

O

THE OPRAH
MAGAZINE

OPRAH'S FAVORITE THINGS!

87 GORGEOUS GIFTS
**AND YOU COULD
WIN THEM ALL!**
(details inside)

Season's Treatings

FROM FRUITCAKES
TO CHEESE BALLS,
RETRO FAVORITES GET
A MODERN TWIST

PLUS

**JENNIFER
HUDSON**
*rocks the
color purple*

(PREPARE TO BE DAZZLED)

One-Minute Meditations

YOU GIVE US
60 SECONDS—
WE'LL GIVE
YOU PEACE
OF MIND!

OPRAH AND A FEW GOOD MEN





GOOD THINGS, SMALL PACKAGES!

Behind each door, a gift for you: tiny tidings of the season.

shine

MERRY

WONDER

DAZZLE

Love

CHEER

Share

Glitter

JOY



A NECKLACE ISN'T JUST A NECKLACE

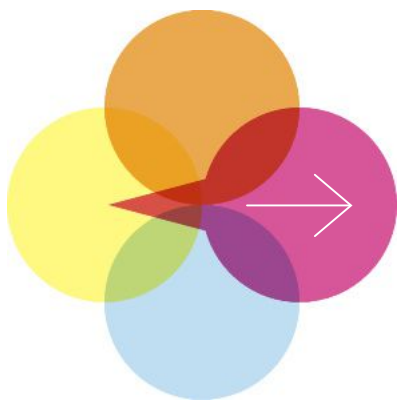
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THE
ART
OF
YOU



CONTENTS

December 2015

Special

Comfort & Joy

138 To ring in the season of generosity and love, *O*'s friends and family share stories of the greatest gifts they've ever received—from keepsakes to simple but life-changing acts of kindness. Plus, we've unwrapped the secrets to choosing the most meaningful presents for the people you love.



Features

150 PURPLE REIGN

Jennifer Hudson, star of the Broadway revival of *The Color Purple*, proves she's no shrinking violet in dazzling 1920s-inspired frocks with plenty of dramatic flair.

158 OLDIES BUT GOODIES (FOR FOODIES!)

Seven clever culinary experts have reimagined six old-fashioned holiday standbys. Get ready to revise your feelings about fruitcake!

ON THE COVER: Oprah photographed by Ruven Afanador. **FASHION EDITOR:** Jenny Capitan. **HAIR:** Nicole Mangrum. **MAKEUP:** Derrick Rutledge. **MANICURE:** Roseann Singleton at Art Department using Dior Vernis. **MEN'S STYLIST:** Cannon Media Group for Judy Casey. **MEN'S HAIR:** Michelle Coursey at Next Artists using Chanel Sublimage. **MEN'S MAKEUP:** Cedric Jolivet using Nars Cosmetics at See Management. **SET DESIGN:** Charlotte Malmlof. **ON OPRAH:** Dress, Marc Bouwer, customized with faux feathers. Tiara, Soho Style. Earrings, de Grisogono. *From left:* Bracelet and ring, Chopard. Watch, Apple Watch. Bracelet, Tiffany & Co. Ring, Jacob & Co. Shoes, Nine West. **COSTUMES:** Martin Izquierdo Studio.



158

"OLDIES BUT GOODIES (FOR FOODIES!)"

←
"These new twists on vintage treats are too tasty to be forgotten."

→
"I have butterflies taking on this role," says actress Jennifer Hudson. "But I like that."



150

"PURPLE REIGN"



94

"GREAT BUYS UNDER \$100"



138

"COMFORT & JOY"

←
"When I turned 4 years old, my parents gave me a teddy bear. I still bust him out some nights."



"KEEPING TABS" 122

Live Your Best Life

29 INSPIRATION, MOTIVATION, CELEBRATION

An activist who's using gooey maple grilled cheese to help troubled teens...Mary-Louise Parker on the beauty of a desert thunderstorm... the retro soul singer who's stepping into Billie Holiday's shoes...*Transparent* creator Jill Soloway's words to live by... and more.

Plus: THE WORLD ACCORDING TO GAYLE

Editor at large *Gayle King* on the little thing that keeps her smiling and the upcoming TV spectacular that has her clicking her heels.



May We Help You?

45 MARTHA BECK

How to help a loved one who won't face her feelings.

49 DR. OZ

A checklist of ways to keep the flu at bay.

50 SUZE ORMAN

Five things to consider before you spend a year-end windfall.

52 DEAR LISA

Workplace woes, puppy love, and bedroom behavior: *Lisa Kogan* untangles it all.

54 IYANLA VANZANT

In part 2 of our series, *Iyanla* helps an estranged sister pinpoint what's really keeping her from moving past a family fight.



The O List

61 OPRAH'S FAVORITE THINGS 2015

Eighty-seven gifts Oprah thinks are just great!

Love That!

94 GREAT BUYS UNDER \$100

Art Deco-inspired jewelry to jazz up your party look.

96 ADAM'S HOLIDAY GIFT GUIDE

Creative director *Adam Glassman's* picks will delight your favorite globetrotter, whether she hits the slopes or the surf. Plus, a few kitschy finds he just couldn't resist.

98 ADAM'S STYLE SHEET: HOME EDITION

Painterly dots and bright splatter motifs will give your space a splash of color.



O, Beautiful!

105 A drugstore lipstick that looks like a million bucks (and a rich nail polish to match), plus get-gorgeous gifts for every beauty obsession: glowing skin, fabulous scents, runway trends, and more.

