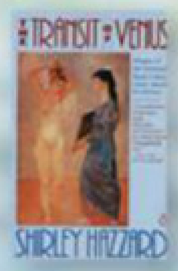
THE WORLD ACCORDING TO GARP
By John Irving
Tender, violent, ribald, and dizzyingly complex, Irving's unlikely feminist manifesto, featuring T.S. Garp and his fantastically fierce mother, Jenny Fields, broke the mold when it hit shelves back in 1978. All these years later, this deeply humane novel continues to amaze—still exerting, yes, an unusually strong Under Toad.



POSSESSION
By A.S. Byatt
When it was published, Byatt's fictional tale of two academics whose passion for their subjects leads them to fall in love became an instant sensation, and no wonder: gorgeous writing, two steamy love affairs unfolding a century apart, and a riveting detective story at the heart of it. But most of all, it's simply a novel that seduces with its originality—and its pretty incredible use of the epistolary form.



CROSSING TO SAFETY
By Wallace Stegner
"Floating upward through a confusion of dreams and memory, curving like a trout through the rings of previous risings, I surface. My eyes open. I am awake." An incandescent novel about love, marriage, aging, and being painfully, exuberantly alive.



THE TRANSIT OF VENUS
By Shirley Hazzard
Hazzard's novel would be unendurably sad if it weren't also intricately layered, deeply sensual, and so satisfyingly full of clues, spoilers, and digressions. This tale of two sisters who migrate to London and encounter love and loss takes your breath away from the very first pages until the shattering final sentence.



HEARTBURN
By Nora Ephron
Oh, Nora, how we miss you. At least we get to revisit your sharp-tongued, wise roman à clef about your doomed marriage to all-around cad Carl Bernstein. You got the last word, making mincemeat of him here. We'll never forgive him—or forget you.

EVAN SUNG/*THE NEW YORK TIMES*/REDUX

HAVE BOOK, WON'T TRAVEL

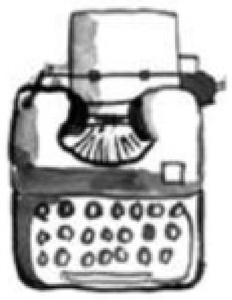
MONA SIMPSON supposes she should leave her hotel room while on vacation, but for her the best experiences are often found on the page.



MONA SIMPSON, author of *Anywhere But Here,* is a Guggenheim Fellow and Whiting award winner whose most recent novel is *Casebook.*

I'VE NEVER REALLY LOVED VACATIONS. This isn't the kind of thing I like to admit, because it makes me sound like a prig or a workaholic. But actually, I just never learned how to take them. I grew up in a household short on money, so I don't have any memories of childhood trips. (We had bursts of adventure, but they came—as happiness does—unbidden.) We never went camping or to Hawaii or the Grand Canyon. Our long-distance summer trips usually involved funerals or other get-togethers with extended family. As a result, I grew up to be a very bad planner of fun.

In my 20s, I couldn't afford much fun anyway. I was trying to be a writer in New York City and needed all the financial help I could get, so I often sublet my apartment in the summertime and headed to **an artists' colony** with a suitcase and a typewriter. My books I sent ahead. There, everything was set up for writing and reading: I had just a studio bed, a large desk and a good lamp, and lunch delivered in a basket at noon.



Yaddo, the upstate New York artists' residency Simpson visited, has hosted writers, visual and performance artists, composers, and filmmakers since 1900. Philip Roth wrote much of Portnoy's Complaint *there.*

I spent long days on that bed, but I was really in 19th-century Russia, in the world of *War and Peace*. I would delight in Tolstoy's endless descriptions of elaborate dresses until dinnertime, when I forced myself to get up and join the others on the veranda for a meal, always wearing the same stained T-shirt. And I realized that if your life is books, your idea of a great summer is one when you can stay inside for hours—or days. Only then did I learn to love summer, my way.

Since those days, my family and I have skied, climbed Mount Katahdin, in Maine, and seen great European cities, but we always allow ourselves afternoons in between expeditions to read in a corner of a café. We like to stay in clean, bare hotel rooms and sometimes spend all day on the bed, with Paris on the other side of an open window. It's true that we could be "doing that at home." But I've found vacations to be overrated unless they're deepened by the interior pauses I can get only through reading.



F. Scott Fitzgerald also appears to have loved this season: "I had that familiar conviction that life was beginning over again with the summer," he wrote in The Great Gatsby.

Henry James once said that **the two most beautiful words in the English language are *summer afternoon.*** Many of my happiest summer afternoons have been spent inside the ones he created. When Isabel Archer crosses the English lawn to meet her destiny, it thrills me to remember that James was inside his still sitting room, composing the scene, reveling in its imagined splendor.

HERE'S A FREE TIP FOR YOU: UPGRADING YOUR LIFE DOESN'T REQUIRE AN EPIC, WALLET-BUSTING OVERHAUL. THE KEY IS TAKING WHAT YOU'VE GOT AND IMPROVING IT ONE TINY CHANGE, EFFORTLESS SWAP, AND SUBTLE SHIFT AT A TIME. READY? YOUR WORLD'S ABOUT TO GET A LOT MORE FABULOUS, STARTING NOW....

PHOTOGRAPHS BY
Jonathon Kambouris

Secrets to the ~~Good~~, ~~Better~~, BEST LIFE—Unlocked



PROP STYLIST: ELIZABETH PRESS

FOR THE ASKING

THE FIRST STEP TO A RICHER, HAPPIER, LOVELIER LIFE IS SIMPLE, SAYS **ELIZABETH GILBERT:** *SPEAK UP.*

ONE MORNING in 1993, I walked into the offices of a famous magazine in New York City and asked for a job as a writer. I had no appointment, no experience, and not a single published article to my name. But I'd had an epiphany: Nobody was ever going to knock on my door and say, "We understand a talented writer lives here and we'd like to help her with her career!" No. *I* would have to go knocking on doors.

So I did. I just walked in off the street and asked to be hired as a reporter. And guess what? It didn't work! (Of course it didn't work; they weren't dummies, and I was totally unqualified—jeez, how do you think the world operates, people?) But I still think of it as one of the most important moments of my life because it was the boldest. When I went home that day, I was still broke and obscure, but at least I knew I was brave. I wouldn't have to suffer the pain of knowing I hadn't tried.

Nearly 800 years ago, the Persian mystic poet Rumi wrote, "You must ask for what you really want." He saw asking as a sacred duty, and I think he was right—not because your wishes will be granted automatically (they won't), but because the mere act of saying aloud "This is who I am and what I've come for" seems to awaken a powerful force within. By articulating your wish, you're making an announcement that you're serious about bringing forth the next great thing in your life.

The hurdle, however, is that asking for what you really want—whether it's a job as a writer or a discount on tires—can be difficult. Especially for women. First of all, you must *know* what you really want, which can be hard if you were raised to please others. Secondly, you must believe that what you want is worthy—again, a tricky prospect for women long trained in the dark arts of self-deprecation. Thirdly, you must face the possibility of rejection. That's the worst bit. Women don't like being turned down (we get enough of that in our personal lives), and so, like trial lawyers, we often ask only questions to which we already know the answers. Which means: no risk. Which further means: no reward.

The funny thing is that rejection is not so bad, really. This is something I think men have always understood—that a glorious failure can sometimes be more life affirming than a cautious win. This is why men are constantly asking for stuff they might not even deserve or maybe aren't totally qualified to handle. I don't say this as an insult to men, either; I wish more women would do the same. Because sometimes you get a yes, and even if you weren't prepared for that yes, you rise to the occasion. You aren't ready, and then you are. It's irrational, but it's magical.

I can't instruct you in exactly how to ask for things—it's not my area of expertise, and there are too many variables to account for. Sometimes you have to be gracious and charming, and other times you have to be brash and bold. But generally speaking, it's a surprisingly simple formula: Just freaking *ask*. Because the essential fact is that asking is the best way—the only way, really—to what you want.

THE ART OF THE DEAL

INDUSTRY PROS—PLUS SAVVY O READERS—SHARE TIPS YOU CAN BANK ON.







MANICURIST: ROSEANN AT ART DEPARTMENT USING CHANEL LE VERNIS

TALK DOWN HOSPITAL BILLS

"Never take your bill at face value. If the charges don't make sense, call and ask for an itemization. People often get charged for medicine they never took because they were discharged or transferred before the prescription was dispensed. And don't feel bad about negotiating: I once got a 40 percent discount on a procedure by offering to pay the same day."

—Retired hospital-billing worker, 26 years in the business

START YOUR OWN LOYALTY PROGRAM

"I tried a new tailor and was shocked by the prices, so I asked if I could get a discount for paying in cash and posting a good review on their website. They gave me 15 percent off. I also mentioned I'd be bringing in a lot of clothes in the future. When I asked if I could get a loyalty discount, I saved another 5 percent."

—**ANTOINETTE POWELL,** Tucker, Georgia

DRIVE A HARD BARGAIN

"Never accept the first estimate from anyone, no matter how honest he seems. Give him a chance to explain his offer, ask if that's his best price, and then tell him what you'd like to pay. When he smiles and says he can't match it, tell him, 'Thanks' and 'Have a nice day.' You'll usually be offered another price before you walk away. That's exactly what happened when I requested estimates for repairs to my house and yard after a storm. I was quoted more than $10,000 and got the job done for about $8,000."

—**HEATHER SEIBERT JENKS,** Winterville, North Carolina

54

The number of days before your vacation you should book to get the cheapest domestic airfare, according to 2013 data.

43

The percentage of people who successfully negotiated lower rates for their cable TV, Internet, and phone packages by up to $50 a month, according to a March 2014 survey by the Consumer Reports National Research Center.

BE APPY

"I download a store's app, and when I check out, I ask the clerk if there are any discounts in the app that could apply to my purchase. I saved 65 percent on craft supplies when the cashier took my phone and pulled up coupons for many of the items I was buying."

—**JANENE LARSON,** Portland, Oregon

DON'T ACCEPT USED CAR PARTS

"If you're ever in an accident, make sure to specify to your insurance company that you won't accept used parts in the repair. (Depending on your policy, you may have to pay the difference in costs.) My shop receives old parts from insurance companies all the time that we're then expected to use. We don't want to put a junkyard part in your car, knowing it could break or cause problems, but our hands are tied. The insurance company may not tell you, but you can—and should—ask for all new parts."

—Mechanic, 17 years in the business

CHARM THE FRONT DESK GUY

"People tend to undervalue the front desk agent—we're one of the few positions in a hotel that gets passed over for tips—but a little gratuity at check-in goes a long way. Hand me $10 or $20—at the very least, don't tip less than the price of a beer—and I will stop assigning you to the room I was going to put you in and start looking for something better. I know which rooms have the bigger closets, the double bathrooms, the best views. And it doesn't hurt to call ahead. On the morning of your check-in, room controllers start designating rooms for those on our VIP list. If you call ahead, you'll be one of them. If you can't tip or call, be kind. You'll get a room that's better than the ones we give guests who stay on their phones during the check-in process."

—**JACOB TOMSKY,** former hotel employee, more than ten years in the business, and author of *Heads in Beds: A Reckless Memoir of Hotels, Hustles, and So-Called Hospitality*

GET SOCIAL

"On Twitter, I follow the airlines I use most often as well as travel bloggers who share valuable information and money-saving tips, like @WomenTravelFest and @FrugalTravelGuy. I frequently fly from D.C. to Jacksonville, Florida, and I've learned that by booking my return for Monday morning instead of Sunday evening, I can cut the price of my ticket by 35 percent."

—**KIMBERLY MILLER,** Washington, D.C.

BUY A NEW CAR AT MONTH'S END

"Dealerships have monthly sales goals, so we're more motivated to move cars at the end of the month as our deadline is fast approaching. And if the car you want is in stock, as opposed to one we have to seek out, we're more likely to negotiate since we have an incentive to sell the models we have on hand."

—Car dealer, 11 years in the business

WATCH AND WAIT

"Go to PoachIt.com, drag the Poach button to the bookmarks bar in your Web browser, and click on it when you see something you want to buy online. The tool will track a product's price and alert you as soon as it goes on sale. I rely on it for most big purchases and recently saved about 20 percent on an armoire."

—**AIMEE RINCON,** Dallas

WORTH IT OR NOT?

SOME UPGRADES MAKE LIFE SO MUCH BETTER; OTHERS JUST SUCK YOUR BANK ACCOUNT DRY. WE CALCULATED WHICH GIVE YOU THE MOST BANG FOR YOUR BUCK.

○○○○

NOT WORTH IT:

1,000-THREAD-COUNT SHEETS

Don't spring for anything over 400, says Pat Slaven, a textile expert at *Consumer Reports:* "It's almost impossible to weave sheeting more than 400 threads per square inch, so manufacturers weave six or even ten super-slim fibers as one in order to market a higher thread count. At that level, you're not getting the softness or the crispness you'd expect."

●○○○

PROBABLY NOT WORTH IT:

FLOOR SEATS AT CONCERTS

They can cost up to $165 more than the nosebleeds, but you could be paying a premium for nothing. "Some shows—think Cirque du Soleil or Lady Gaga—are best viewed from farther away, so you can get the full effect," says Hallie Yavitch, senior director of events for Quicken Loans Arena in Cleveland.

●●○○

MAY BE WORTH IT:

HULU PLUS

At $8 per month, it may be a better bet than paying per view on a site like iTunes if you plan to watch at least three movies, five episodes of a current TV show, or past seasons of a show. (Check Hulu's catalog before joining to ensure they have the titles you want.)

●●○○

KINDA WORTH IT:

FIRST-CLASS SEATS

But only if you're flying internationally, says Sara Keagle, a flight attendant for a major U.S. airline. "On domestic trips, we don't have enough time to make the kind of accommodations that count," says Keagle. "International flights, however, are a whole different ball game. Service and seats are bumped up—you get lie-flat seats, which can make or break how you feel when you land."

●●●●

WORTH IT:

AMAZON PRIME

With free two-day shipping, this service ($8.25 per month) is definitely worth it if you want your stuff fast and make two or more individual purchases a month, saving you at least $90 a year.

—**ASHLEY SEPANSKI**

THE MAKE-IT-BE

HOW BIG AN UPGRADE DO YOU NEED? PICK A LEVEL OF COMMITMENT AND PUT OUR

BRIGHTEN YOUR MORNINGS

Level 1 — CAN BE DONE IN A SNAP

GET YOUR COFFEE FIX QUICKER



Save a few precious minutes by bypassing the barista and popping a couple of **JIVA CUBES** into a mug of hot water or milk. Made of Colombian coffee sweetened with brown sugar, these little blocks of java produce a quality brew (in five flavors, including French vanilla, hazelnut, and caramel) in just 30 seconds—and they'll set you back less than two bucks per cup. (jivacubes.com)

Level 2 — TAKES A LITTLE EFFORT

FOLLOW THE RAINBOW



You could spend Sunday night digging through your closet looking for that dress you love but can never find. Or you could save time every morning by color-coding. "We remember what clothes we have based on their colors," says professional organizer and designer **Jeffrey Phillip.** "To make items easier to locate, hang them by type (i.e., skirts with skirts), then organize them according to **ROY G. BIV,** the well-known acronym for the colors of the rainbow." The pot of gold? Finding that green wrap dress in record time.

Level 3 — REQUIRES ELBOW GREASE

START WITH A STRETCH

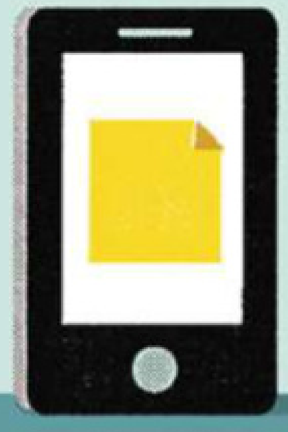


Even if you can't find time for an entire A.M. workout, a few quick stretches can help get things moving. **Stefanie Eris,** national yoga director for Exhale spa, recommends two moves you can do in bed:

- On your hands and knees, inhale and arch your back with your tailbone to the sky, hold for five breaths, then exhale as you tuck your pelvis under, round your spine, and drop your head.
- To loosen your joints, sit up and make five gentle circles with your shoulders, hips, wrists, and ankles.