Plus: VAL'S BEAUTY BUZZ

Beauty director *Valerie Monroe* on a creamy blush stick that makes contouring a cinch, four iridescent shadows to create the simplest smoky eye, two mighty moisturizers, and the right way to prevent lipstick feathering.



Feeling Good

112 THE NEW HOUSE CALL?

With the rise of telemedicine, a diagnosis can be as quick and easy as a chat on the phone. *Caitlin Moscatello* dials in.

119 "I'M NOT JUST TIRED!"

Cheryl Platzman Weinstock investigates one woman's struggle with chronic fatigue syndrome—and reports that the medical community is taking a new, serious look at the disease.

122 KEEPING TABS

Research shows you are what you drink. Take this ten-question quiz to find out how your sipping habits affect your health. By *Jessica Migala*

124 SIXTY SECONDS TO CALM

Whether your holiday stress point is pre-party nerves or family drama, there's a minute-long meditation for serenity now. By *Kate Rockwood*

Plus: SCENTS OF THE SEASON

Stop and take a breath: We've found the perfect smells to soothe you.



Reading Room

127 Our top ten books of 2015, from Patti Smith's not-to-be-missed second memoir to the next thrilling installment in the *Dragon Tattoo* series by Stieg Larsson's successor...O's new little guide for soul searchers and trailblazers...and the perfect gifts for all the enthusiasts on your list, whether they're nuts for adorable mutts, dreamy dwellings, or Hollywood history.



In Every Issue

12 CONTRIBUTORS

18 BEHIND THE SCENES

20 THE QUESTION

22 WE HEAR YOU!

27 OPRAH: HERE WE GO!

168 SHOP GUIDE

170 OPRAH: WHAT I KNOW FOR SURE

↑
"When it comes to health, how much juice is okay? How much wine?"



"OPRAH'S FAVORITE THINGS 2015" 61



"ADAM'S HOLIDAY GIFT GUIDE" 96

CLOCKWISE FROM TOP RIGHT: GETTY IMAGES, RICHARD MAJCHRZAK, GREGOR HALENDA, HYE JIN CHUNG, DEVON JARVIS, RUVEN AFANADOR, SAM KAPLAN.



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HOLIDAY.

WHERE THE GIFTS ARE

O

THE OPRAH
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What dream gift would you love to receive this year?

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A cure for separation anxiety in rat terriers the world over.

The mahogany Gretsch drum kit I've been coveting for months—and somewhere to put it.

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Tickets to see Britney Spears in Las Vegas. I will go to pop music hell if I don't see my teen idol perform.

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A year's supply of Stumptown coffee. A new mom needs her caffeine!

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I'd like my friend back. He passed away earlier this year, and not a day goes by that I don't wish he was just a text away.

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O'S CIRCLE OF FRIENDS
CONTRIBUTING FRIEND **Kim Houchen**

A Dualit toaster in azure blue—swoon!

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The ability to speak Polish fluently. I regret not learning from my grandparents, and now that I'm an adult, those conjugations might as well be hieroglyphics.

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Ellen Levine



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Oh! What fun.

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CLINIQUE

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THE OPRAH
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What dream gift
would you love to
receive this year?

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ASSOCIATE PUBLISHER/MARKETING **Michael D. Small**

GENERAL MANAGER
Nancy Denholtz

World peace—and
a 1962 Ferrari 250 GTO
in which to travel through
that peaceful world.

A kindhearted,
handsome, athletic,
age-appropriate
guy to travel and
banter with.
Thanks, Santa!

I already have
everything I want.
My dream gift is
more time to enjoy it.

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A faster
metabolism.
I'd like
to retire
my Spanx
for good.

A landscaped
backyard.
I do not have a
green thumb!

I'd like my
roommate's
allergies to
suddenly be
cured so I
can get a pet.

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Contributors

Cheer Ye, Cheer Ye

Two writers, an illustrator, a costume designer, and a chef get into the holiday spirit.



BENÉ VIERA

Writer

"Hair Lines"

page 34



My most memorable childhood holiday moment was...when I found out my aunt was having a baby—breaking my 12-year streak of being the only grandchild.

The one holiday tradition I'd like to pass along is...opening presents at midnight on Christmas Eve and then sleeping in on Christmas morning.

My foolproof last-minute shopping trick is...buying gift cards online for my loved ones and having them mailed to their homes.

The best part of the holiday season is...being with my family. You appreciate it more when you're spread out over many states like we are.



CAITLIN MOSCATELLO

Writer

"The New House Call?"

page 112



My most memorable childhood holiday moment was...belting out Aretha Franklin's "Respect" in a room full of people on my new karaoke machine.

The one holiday tradition I'd like to pass along is...doing an activity together instead of giving gifts. My sister and I get our nails done or go out for a delicious lunch, and it eliminates the stress.

My foolproof last-minute shopping trick is...sending a thoughtful handwritten note with doodles and drawings.

The best part of the holiday season is...the blissful, universal, unplugged moments that never happen except during that time of year.



MAR HERNÁNDEZ

Illustrator

"Iyanla, Fix My Life!"

page 54



My most memorable childhood holiday moment was...flying to Jaén, Spain, to be surrounded by my extended family. Those were unforgettable days.

The one holiday tradition I'd like to pass along is...baking ginger cookies. It makes the house smell so good—like ginger, cloves, and cinnamon.

My foolproof last-minute shopping trick is...checking my gift list. Throughout the year, I jot down things my loved ones mention they'd like or say they need.

The best part of the holiday season is...the different ambience. There's a distinct vibration in the air—something more positive.



SARA FOSTER

Chef

"Oldies but Goodies (for Foodies!)"

page 161



My most memorable childhood holiday moment was...frying doughnuts with my grandfather. He had a huge influence on my passion for food.