SWEETEN YOUR MUST-DOS

NEVER LOSE A POST-IT AGAIN



Stop us if this sounds familiar: You had something really important to remember, so you scribbled it on a Post-it, but now you can't remember the really important thing or where the hell the sticky went. Take heart: With the **POST-IT NOTE CAMERA FEATURE** on the Evernote app, you can snap photos of your Post-its, digitizing and saving them in a searchable database forever. (post-it.com/evernote)

STREAMLINE YOUR CLEANING SUPPLIES



According to cleaning expert **Jolie Kerr,** author of *My Boyfriend Barfed in My Handbag...and Other Things You Can't Ask Martha*, the best, most versatile do-it-yourself cleaning solution is also one of the cheapest and requires just two ingredients. All you have to do is combine **WATER AND WHITE VINEGAR** in roughly a 3–1 ratio. "It's a glass cleaner, all-purpose spray, mold and mildew remover, odor-removing spray, and, unless you have stone floors, mopping solution," says Kerr.

DEVISE A BETTER CRISIS CONTROL PLAN



When life goes off the rails—the toilet's leaking! the car won't start! the babysitter's AWOL!—finding help can often be as crazy making as the emergency itself. Now there's a better way: Get your neighbors to join **NEXTDOOR.COM,** a private social network that's like Facebook for your community, where you can send out an SOS to others right on your block. When Malina Arevalo's car battery died, she posted a message to members in her San Francisco–based group: "Within minutes, three people responded offering to jump my car."

TTER MATRIX

QUICK TRICKS TO WORK. ILLUSTRATIONS BY ***Oliver Munday***

ELEVATE YOUR DINNERS

ORDER IN



Enjoy cooking gourmet meals without the grind by signing up for delivery services like **BLUE APRON** or **PLATED,** which do the meal planning and shopping for you. Select protein preference (meat, fish, or vegetarian) or specific recipes, and they'll send you a box of perfectly portioned ingredients for hearty meals. All you'll need are staples like olive oil, salt, and pepper—and an appetite. (blueapron.com, plated.com; both deliver to more than 35 states)

MAKE YOUR CHICKEN DINNER A CHICKEN WINNER



Poultry feeling passé? Try pickle juice. "I like to marinate my chicken in **PICKLE JUICE** for a couple of hours before roasting or frying," says award-winning chef **Michael Symon,** author of *Michael Symon's 5 in 5: 5 Fresh Ingredients + 5 Minutes = 120 Fantastic Dinners*. "I'm opposed to long brining because it can change the chicken's texture, but this quick trick really amps up the flavor. All you'll need is the liquid from the jar of your favorite pickles."

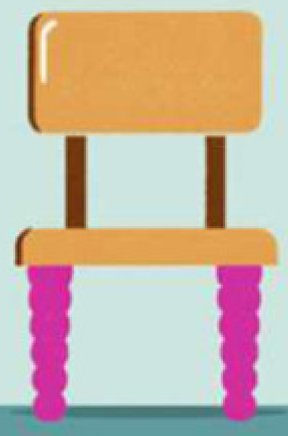
COOK FROM ROOT TO STALK



If you often find yourself discarding more than half of a vegetable, like the stems or the tops, chef **Olivia Roszkowski,** an instructor at the Natural Gourmet Institute, says you can use them to make meals even tastier. Here are her suggestions for two overlooked "scraps": "Removing the thick outer layer from broccoli stems exposes an almost translucent pale green interior that you can shave, pickle, or even eat raw. And carrot tops taste great raw or quickly pureed with herbs." For full recipes, visit oprah.com/root-to-stalk.

SPIFF UP YOUR SPACE

TRANSFORM YOUR IKEA FURNITURE



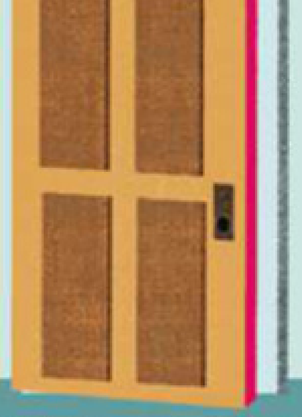
They won't be able to help you assemble your IKEA furniture any faster, but **PRETTYPEGS** can make that Karlstad sofa look even nicer. Based in (where else?) Sweden, Prettypegs offers stylish legs (or "shoes for your furniture") in various shapes, sizes, and fun colors that can easily twist into your favorite IKEA chairs, sofas, storage cabinets, and beds. The company has recently launched a new line of taller table legs that work on almost any tabletop. (prettypegs.com)

EMBRACE THE POWER OF DUCT TAPE



While duct tape has been used for years to mend everything from a smashed taillight to a worn-out wallet, it also has endless design potential, say **Elsie Larson** and **Emma Chapman,** bloggers and authors of the forthcoming book *A Beautiful Mess Happy Handmade Home*. "Using duct or electrical tape to create a pattern—like stripes or polka dots—is an inexpensive way to add charm and whimsy to drab appliances and furniture," says Chapman. For more inspiration, visit abeautifulmess.com.

COLOR OUTSIDE THE LINES



"Inviting color into a room doesn't have to mean a huge overhaul," says **Will Taylor**, blogger and author of *Bright Bazaar: Embracing Color for Make-You-Smile Style*. He suggests painting the top and outside edge of an interior door in vibrant neon for a surprise flash of color: "It will immediately turn an unmemorable feature into an unexpected star of your space."

LOOK LIKE A MILLION BUCKS!

GET THE BEST OF EVERYTHING—FROM PRICE BREAKS TO BETTER SERVICE—WHEN IT COMES TO YOUR HAIR, MAKEUP, AND MANICURES.

HEAD START

WHETHER YOU'RE CONSIDERING A NEW CUT OR TRYING A DIFFERENT COLOR, DON'T SET FOOT IN THE SALON WITHOUT READING THIS FIRST.

BEFORE YOU BOOK

SCHEDULE A CONSULTATION.
This ten- to 15-minute appointment is crucial if you're seeing a stylist or a colorist for the first time. "You want to make sure you have the same vision and that you'll get the results you're hoping for," says colorist Rita Hazan, owner of the Rita Hazan Salon in New York City. Some salons provide this service for free. If you're charged, ask that the amount be credited toward your cut or color.

A PICTURE IS WORTH A THOUSAND WORDS.
One person's golden honey is another's sun-kissed blonde. Bring in photos of what you like, as well as of what you don't, advises colorist Marie Robinson, owner of the Marie Robinson Salon in New York City. The same goes for haircuts. "It's especially good if you can find images of the back of the head that show where hair falls on the nape, so you can see the shape of the whole cut," Robinson says.

IN THE SALON

SPEAK UP IF YOU'RE CONCERNED.
Not sure about the direction your stylist is headed? Tell him immediately, and be specific. "Say something like, 'Are you leaving the sides a bit longer?' or 'What do you think about trimming the bangs a bit?'" says stylist Oscar Blandi, owner of the Oscar Blandi Salon in New York City. "Questioning him should make him stop, evaluate, and give you an opportunity to voice your opinion." You're the one who has to live with it, so now is not the time to be shy. And "never, ever say to a stylist, 'Do whatever you want,'" says Hazan. "A discussion guarantees better results."

IF ALL ELSE FAILS, ENLIST THE MANAGEMENT'S HELP.
Once your hair is dry, if you hate the way it looks, ask to see a salon manager, even if all you want to do is run and hide. Tell her exactly what you don't like, so she can recommend another stylist or colorist to help address your concerns, says Robinson. If that doesn't do the trick, ask for a credit toward a future service or that the salon comp your next haircut (once the current one grows out).

WHERE TO SPEND—AND SAVE

LOOK FOR A PACKAGE DEAL.
Salons will often discount services such as blow-outs or hair treatments if you buy multiples.

CHECK FOR DISCOUNTS ONLINE.
"We do a lot of promotions with Gilt City, such as 50 percent off single process color or a blow-out package for almost half price," says Blandi. Also check out discount sites Groupon, Lifebooker, and LivingSocial.

> "You really need a full head of highlights only twice a year. The rest of the time, just color the pieces around your face and your part. That's generally a lot less expensive."
>
> —MARIE ROBINSON, colorist

EXTEND YOUR SINGLE PROCESS.
If your color appointments seem to be coming up fast and gray coverage isn't your issue (but fading is), consider a gloss. It can bring back the shine, according to Robinson. And it's less expensive than a single process.

SKIP THE DEEP CONDITIONER.
Some salons offer this as an add-on service, but you can easily re-create the treatment at home using your regular conditioner.

BEST FACE FORWARD

BE IN COMPLETE COMMAND DURING YOUR MAKEUP COUNTER MAKEOVER.

BOOK A SLOT.
Or go during off-hours—for instance, first thing in the morning. You want your makeup artist to be focused on you, not distracted by what's going on at the counter.

BYOMB (BRING YOUR OWN MAKEUP BAG).
It never hurts to show a makeup artist products you love and ask her to incorporate them into your makeover. "That way she's not showing you something you're not interested in," says Beth Zurn, SVP of global education and special events at Estée Lauder.

BE A GOOD STUDENT.
Document the process by taking photos with your phone for reference later, Zurn says. "Also be sure to get a face chart with a step-by-step guide."

IF YOU'RE GOING TO INVEST, GO FOR THE FOUNDATION OR CONCEALER—BUT ONLY AFTER YOU'RE SURE IT'S THE CORRECT SHADE FOR YOU.
"Foundation and concealer are definitely worth the money because it's so difficult to find the right shade, formula, and finish," says Zurn. In any case, making a small purchase—a lipstick, for example—is the right thing to do, says Billy B., consulting makeup artist for L'Oréal Paris: "It's like tipping." Should you get the hard sell, be explicit right away and say, "I'm just planning to buy one thing today, but thank you."

SECRETS OF SAMPLING

ASK AND YE SHALL RECEIVE.
Don't hesitate to request trial sizes, as many counters happily provide them for foundation and skincare. (At Sephora, you can get at least three foundation testers per visit.)

CHECK IN SEASONALLY.
Gift-with-purchase time, which usually occurs every three months, is a chance to load up on samples, says Mary Meszaros, training manager for Elizabeth Arden.

MAXIMIZE YOUR MANI

THINGS YOUR MANICURIST WON'T TELL YOU.

OPT FOR A POLISH CHANGE.
You can save by getting a full manicure every other week and a polish change on alternate weeks, suggests manicurist Jin Soon Choi, owner of JinSoon nail spas in NYC.

FILE UNDER SMART.
"Filing should be done in one direction only (not back and forth)—from the outside in," says manicurist Deborah Lippmann, owner of Deborah Lippmann nail products. Improper filing causes the nail edge to peel back.

ALLOW ENOUGH DRY TIME.
And not just at the end of your manicure. "Nail lacquer has solvents that need to evaporate," says Lippmann. That means waiting a minute after each coat. "Ask your manicurist to take a break for a minute," says Lippmann.

ASSEMBLE YOUR OWN NAIL KIT.
If you're a stickler about sterile tools and fresh polish—and you should be—bring your own manicure-pedicure set. In addition to implements and cuticle exfoliator, include base and top coats and enamel so you can be sure those items haven't been thinned down or contaminated.

EXTEND YOUR PERFECT MANICURE.
After the final coat of polish, the manicurist should run the brush around the tip of your nail, covering the edge, to help prevent chipping.

HAIR AND MAKEUP: DAVID TIBOLLA FOR CHANEL BEAUTÉ/CELESTINE AGENCY



UPGRADE YOUR RELATIONSHIP WITH O!

CAN'T GET ENOUGH OF YOUR FAVORITE MAGAZINE? Now there's a membership program that lets you deepen your connection to all things *O*—and enjoy some very special perks, from free beauty products to tickets for events featuring Oprah to opportunities to appear in our pages. By joining O'S CIRCLE OF FRIENDS, you'll also get a behind-the-scenes look at what we're excited about every month. Learn more at ocircleoffriends.com.

FASHION FIXES AS EASY AS 3-2-1

LET THE EXPERTS SHOW YOU HOW TO MAKE THE FINERY IN YOUR CLOSET THAT MUCH FINER.



3

WAYS TO LOOK SHARP

RAINA BLYER, New York–based tailor

A LITTLE PINCH at the hem of a pencil skirt or a dress that hits at the knee will make you look curvy and your outfit more high-end.

CHEAPER BRANDS often make jacket sleeves wide so they can accommodate a large cross section of women. Getting rid of some of the fabric in the upper arm will help create a sharper cut.

BECAUSE MANY PIECES are made to fit a wide range of shapes, people often complain about having a gap at the back of the waistband of their pants or skirts. A tailor can easily take that in and add flattering darts.

2

WAYS TO MAKE YOUR SHOES FIT SO MUCH BETTER

DAVID MESQUITA, co-owner of New York's Leather Spa shoe repair

A COBBLER CAN LENGTHEN OR WIDEN most snug-fitting shoes by as much as a half size for around $15. If they're relatively new, you can stretch them yourself. Just spray either the inside or outside with shoe stretch spray (available at shoe repair shops or drugstores) and wear them while they're still damp. The shape of your foot will help soften the leather and break in your shoes. If they still rub in a particular area, cover it with a piece of adhesive moleskin, which will reduce any friction.

HIGH HEELS DON'T HAVE TO HURT. You can shorten some styles by a quarter of an inch. That little bit can change the angle of your shoes and make a big difference.

1

WAY TO PUT IT ALL TOGETHER

JERRY POZNIAK, owner of the high-end dry cleaner Jeeves NY

GET YOUR CLOTHES PROFESSIONALLY PRESSED. A pro can roll out the lapels, steam the sleeves, and remove creases much more thoroughly than you can at home, often for half the cost of standard dry cleaning. You'll look better and save a few dollars at the same time.

INSTANT UPGRADES!

A LIGHTNING ROUND OF SIMPLE SWAPS FOR YOUR OLD STANDBYS.

ILLUSTRATIONS BY ***Oliver Munday***

CHEESE:
LIKE MOZZARELLA?
↓
TRY BURRATA

"Burrata is one of those cheeses people won't buy because they don't know what it is—but imagine an outer layer of mozzarella filled with milky cream," says Liz Thorpe, author of *The Cheese Chronicles*. "It doesn't have the chewy, squeaky texture mozzarella can have, and it's wildly versatile. Eat it on its own or toss it into a pot of pasta with tomato sauce. In the summer, I scoop it onto grilled bread with fresh garlic, olive oil, and herbs."



MUSIC STREAMING SERVICE:
LIKE SPOTIFY?
↓
TUNE IN TO BEATS MUSIC

This new streaming service creates intuitive playlists that take into account not only your musical likes but also things like your mood (feel like "humming along" or "saving the world"?) and location (gym, car, work, etc.). "It's scarily on point," says Andrew Hampp, senior branding correspondent at *Billboard*. "It guessed my favorite band, a semiobscure British group called Saint Etienne, only by knowing which genres of music I love."



CONDIMENT:
LIKE SRIRACHA?
↓
SLATHER ON SIR KENSINGTON'S CHIPOTLE MAYONNAISE

Mayo is back—with plans to dethrone the popular chili sauce as the king of condiments. Sir Kensington's chipotle variety has a smooth texture but a nice kick (courtesy of paprika, cumin, and black pepper). For first-timers, Sir Kensington's cofounder Mark Ramadan recommends replacing half the mayo in Caesar dressing with the chipotle version for a slightly spicy and smoky variation on the salad. Bonus: It's non-GMO and made with cage-free eggs.



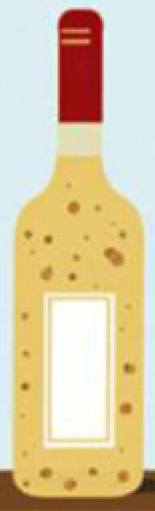
PASTRY:
LIKE CRONUTS?
↓
SINK YOUR TEETH INTO A SCUFFIN

If it looks like a muffin, tastes like a scone, and is filled with fruit, it can be only one thing: a scuffin. Frog Hollow Farm in Northern California invented the hybrid pastry as a way to make use of the farm's overripe or blemished—but still edible—peaches and nectarines. "The scone's shape made it difficult to encapsulate the jam," says Frog Hollow Farm's co-owner and chef Becky Courchesne. "So we decided to use a muffin mold to shape the dough, make a well for the jam, and top it off with smaller pieces of dough. That's how we got the scuffin." (Ships nationally; froghollow.com)



WINE:
LIKE CHAMPAGNE?
↓
TOAST WITH CALIFORNIA SPARKLING WINE

"A bottle of bubbly is the go-to for any occasion," says Jessica Certo, sommelier at Del Frisco's Double Eagle Steak House in New York. "But while people tend toward French Champagne, California sparkling wines—like Schramsberg Vineyards' Blanc de Blancs—are generally less expensive and can be even more satisfying. The ripe climate can create a fruitier flavor and more body than you get with Champagne, without sacrificing that toasted, nutty quality."