The one holiday tradition I'd like to pass along is...going on walks with my relatives, whether we're at my home in North Carolina, at my sister's in Tennessee, or up in the mountains.

My foolproof last-minute shopping trick is...grabbing a jar of Foster's Market seven-pepper jelly as a hostess gift. I always have some at my house.

The best part of the holiday season is...cooking with my relatives. All my holiday activities revolve around food.



MARTIN IZQUIERDO

Costume designer

Cover



My most memorable childhood holiday moment was...seeing the procession of carolers, called *posadas* in Mexico, going from house to house.

The one holiday tradition I'd like to pass along is...incorporating theater into the celebrations. Whenever there's an opportunity to get dressed up—as an elf or a snowman—do it!

My foolproof last-minute shopping trick is...giving out chocolate—everyone loves it.

The best part of the holiday season is...setting up my crèche. My mother gave me one 50 years ago, and I keep it up until Three Kings' Day on January 6.

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A dramatic sunset over a large body of water, likely a bay or harbor. The sun is low on the left, creating a bright, golden glow that reflects on the water's surface. The sky is filled with dark, heavy clouds, with some light breaking through near the horizon. In the distance, a city skyline is visible across the water. The foreground shows dark silhouettes of trees and land.

SUPER SOUL SESSIONS



BRENÉ BROWN

MICHAEL BERNARD BECKWITH

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Behind the Scenes

Glam for the HOLIDAYS

Oprah gets festive with her gang of guys, plus Elvis.

"I AM THE QUEEN OF O, AND THIS IS MY COURT!" Oprah, in a very playful mood, joked to the toy soldiers gathered for the cover shoot. "But I have to keep my leg out, hold something, turn here, turn there.... What else do I have to do?" As Elvis played in the background, she snapped her fingers to the beat. "Return, December!" she sang. Gayle interjected: "It's 'Return to Sender.'" Oprah shot back, "I know!" Said Gayle with a laugh: "If you're doing it on purpose, I guess it's fine." —**CLARISSA CRUZ**



O creative director Adam Glassman asked designer Marc Bouwer to add faux-feather cuffs to Oprah's liquid sequin dress.



Left: Hairstylist Nicole Mangrum creates Oprah's bouncy waves. Below: Editor in chief Lucy Kaylin looks through a rack of cover contenders.



COMFORT FIRST Oprah opts for down-to-earth FitFlops for her walk to the set.

The accessories included an Apple Watch with Product(Red) Sport Band (which helps fund AIDS programs in Africa) and a rose gold Apple Watch Sport. Both debuted the day of this shoot.



The Perfect Evening Shoe!

Oprah's fabulous pumps are the only heels you need for the holiday party season. Wear them with a little black dress or use them to pretty up pants. (\$89; ninewest.com)



Fashion editor Jenny Captain hems the pants of Joseph M. Columbus (by day an Ailey School dance student).



Soldier On!

Above: Veteran costume designer Martin Izquierdo (who used to create the angel wings for Victoria's Secret models) whipped up these *Nutcracker*-inspired costumes over a weekend. "There's no one better in the business," says Adam.



The soldiers' plumed top hats and shiny shoes await their marching orders.

HEY, DOLL Dancer Daniel L. Salas begins his toy transformation (above); he and his Ailey School cohorts topple into Adam (below).

"Ha! The chorus line of soldiers makes me feel like doing One, singular sensation..."

—Oprah



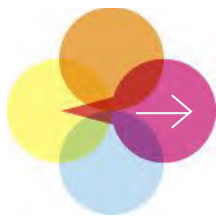
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Paloma Picasso



The Question

What's on your mind? This month we wondered...

If you could give a gift to the world, what would it be?



The gift of understanding. We are too quick to judge others without knowing their full story. When we take time to understand one another, it breaks down barriers.

MARISA TIGNEY
Columbus, Ohio

Laughter. It just feels so good. I've been battling lupus and other illnesses for the past four years, and I've learned that life is far too short to wear a frown—put your hands up for laughter!

TERESA SHUPE
Mountain City, Tennessee

I would give all people a pardon for the biggest mistake they believe they've ever made. I'd put it in a box, wrap it with a bow, and sign the card, "Love, me." If everyone could open and accept that gift of forgiveness, we wouldn't let our mistakes hold us back anymore. Then each of us could become a gift to the rest of the world.

CLAUDIA THEODORE
Atlanta



Clean water. It would mean a world of healthier, less hungry, more empowered people.

VICKI LANGE
Wesley Chapel, Florida



A daily moment of silence—just five minutes when everything stopped and we could have a chance to actually hear and feel our hearts beating.

YOLANDA WILLIAMS
Southfield, Michigan

Unconditional love. An elderly man who was a bit of a curmudgeon once said to me, "I don't know what happens to people when they become grandparents, but if we could bottle that, there'd never be another war." His statement resonated with me because I truly started to understand unconditional love when my first grandson was born. All I had to do was love him without any strings attached. That's when it dawned on me that my life would be much more joyful and peaceful if I could love everyone that way.

DIANE HENDERSON
Rocky Mount, North Carolina

Optimism and perseverance. I know I wouldn't have made it through life's trials without them. My family and I lost almost everything in the recession—but I reinvented myself, started a new business, and began the climb back up. It was hard work, but I never lost hope. Everyone should have these gifts. They might not be able to eliminate problems, but they can certainly help you overcome them.

JOANNA GODWIN
Orangeburg, South Carolina



The gift of experience: traveling to new places, seeing new landscapes, tasting new desserts, and meeting new people.