CELEBRITY CRUSH:
LIKE RYAN GOSLING?
↓
FEAST YOUR EYES ON THEO JAMES

We first fell for the tall, dark, and handsome Brit during his memorable, albeit brief, appearance as Mr. Pamuk (the seductive Turkish diplomat whom Lady Mary loves to death) in season 1 of *Downton Abbey*. Gosling-like, he's a romantic lead (in our niece's latest obsession, *Divergent*), and he can also veer edgy (in the adaptation of Martin Amis's mystery *London Fields*). And did we mention he did some time in a rock band? Swoon.



POP STAR:
LIKE BRUNO MARS?
↓
GROOVE TO MINIATURE TIGERS

His Super Bowl half-time show cemented Mars as the king of danceable pop tunes with a side of doo-wop. Meet his heirs apparent: indie pop group Miniature Tigers. Their single "Swimming Pool Blues," off their new album, *Cruel Runnings,* is guaranteed to be the song of the summer. "Their fun, upbeat, catchy songs make for happy listening," says Manish Raval, who as music supervisor for HBO's *Girls,* always has his ear to the ground.

—ZOE DONALDSON



IMAGE: HUBERT BOESL/DPA/CORBIS

ENRICH ALL YOUR RELATIONSHIPS

DEEPENING BONDS WITH YOUR NEAREST AND DEAREST MAY BE EASIER THAN YOU THINK.



YOUR PARENTS

Perhaps you and your loved ones could benefit from several years of intensive therapy. But Jeanne Darst, author of *Fiction Ruined My Family*—a tragicomic memoir about her frustrated writer father and alcoholic mother—recommends a faster (and cheaper) approach: Embrace the crazy. "Don't just accept people for who they are. Have fun with who they are. My mother became a shut-in toward the end of her life. She loved only two things: Jackie Kennedy biographies and speaking on the phone about what she'd seen on TV. Instead of letting her drive me insane, I realized that talking for hours about beauty pageant contestants could actually be enjoyable."

YOUR PARTNER

We all *say* we know the key to great sex is speaking up—but when was the last time you did? A recent survey by condom-maker Durex revealed that while 84 percent of couples admit their sex life would improve if they told their partner what they really wanted in bed, 14 percent of women said they never talk about it. Enter mojoupgrade.com, an online sex questionnaire for couples that makes pillow talk a little more comfortable. Log on, select the fantasies that get your motor running (they range from PG to XXX), ask your partner to do the same, and wait to be notified about the fantasies you share. (Those you don't will remain secret.) What comes next is up to the two of you.

YOUR PALS

While a good gab with a great friend is always a joy, the setting—café, wine bar—is probably predictable. The next time a friend suggests a coffee date, says Rishi Mandal, cofounder of the popular concierge site Sosh.com, which curates local activities and events in cities across the U.S., try coffee "cupping," the industry's version of a tasting. San Francisco roaster Four Barrel, for instance, hosts cuppings for $15. Or skip coffee entirely, says Mandal, and bond while trying out a new class. From 3-D printing to DIY terrariums, more and more independent artisans and gardeners around the country are organizing low-cost workshops to teach their trade. If your girlfriends aren't the craftiest, even better: Enjoy the hilarity of muddling through together.



GIVE YOURSELF A HAPPINESS RAISE

IT TOOK A FINANCIAL SLUMP FOR **MARGARITA BERTSOS** TO LEARN THE SECRET TO LIVING RICHLY.

LAST YEAR as I faced my 33rd birthday, it seemed like a good time to sit down and make a list of financial goals. Some were instantly doable, like spending less on food. (Goodbye, $7 organic strawberries.) Others were more ambitious: sock away enough cash for a down payment on an apartment; build a savings account for fun grown-up stuff like buying last-minute plane tickets to Tahoe.

The problem: These things required more money than I was making. The other problem: In this economy, it wasn't realistic to expect a huge raise. Suddenly, my future started to look like an ever-narrowing tunnel. Without a big increase in cash flow, how was my *amazing life* supposed to start? Obviously, I was doomed.

I loved my job, I loved my boss, but I'd spent my 20s closing up shop at the office every night when I knew I should have been playing harder and taking more risks. I'd built a career I was proud of, but realized I couldn't view a paycheck as my ultimate reward.

Finally, I made an executive decision. I'd give myself a happiness raise and bring into my life more of the good things that money can't buy (and that I'd been denying myself), and less of the stuff that didn't have much real value.

The first step was to do a serious accounting, calculating where I'd been spending my time and energy and noting how much joy I was netting on a daily basis. The results didn't surprise me: so many have-tos and must-dos, so few moments of real bliss.

I instituted a new rule: Anytime the word *should* flashed across my mind, I hit the brakes. Did I really want to attend this baby shower or join that book club? Often I didn't—so I respectfully said no, and found that the world didn't end.

Then there was my health. I'd been trying to lose weight for years, and I'd had some success, but at the expense of my happiness (and my bank account). I dutifully joined a gym and then stopped going. Because that wasn't a big enough source of shame, I spent more money to join another—and didn't go there, either. I finally let myself admit that I hated boot camp classes and pounding along on a treadmill, so I quit and signed up for $12 Greek dancing lessons. I got back in the pool and swam laps, giving my body a taste of weightlessness. I also stopped counting the calories in blueberries. I threw out my scale. The result: I dropped four dress sizes. When I focused on pleasure in other areas of my life, I had less time to think about food and more desire to get up and move. And it wasn't torture—it was *fun*.

Once I stopped wasting energy on things I didn't want to do, I suddenly had headspace for all those things I used to say I didn't have time for, like a love life. The idea of dating—the thought of losing my independence, letting someone else see my imperfections—really scared me. But I pushed past the fear and created a profile on EligibleGreeks.com, the Match.com for Greek people. The first man who e-mailed me and didn't seem completely crazy lived across the country in Southern California. There was a time when I would have let his message wither in my in-box. (He's from L.A.! Long distance never works! He wears those weird wraparound sunglasses!) But this time I wrote back.

We traded messages for a month, and then an unexpected work trip brought me to L.A. (Side note: When you invest in your happiness, the universe has a way of matching your contributions.) We planned to meet for dinner; I planned to have no expectations. But once I got over my initial nervousness, I talked more easily with him than I had with anyone I'd met in years. The night went so well, he asked me to extend my trip.

Our story didn't have a fairy-tale ending, but no matter. I had taken a risk and learned that if I needed to, I could get comfortable with being uncomfortable. Even more important, I realized something I think I'd known all along: *I'm not made of money, and neither is my happiness.* And I don't need to add to my bank account to invest in my life.

MARGARITA BERTSOS is a writer and editor in New York City.

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Food for Thought

Whet your appetite with these pocket-size cards, ready to stick on your fridge or bookmark a favorite recipe.

"Life is too short for self-hatred and celery sticks."

—Marilyn Wann

"People who love to eat are always the best people."

—Julia Child

"And we must have a pie. Stress cannot exist in the presence of a pie."

—David Mamet

"He was a bold man that first ate an oyster."

—Jonathan Swift

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WINE PAIRING: Sangiovese

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ENHANCE YOUR FAVORITES



MEDIUM ASIAGO: Has a semi-hard texture that is incredibly rich with smooth and nutty tones

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CREAMY HAVARTI: Incorporates extra cream for a softer, more luxurious, melt-in-your-mouth taste

SNACK PAIRING: Rye bread and roasted peppers

WINE PAIRING: Sauvignon Blanc

SPICE IT UP



FIESTA PEPPER JACK: A blend of a buttery Monterey Jack with four fiery pepper varieties

SNACK PAIRING: Grapes and pineapple

BRUSCHETTA JACK: Combines the rich flavor of natural Monterey Jack with bruschetta ingredients

SNACK PAIRING: Olives and crisp bread slices

WINE PAIRING: Zinfandel

Let's Eat!

COME ON, BABY, LIGHT THAT FIRE

Summer is about grilling up good eats—and for **SUNNY ANDERSON,** *it all starts with chicken.*

Between our love affairs with hamburgers and hot dogs and our long-lived devotion to steaks, grilling is practically an American institution. (It sure is at my house.) But there's a hidden hero of summer barbecues that gets less attention than its beefy cousins: grilled chicken. It's the protein that goes with just about anything, and its versatility ought to earn it a place in your regular rotation.

I have a few key recipes I turn to, each of which puts this flame-broiled bird to excellent use by pairing it with simple sauces. I love to whip up my own barbecue sauce, fry some bacon, and throw a chicken breast on the grill for the tastiest barbecue chicken pizza ever. My salad of chicken and rice vermicelli—thin, transparent noodles that soak up flavors perfectly—is bright and vibrant, with its garlicky, gingery, herbaceous dressing. And since there are few things I love more than Mexican food, I often drizzle grilled chicken with a creamy chipotle sauce and wrap it up in a tortilla. It's taco perfection.

When you're firing up the grill this summer, don't forget endlessly adaptable chicken. Because once you've got your bird nice and charred, it requires only a little more effort to make the dish take flight.

FOOD STYLIST: CARRIE PURCELL/BIG LEO. PROP STYLIST: KENDRA SMOOT.

PHOTOGRAPHS BY ALISON GOOTEE

Let's Eat!

Grilled Barbecue Chicken and Bacon Pizza

- 2 boneless, skinless chicken breasts (about 8 ounces each)
- 2 Tbsp. olive oil
- 1½ tsp. paprika, divided
- ½ tsp. kosher salt, divided
- ½ tsp. ground black pepper, divided
- 6 ounces bacon (about 6 strips)
- ½ cup chopped onion
- 1 cup ketchup
- ¼ cup chicken stock
- ¼ cup beer
- 2 Tbsp. light brown sugar
- ½ tsp. garlic powder
- ½ tsp. crushed red pepper flakes
- 2 cloves garlic, finely minced

All-purpose flour

- 1 pound pizza dough, divided in half
- 2 tomatoes, thinly sliced
- ¼ cup sliced green bell pepper
- 2 cups shredded mozzarella

1. Preheat a grill to medium-high heat. Drizzle chicken with oil and sprinkle with 1 tsp. paprika and ¼ tsp. each salt and black pepper. Grill, turning once, until cooked through, about 8 minutes per side. Transfer to a bowl, let cool, and cut into bite-size pieces.
2. In a skillet, cook bacon over medium heat until crisp. Drain, dice, and set aside. Remove all but ¼ cup fat from pan.
3. Add onion to pan and cook over medium heat, about 3 minutes. Add ketchup, stock, beer, brown sugar, ½ tsp. paprika, garlic powder, red pepper flakes, and garlic. Simmer about 5 minutes. Add ¼ tsp. each salt and black pepper; set aside.
4. Preheat half of grill to high, leaving other half off. On a floured surface, roll each piece of dough into a 12" round. Place 1 round on a lightly floured cookie sheet and bring to grill. Drape dough over hot side of grill and cook until dough is lightly charred and lifts easily from grate, about 2 minutes. Turn and grill other side of dough. Move dough to cool side of grill and spread with ½ cup sauce. Arrange half of tomatoes, green pepper, reserved chicken, reserved bacon, and cheese on dough. Cover and grill indirectly until cheese is melted, about 4 minutes. Repeat process for second pizza. Slice and serve warm.
Active time: 30 minutes • Total time: 40 minutes

Grilled Chicken Tacos with Creamy Chipotle Sauce

SAUCE:

- 2 chipotles in adobo, finely chopped
- ½ cup mayonnaise
- ½ cup sour cream
- 1 tsp. lime juice
- ⅛ tsp. kosher salt
- ⅛ tsp. ground black pepper

TACOS:

- 1 Tbsp. ground cumin
- 1 Tbsp. kosher salt
- 1 tsp. dried thyme
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. paprika
- ¼ tsp. ground black pepper
- 2 garlic cloves, finely chopped
- ¼ cup olive oil
- 2 tsp. lime juice
- 2 boneless, skinless chicken breasts (about 8 ounces each)
- 16 corn tortillas, warmed
- 4 large radishes, cut into matchsticks
- ¼ cup cilantro leaves, chopped
- 2 large limes, cut into wedges

1. To make sauce: In a medium bowl, combine all ingredients.
2. To make tacos: Preheat a grill to medium-high heat. In a large bowl, combine cumin, salt, thyme, garlic powder, onion powder, paprika, pepper, garlic, olive oil, and lime juice. Add chicken; toss to coat. Grill chicken, turning once, until cooked through, about 8 minutes per side. Transfer to a bowl, let rest a few minutes, and cut into bite-size pieces.
3. For each taco, stack 2 tortillas, add chicken, drizzle with sauce, and top with radishes and cilantro to taste. Serve with lime wedges.
Active time: 20 minutes • Total time: 30 minutes

Chicken and Rice Vermicelli Salad

- 2 tsp. minced ginger
- 2 garlic cloves, finely chopped
- ¾ tsp. chili powder
- ½ tsp. crushed red pepper flakes
- ¼ cup plus 1 Tbsp. olive oil, plus more for drizzling
- 3 Tbsp. soy sauce
- 1½ Tbsp. honey
- ¾ tsp. ground black pepper, divided
- ¼ tsp. kosher salt
- 4 boneless, skinless chicken thighs
- ½ pound rice vermicelli
- ½ cup mint, chopped
- ½ cup basil, chopped
- 2 scallions, chopped or thinly sliced
- 2 limes, cut into wedges

1. In a large bowl, whisk together ginger, garlic, chili powder, red pepper flakes, olive oil, soy sauce, honey, and ½ tsp. black pepper. Set dressing aside.
2. Preheat a grill to medium-high heat. Drizzle chicken with olive oil, salt, and ¼ tsp. black pepper. Set aside.
3. In a large pot of boiling water, cook vermicelli until al dente, about 3 minutes. Drain and return to pot. Fill pot with warm water, swirl, and drain again. Repeat twice more. Transfer noodles to bowl with dressing. Add mint, basil, and scallions and toss.
4. Grill chicken, turning once, until cooked through, 5 minutes per side. When cool, shred chicken and toss with noodles. Serve with limes.
Active time: 25 minutes • Total time: 30 minutes

All recipes serve 4.



The O Quiz



A great meal can really make a trip. These stellar chefs have the scoop on your destination's best bites.

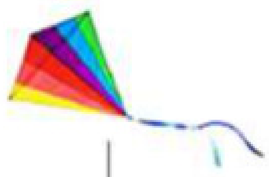
START

Where are you headed?



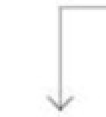
Welcome to **CHICAGO**! What are you craving?

Windy City specialties



Deep-dish pizza

"**Lou Malnati's** has been around forever. I get the Malnati Chicago Classic: sausage and extra cheese on a buttery crust." —*Jenn Louis,* ***Lincoln,*** *Portland, Oregon*



Bratwurst



"**Mirabell** has good old German bratwurst—it's spicy, with great snap. But if you can't get there, sitting in Wrigley Field with a brat in one hand and a beer in the other is a little piece of heaven, too." —*Michelle Bernstein,* ***Michy's,*** *Miami*

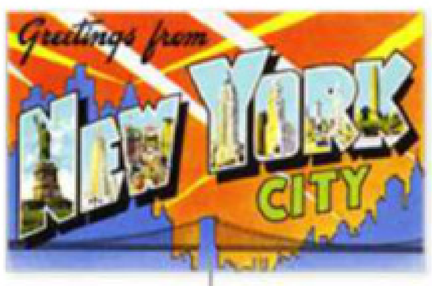


Inventive cuisine



"Chef Paul Kahan is the *man*—and his place **Nico Osteria** serves bold seafood. The snapper with salsa verde gets maximum flavor from a few ingredients, so the fish really shines." —*Michael Schwartz,* ***Michael's Genuine Food & Drink,*** *Miami*





Hello, **NEW YORK CITY**! How fancy would you like to eat?







Not too fancy

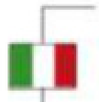
"**Uncle Boons** is my favorite Thai in the city, hands down. I love the Mieng Kum, which is a betel leaf wrap with ginger, lime, toasted coconut, and chilies." —*Amanda Cohen,* ***Dirt Candy,*** *NYC*





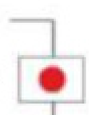
Pretty darn fancy!

Do you prefer Italian or Japanese?