BELEM VILLASEÑOR
Long Beach, California

The freedom to be whoever you want to be!

KAREN BALL
Dallas

→ **OUR NEXT QUESTION: What always brings you peace of mind?**

Tell us at oprah.com/question or email us at thequestion@hearthst.com, and your response could be featured in our February issue.

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NINE WEST

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We Hear You!

In October, you got a little comfier in your own skin.

Upward Bound

My copy of *O* arrived just in time for my birthday trip to Costa Rica. I'm a fearful flier, but I was able to manage my anxiety during the flight as I became consumed with all the articles and photos. I especially enjoyed Gina Rodriguez's ideas for living your best life, and I decided to take her dad's advice: "Fear only exists between your two ears." Despite my terror, I went on a horseback ride up a steep mountain, then zip-lined more than 500 feet above the canopy and waterfalls of Guanacaste. I not only found my comfort zone, but pushed beyond it—and I have never felt more invigorated and liberated. Thanks for another wonderful issue.

CAROL-FAY FAULKNER
Cambria Heights, New York

O's Joy

Oprah always looks like she's having such a blast on her covers, but this month it was times three! I'm sure the photo shoots aren't all fun and games, but I appreciate the true joy she radiates on each and every cover. You go, girl!

JOANNA ADAMICKI
Waukesha, Wisconsin

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Meaningful Presence

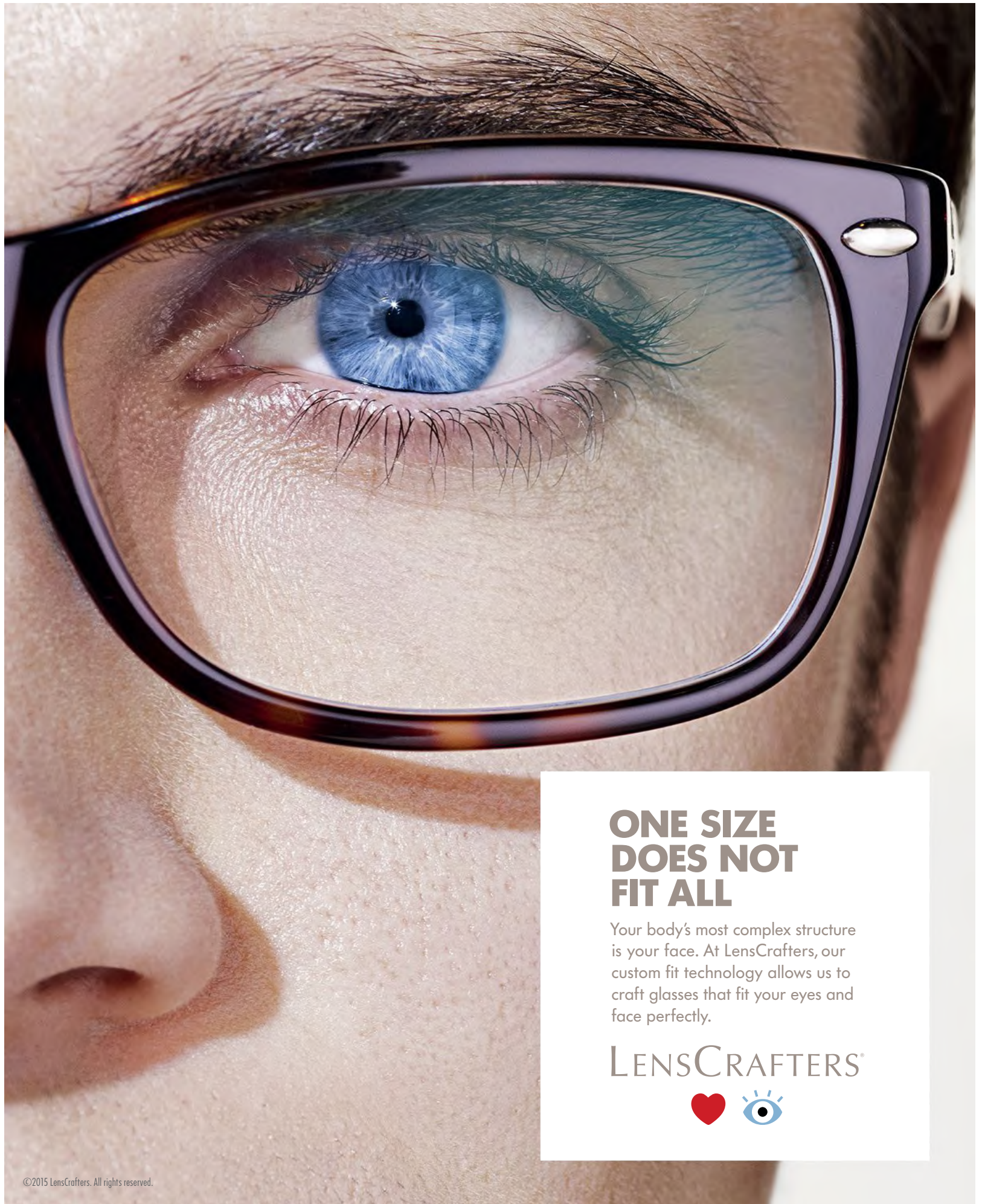
My husband died six months ago, just as I started receiving *O*. He knew how much of a book and magazine lover I am, and it feels like this magazine was a gift from him to me. I enjoy it entirely. I read it from cover to cover and always find something I can relate to or use in the future. My highest compliments to Oprah and all the writers and contributors. Each of you does an amazing job, and it shows in every issue.

ANGIE PUTNAM
Arab, Alabama



Words to Live By

Several readers wrote in to ask about a line on our October cover: "The Art of Problem Solving: How One Little Phrase Can Change Everything." We were referring to Martha Beck's column, "Being There" (page 42), a lesson in helping loved ones work through what's troubling them. "It all comes down to three little words," Beck wrote. "Be like water." Her mantra is simply a reminder that the way to offer true comfort is to imagine you're a pond—reflective, fluid, calm. "Everyone in distress just wants to walk beside still waters," Beck advised. We hope this buoys you!



ONE SIZE DOES NOT FIT ALL

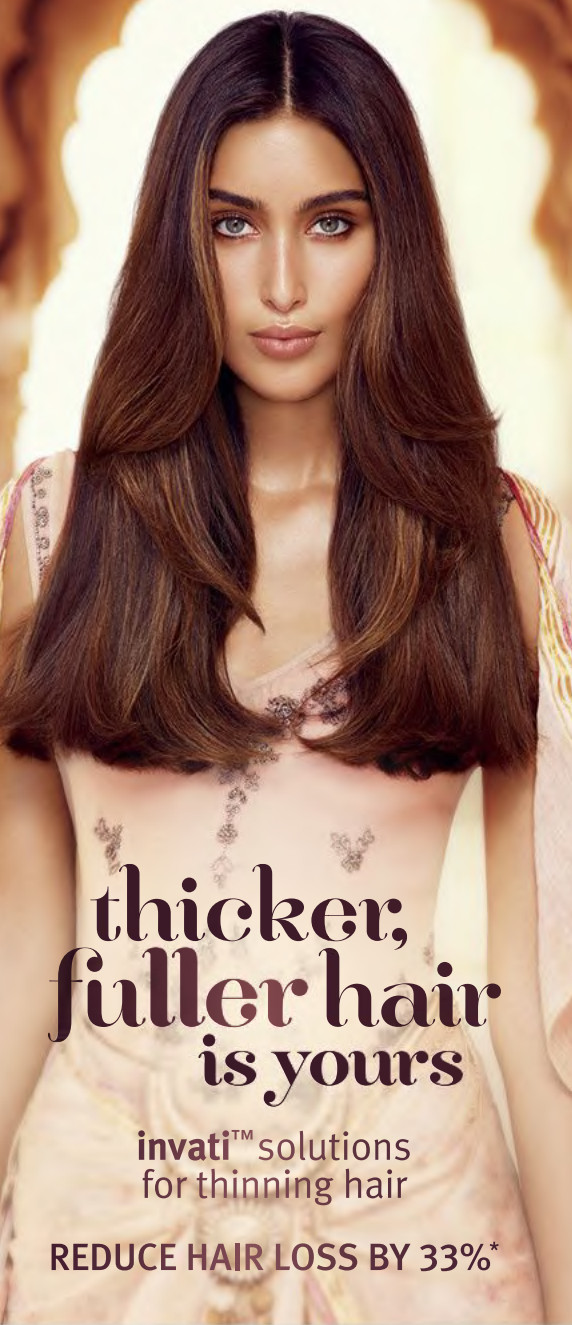
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The 12-Day Give-O-way!

O is out to make your holiday season sensational. Twelve lucky readers will take home all 87 of the Favorite Things chosen by Oprah on pages 61–85. For your chance to win, just follow the two simple steps below.



11/30/15



12/01/15



12/02/15



12/03/15



12/04/15



12/05/15



12/06/15



12/07/15



12/08/15



12/09/15



12/10/15



12/11/15

HOW TO ENTER

Step 1

Find the **12 icons**, pictured above, scattered throughout the pages of this issue. There's one for each day of the sweepstakes.

Step 2

Once a day, from **November 30 to December 11**, you can enter for a chance to win by logging on to oprah.com/12days and typing in *that day's* special code (found on the icon). Entering each day will **increase** your chances of winning.

PLEASE
NOTE

The fun officially begins **November 30 at 12:01 A.M. EST!**

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Prizes will be delivered by FedEx. For short rules, see page 168. For detailed rules, go to oprah.com/12days.

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Here We Go!



FASHION EDITOR: JENNY CAPTAIN; HAIR: NICOLE MANGRUM; MAKEUP: DERRICK RUTLEDGE; MANICURE: ROSEANN SINGLETON AT ART DEPARTMENT USING DIOR VERNIS; MEN'S STYLIST: CANNON MEDIA GROUP FOR JUDD CASEY; MEN'S HAIR: MICHELLE COURSEY; MEN'S MAKEUP: CEDRIC JOLIVET USING NARS COSMETICS AT SEE MANAGEMENT; COSTUMES: MARTIN ZOUJEROO STUDIO; SET DESIGN: CHARLOTTE MALMLOF.

A

A FRIEND ONCE brought me a basket of beautiful lemons tied with a green ribbon. They were bright, fresh, and full of surprise, but what I loved most about them was the spirit in which they were given.

A heartfelt offering has the

power to change a day and even a life. Just ask the 28 contributors who this month reveal the greatest gift they've ever received—and celebrate the transformation that happens when a moment of giving becomes a moment of grace (page 138).

Of course, when it comes to gifts, pretty (and practical) is also nice! My 2015 Favorite Things roundup, which starts on page 61, is loaded with suggestions for even the trickiest people on your list. (And yes, it contains a few—

okay, maybe more than a few—treasures you'll want for yourself!) Or, if you like the idea of giving something homemade and delicious, look no further than our collection of recipes for treats that can be wrap-it-up-ready in no time (page 158).