"**Osteria Morini** makes cravable fresh pasta. I love the garganelli with cream, peas, and prosciutto—though if I'm in the mood for something light, the branzino is also great." —*Anita Lo,* ***Annisa,*** *NYC*





"For the sushi of the gods, go to **Soto,** near Washington Square. Get the fluke ponzu or cyu toro tartare, both of which will change your opinion of how fresh fish can be." —*Hugh Acheson,* ***5&10,*** *Athens, Georgia*





Next stop, **ORLANDO**! How far will you venture from Walt Disney World?



I'm up for a drive!

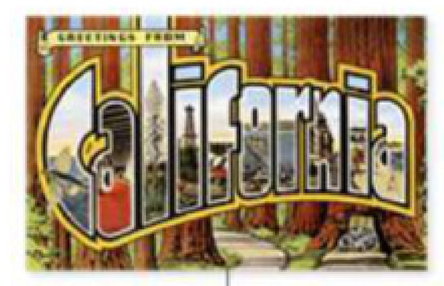
"At **4 Rivers Smokehouse,** you'll snake your way through a smoky line to sit at picnic tables with plates of brisket, pork, sausage, and more. This place is *committed* to the art of 'cue!"

—*Norman Van Aken,* ***Norman's at the Ritz-Carlton Grande Lakes,*** *Orlando*





"Chef Scott Hunnel's farm-driven, four-star tasting menu at **Victoria & Albert's,** in the Grand Floridian hotel, is so refined. His octopus with black garlic aioli is incredibly elegant."



CALIFORNIA or bust! Are you headed north or south?

Los



Want some Mexican or Korean?

"I love the fish taco—and poblano cheese taco—at **Escuela Taqueria** on Beverly Boulevard. The flavors are simple but delicious, and great with a Mexican orange soda. Bubbles, fried fish: Can't go wrong there." —*Alex Guarnaschelli,* ***Butter,*** *NYC*





"You have to make a stop at **Park's Barbeque** in Koreatown and get the short ribs or bulgogi. The place is an L.A. classic."

San Francisco



"**Shandong Deluxe,** in the neighborhood between Golden Gate Park and the city's zoo, is a comfy Chinese hole-in-the-wall spot with epic, addictive hand-pulled noodles. I dream about them from up here in Napa Valley."

—*Christopher Kostow,* ***The Restaurant at Meadowood,*** *St. Helena, California*



POSTCARDS: FOUND IMAGE PRESS/CORBIS. TAXI, BIRKENSTOCK SANDALS: ALAMY. PIZZA, MAP, HEELS: ISTOCKPHOTO.COM. AIRPLANE, POPSICLE, KEYS, MINNIE MOUSE, KITE, LIGHT BULB, SNEAKERS, BOW TIE, BRATWURST, FLAGS: GETTY IMAGES. LOUIS: DAVID L. REAMER. BERNSTEIN: MICHAEL PISARRI. SCHWARTZ: BEN FINK. COHEN: GETTY IMAGES. GUARNASCHELLI: OLD SCHOOL COMFORT. KOSTOW: COURTESY OF THE RESTAURANT AT MEADOWOOD. VAN AKEN: DAMON TUCCI. ACHESON: EMILY B. HALL. GUARNASCHELLI: NOAH FECKS.

Let's Eat!

MIXING BOWL

The makings of a delicious month, from dressed-up dogs to picnic-friendly Pinot.

Easy Upgrade

PERFECTLY FRANK

Make your Fourth of July cookout truly spectacular with these inventive topping combos from gourmet hot-dog shops across the country. —**LINDSAY FUNSTON**



ASIA DOG
NEW YORK CITY
THE SIDNEY: mango + red onion + cucumber + cilantro + peanuts

MATT'S
SEATTLE
THE 3 A.M.: grilled onions + cream cheese

SHOW DOGS
SAN FRANCISCO
THE HOUSE MAPLE PORK: brown mustard + bacon bits + arugula

DIRTY FRANK'S HOT DOG PALACE
COLUMBUS, OHIO
THE OHIOANA: corn relish (corn, jalapeño, red bell and Anaheim peppers, dill pickle, red onion, red pepper flakes, red wine vinegar, lime juice) + celery salt

BULDOGIS
LAS VEGAS
THE WEST COAST: caramelized onions + pico de gallo + cheddar + avocado mayo (avocado, mayo, cilantro, lemon juice, garlic)



The Find

YES, YOU CAN

Long to pack picnic wine, but glass isn't allowed at the park? Behold the solution: Union Wine Co.'s fruity Underwood Pinot Noir and refreshing Pinot Gris come in aluminum cans for easy toting and drinking. ($6 per 375-milliliter can; unionwinecompany.com)

Pantry Pick

A Better Burn

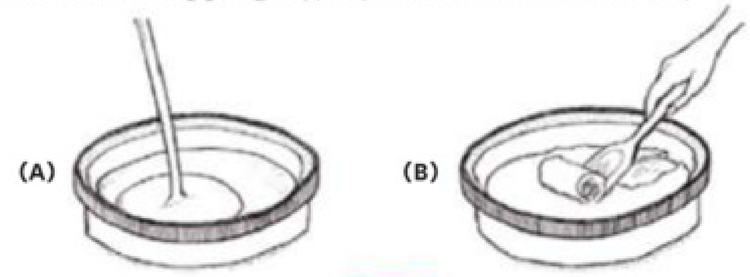
Chili lovers looking for intense flavor *and* heat should taste Marshall's Haute Sauces, notably the addictive Habañero Carrot Curry (delicious on steak) and the citrusy Serrano Ginger Lemongrass (drizzle it over roasted potatoes). Bonus: the stylish, and giftworthy, glass jars. ($10 per eight-ounce jar; marshallshautesauce.com)



Tool to Try

INSTANT ICE CREAM

With the Sweet Spot by Chef'n, you can make ice cream from scratch in the same amount of time it takes to scoop some out of a carton. When you freeze the metal plate for 24 hours, it gets cold enough to immediately chill liquid poured onto its surface. To make vanilla ice cream, whisk together milk, sugar, heavy cream, vanilla extract, and salt, and pour it onto the plate **(A)**. *As if you're scrambling eggs, scrape and fold the mixture with a spatula for 1 to 2 minutes until it becomes thick and creamy* **(B)**. *Serve as is or mix in chocolate sauce* **(C)** *or other toppings. ($50; williams-sonoma.com)*





CLOCKWISE FROM LEFT: ALISON GOOTEE/STUDIO D. FOOD STYLIST: CARRIE PURCELL/BIG LEO. PROP STYLIST: KENDRA SMOOT (3). COURTESY OF MARSHALL'S HAUTE SAUCE. ILLUSTRATIONS: HANDMADE LETTERS. COURTESY OF CHEF'N.

THE POWER OF 3

A trio of fabulous, simple-enough-for-a-Wednesday dishes using three staples: RICOTTA, BASIL, and NECTARINES.

Recipes by Marcia Kiesel



Ham Panini with Nectarine Salsa

In a medium bowl, combine 1 **nectarine,** finely diced; ½ cup finely diced **white onion;** ¼ cup chopped **basil;** 2 Tbsp. **lime juice;** 1 Tbsp. **olive oil;** and ¼ tsp. each **crushed red pepper flakes,** ground **cumin,** and **salt.** In another bowl, mix 1 cup **ricotta** and ¾ cup shredded **smoked mozzarella** and season with salt and pepper. Heat a panini press or a large skillet. Brush 1 side of 8 slices **bread** with olive oil. On the other side of 4 slices, layer the cheese mixture, 2 slices **ham,** and ¼ cup nectarine salsa. Place on press or skillet and top with a second slice of prepared bread, oiled side out. Toast until melty, 3 minutes. (If using a skillet, weigh down panini with another skillet.) *Total time: 40 minutes.*



Grilled Nectarine-Corn Salad

In a food processor, combine ½ cup **ricotta,** ½ cup **basil,** ¼ cup chopped **white onion,** 3 Tbsp. **white wine vinegar,** 2 Tbsp. **olive oil,** and ¼ tsp. **salt** and process until smooth. Preheat a grill on medium-high heat. Drizzle 4 **nectarines,** halved and pitted, and 4 ears **corn,** shucked, with 1 Tbsp. olive oil; season corn with ¼ tsp. salt. Grill nectarines until lightly charred, 1 minute per side, and corn until charred all over, 5 minutes. Slice nectarines and cut corn kernels from cobs. In a large bowl, toss 6 ounces **mesclun,** 1 cup halved **cherry tomatoes,** corn, and all but ¼ cup of dressing. Top with nectarines, spoon remaining dressing over salad, and serve. *Active time: 25 minutes. Total time: 30 minutes.*



Crumble

Preheat oven to 350°. **Butter** an 8" square glass baking dish. In a medium bowl, mix ½ cup **ricotta,** ¼ cup chopped **basil,** 3 Tbsp. **honey,** ¼ tsp. finely grated **lemon zest,** and ¼ tsp. **vanilla extract.** In a medium bowl, mix ¾ cup **granola,** ½ cup **shredded coconut,** and 1 Tbsp. melted butter. Arrange 3 **nectarines,** cut into ½"-thick wedges, in the prepared dish and scatter with 6 ounces **blackberries.** Dollop with ricotta mixture and sprinkle with granola. Bake until top is golden and fruit is bubbly, 20 minutes. Let rest 5 minutes before serving. *Active time: 20 minutes. Total time: 45 minutes.*

Each recipe serves 4.