The season of giving is upon us—and if you're ready to make it better than ever, there's no time like the present.

Enjoy!



11/30/15 CODE: 027



SEASON'S GREETINGS
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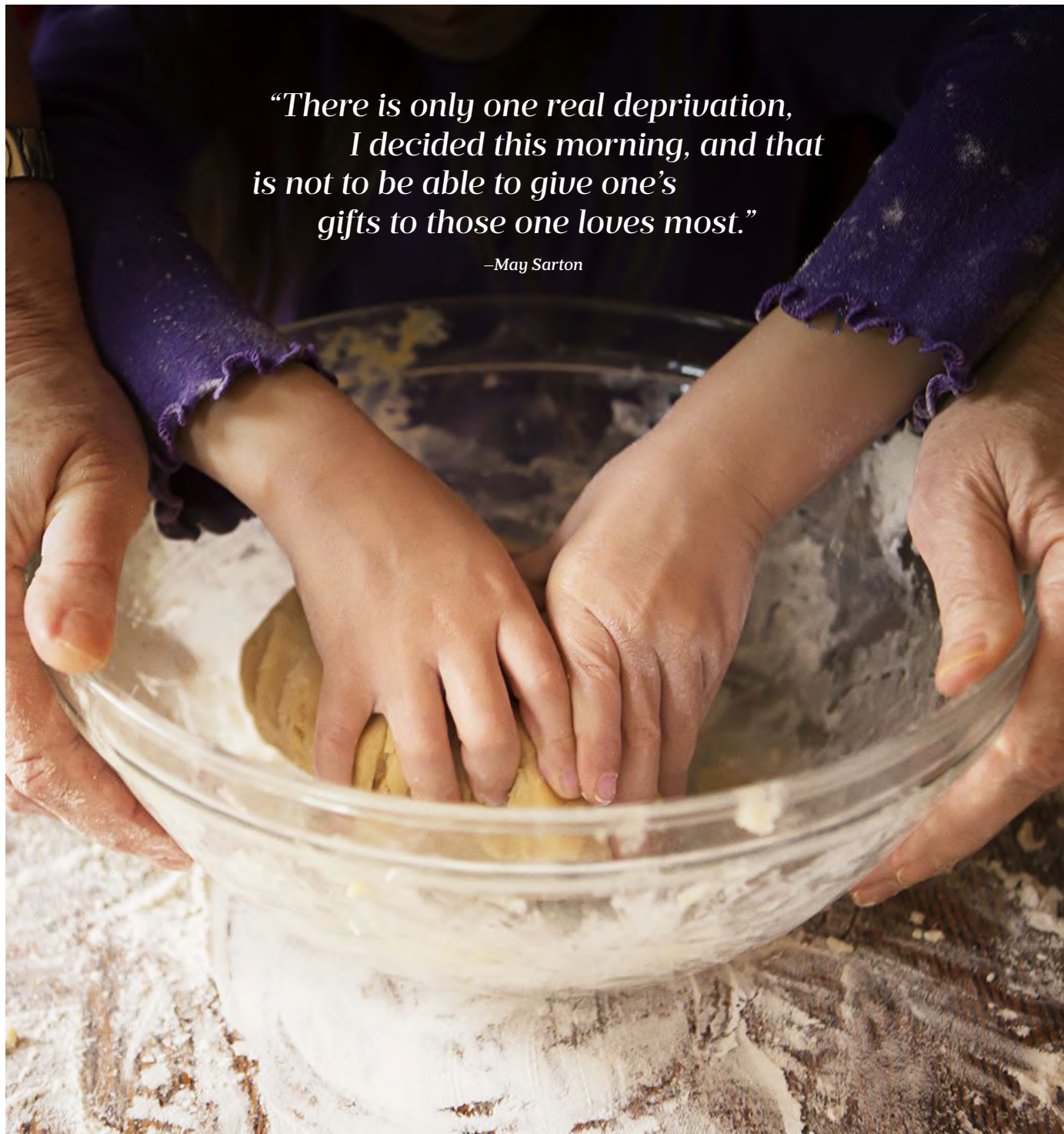
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Live YOUR BEST Life

INSPIRATION, MOTIVATION, CELEBRATION

*“There is only one real deprivation,
I decided this morning, and that
is not to be able to give one’s
gifts to those one loves most.”*

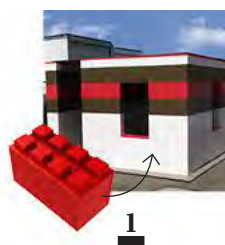
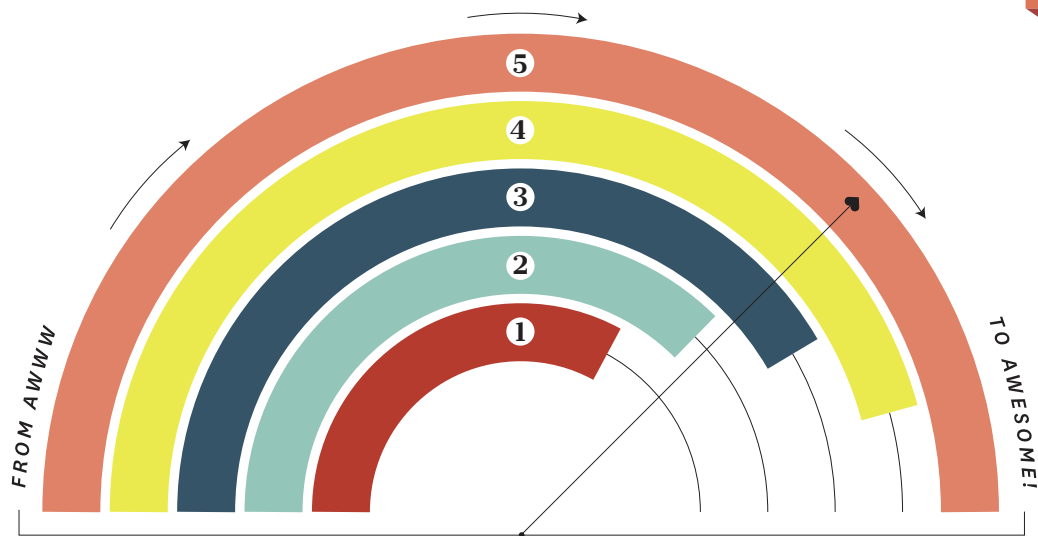
—May Sarton



OFFSET

The Gratitude Meter

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



1

BRICK HOUSE

Leave your hammer behind. EverBlock Systems is a clever company that produces larger-than-life plastic blocks (available in three sizes and 14 colors) resembling Legos. They easily click into place to construct quirky coffee tables, couches, room dividers, even bar carts—and potentially turn every room into a playroom. (everblock systems.com)



2

HO, HO, HUH?

Enjoy curious wish lists with *Dear Santa*, a charming and sometimes hilarious collection of real letters written to Saint Nick by children around the world between 1870 and 1920. The notes ask for candy, kittens, nuts, picture books, rubber balls, milk wagons, a French harp, a game of parlor croquet, a billy goat, and, from one modest tyke, the whole earth.



3

AND THE ENVELOPE, PLEASE

Up your postal prowess with LetterBox, a new subscription service from Sky of Blue Cards. Each box comes with five cards, stamps, and other items—pens, decorative tape—that will speak to any snail mail savant. Sign up for a full year and receive a stamp customized with your name and address. (skyofblue cards.com)



4

IT'S A SMALL WORLD

For more than four years, Tatsuya Tanaka has posted a daily photo from his project Miniature Calendar, in which he uses ordinary objects and his collection of diorama dolls to create magically tiny scenes of everyday life. Visit miniature-calendar.com to see rock-climbers scaling sprinkled doughnuts and banana sellers (*above*) working under the shade of a peel.



5

WOOLLY MAMMOTH

Chris, a rescued Merino sheep, recently received a desperately needed haircut. Authorities believe he'd been wandering the wilds of Australia for at least five years before a hiker spotted him, and just in time: Chris was having trouble walking because of the extra bulk. Shearing left him 90 pounds lighter—and a lot happier. —ZOE DONALDSON



WORDS I LIVE BY

Jill Soloway

The creator of *Transparent*, which returns for its second season on December 4, on storytelling and turning 50.

AT THE DENTIST, NITROUS IS MY BEST FRIEND.

Whether it's a root canal or a standard cleaning, I always ask for laughing gas. I wear cozy clothes, kick off my shoes, and listen to my dentist playlist, which includes some Bob Dylan and Van Morrison. It's better than a spa.

WE'RE MORE THAN "GOOD GIRLS" AND "BAD GIRLS."

Women are always divided into categories: wife versus mistress, angel versus whore, Betty versus Veronica. But men created these tropes. I think it's time for women to start writing their own stories.

TRANS STORIES HAVE BEEN AROUND FOREVER.

This season has some scenes set in the early 1930s in Berlin, where there was a lot of celebration about different identities. I was surprised to discover that the moment we're in right now with gay marriage and trans visibility isn't new. We've been here before!

KEEPING A FRIEND'S SECRET FROM A SPOUSE IS NEVER A GOOD IDEA.

If you share a secret with someone and ask them not to tell their partner, you're asking them to drive a wedge into their marriage. I haven't always abided by this rule, and it's gotten me into trouble.

FIFTY IS JUST THE START.

Five years ago, I couldn't have imagined that I'd have a trans parent and so much clarity about my life. Instead of heading downhill, I feel like I'm just now reaching a pinnacle. —AS TOLD TO Z.D.

"BRICK HOUSE": COURTESY OF EVERBLOCK SYSTEMS LLC. DEAR SANTA: CHRONICLE BOOKS. LETTERBOX: COURTESY OF COMPANY. MINIATURE CALENDAR: COURTESY OF TATSUYA TANAKA. CHRIS THE SHEEP: RSPCA/ACT VIA AP. SOLOWAY: MAARTEN DE BOER/CONTOUR BY BETTY IMAGES.

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Day performing at the Sundance Film Festival last January.

TAKE NOTE

Old SOUL

Jazz artist *Andra Day* is doing things her way.



UP CLOSE AND PERSONAL

It's not hard to pick singer-songwriter Andra Day out of a crowd. With her signature '50s-style beehive, slick makeup, and oversize hoop earrings, she's a blast from the past. But there's more to Day than meets the eye. Her arresting alto, which can shift effortlessly from a raspy falsetto to a full-throated belt, has drawn comparisons to Etta James and Nina Simone. "At first I felt pressure to write and sound more like a pop singer," says Day, 30. "But I'm a jazz vocalist. My idols are singers like Billie Holiday and Erykah Badu because there's no gloss on what they do. I've always wanted to be a woman who isn't afraid to tell her story."