FOOD STYLIST: CARRIE PURCELL/BIG LEO. PROP STYLIST: KENDRA SMOOT.

PHOTOGRAPHS BY ALISON G[illegible]

Shop Guide

COVER/HERE WE GO! PAGE 19 Rash guard, $235; coverswim.com. Skirt, Camilla, $805; saksfifthavenue.com. Hat, $225; tracywatts.bigcartel.com. Earrings, Sylva & Cie, $8,500; Bergdorf Goodman; 212-753-7300. Bracelet, Giles & Brother, $150; neimanmarcus.com. Ring, Vaubel Designs, $475; bergdorfgoodman.com. Sandals, $195; toryburch.com. Kindle Paperwhite, $119, and leather cover, $40; amazon.com.

ADAM'S STYLE SHEET PAGE 48 *From left*: Top, Raoul, $115, Saks Fifth Avenue; 877-551-7257. Shorts, Sandro, $220; sandro-paris.com. Bag, Vince Camuto Signature, $798; vcsignature.com. Shoe, $675; paulsmith.co.uk. Jacket, Nic + Zoe, $398; vonmaur.com. Top, $98; anntaylor.com. Shorts, 10 Crosby Derek Lam, $375, Jenna White; 305-669-5940. Shoe, $268; jcrew.com. Clutch, Penelope Chilvers, $173; shopbop.com. Top, ICB, $295; icbnyc.com. Shorts, $60; talbots.com. Clutch, Zac Zac Posen, $295; amazon.com/fashion. Shoe, Tod's, $775; 212-644-5945.

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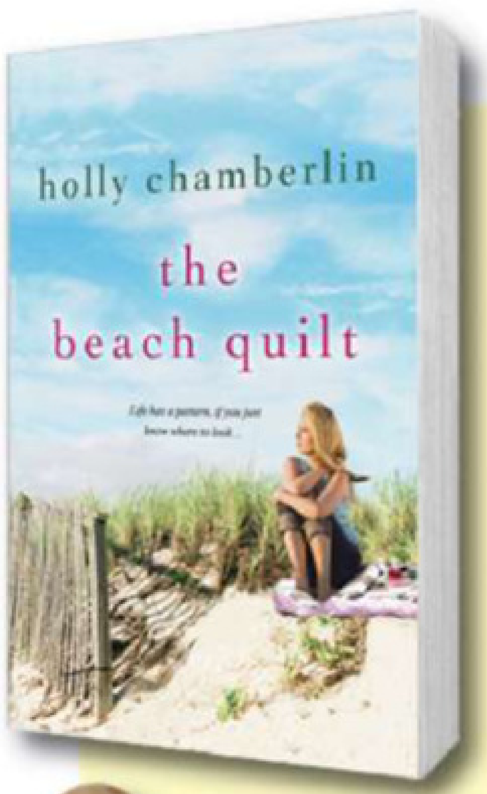
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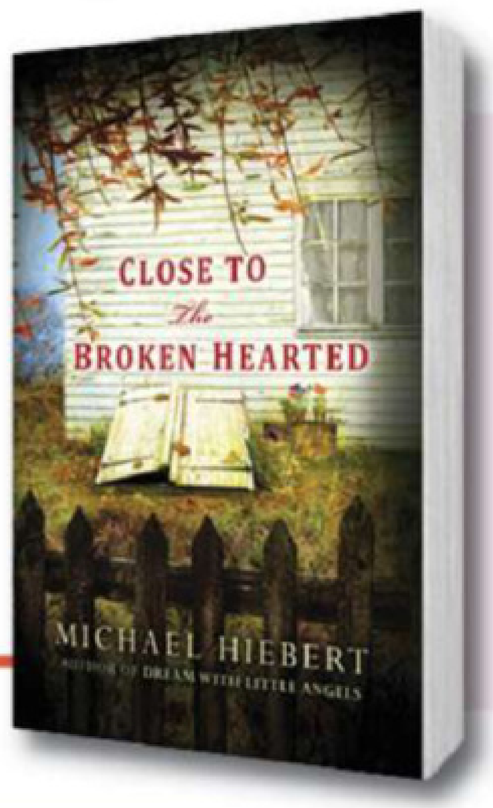
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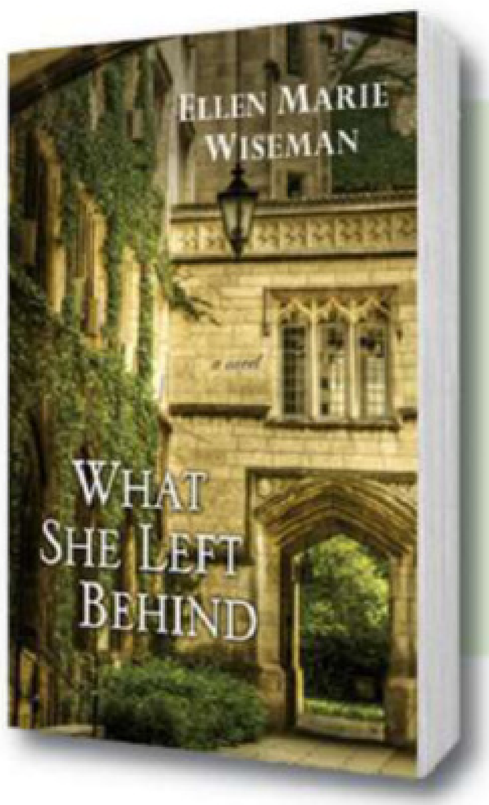
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What I Know for Sure



I'M ON a mission to upgrade my life in every way I can.

Every *Oprah Show* I ever taped, every magazine article I've published, every *Lifeclass* and *Super Soul Sunday* I've done—they all originated with the intention to upgrade.

Don't get me wrong: I feel blessed to have the life I'm living. Several times a day I look around in awe of how someone like me, born in apartheid Mississippi, got to where I am. It's still a wonder to me. And yet each day I enhance and expand the material goodness and grace I've received by connecting to the deeper Presence within everything that's alive.

Throughout the day I find moments to just exhale deeply, then inhale and exhale again, taking the time to notice my breathing. It always gives me a little recharge, a surge of energy that reminds me I'm alive. Here. Now.

It's an upgrade in capital-A Awareness.

Being aware turns up the volume in your life. You are tuned in to the present moment instead of the jumble of thoughts in your head. And you begin to understand that you are not your thoughts—or as Eckhart Tolle explains in *Stillness Speaks,* "you are that awareness, disguised as a person." That's when everything changes. You gain clarity. You stop giving power to your past. You know that no matter what circumstances you find yourself in, you will be okay.

Because capital-A Awareness grounds you in capital-B Being.

What I know for sure: That realization is the mama jama upgrade. Nothing I've ever learned or said is as important as knowing that the constant chatter in your head has only the power you choose to give it. Learning not to let your thoughts be a runaway train leading your life off track is the key to a masterful existence that's perpetually getting better.

This fall I'm going on the road to share this knowledge and use my life the way I feel I've been called to do: helping other people see—and reach for—the best in themselves. You may have heard about the Life You Want tour I'm embarking on in September. The life *I've* always wanted involves speaking to people directly about our potential, as human beings, to soar beyond our dreams.

I teach what I most need to be reminded of myself. And I hope we meet up in a city near you.

Oprah

JOE PUGLIESE/AUGUST

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We are a collection of smalls.

Homes, main streets and communities. They're our foundation. Our building blocks. Brick by brick, they make our whole greater.

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