ON THE MOVE

Six years ago, Day spent her time hustling from job to job—running a paper route, manning the desk in a video store, working at a taco joint—all in an effort to support her music career. "I was willing to do whatever it took," she says, "even if that meant scrubbing apartment floors by day and gigging at night." Then Stevie Wonder's wife caught Day singing at a strip mall in

Malibu and recorded it on her phone, which led to a surprise call from Wonder himself. "It's a blur," says Day, "but I do remember him telling me I was talented!" Wonder soon introduced Day to a producer who encouraged her to post her takes on popular songs (like an acoustic version of Eminem's "Lose Yourself") online. A few months later, she inked a deal with Warner Bros. Records. "I spent years trying to find producers and put down tracks," says Day. "That time let me grow—and gave me a lot of material to work with."

HITTING THE HIGH NOTES

Less than three years later, Day's debut, *Cheers to the Fall*, is a soaring compilation of inspiring power anthems and jazzy ballads. "The record is a salute to failure and redemption," she says. "It's my testament that if you fall, you will get back up." Day's own vulnerability shines through on tracks like "Gold," where she laments cheating on an ex. "It's never easy to talk about guilt, but finding the courage to tell my story was freeing," says Day. "This album is my autobiography—told in 13 soul tracks."

—ARIANNA DAVIS

LOCAL HERO

A Sweet Deal

Jordyn Lexton calls her rolling kitchen a "food truck for social justice."

IN SEPTEMBER, JORDYN LEXTON and her Snowday Food Truck team competed in the annual Vandy Awards, for which 1,800 foodies gathered to try top-notch New York City street cuisine. Against four rivals slinging dishes like biryani and souvlaki, Snowday's spareribs and maple grilled cheeses won the top two prizes—a victory made sweeter by the fact that Snowday employees aren't fancy chefs or restaurateurs, but formerly incarcerated youths striving for a new start.

Lexton's commitment to criminal reform began in 2009, when she took a job teaching English to high school-age students at New York City's Rikers Island jail complex. Nearly three years and some 1,300 pupils later, she switched gears. "I became invested in what was happening to my students after they were released," says Lexton, 29. "That's a very fragile time. If you have a record, finding work is tough." Then a light bulb went off: "I'd seen the kids thrive in a vocational culinary class," she says. "They took such pride in making a meal for someone—so I decided to start a food truck and hire them."

Thus was born Snowday ("Remember waking up on those mornings—that feeling of joy and liberation?" says Lexton, who doubles down on the wintry motif by using maple syrup in most Snowday dishes). The truck's partner nonprofit, Drive Change, provides recently released young people with training and mentorship. So far, Drive Change has helped 15 mentees find employment or head back to school. "Keeping things small means we really know one another," Lexton says. And the goopy *pièce de résistance*? "When people say that we make the best grilled cheese ever." —Z.D.

Lexton, founder and executive director of Drive Change, on the job in the Bronx; the Snowday Food Truck parked in Brooklyn.



DAY: ARTHUR MOLA/INVISION/AP; LEXTON: LIZ CLAYMAN; TRUCK: COURTESY OF DRIVE CHANGE AND SNOWDAY.

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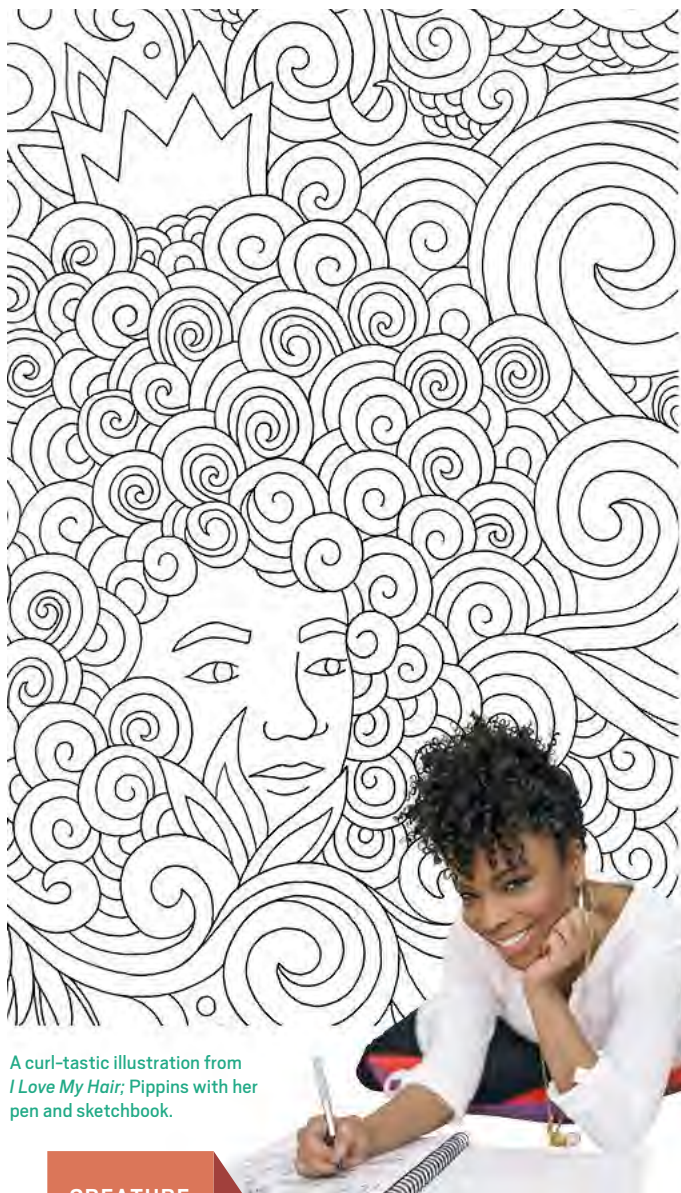




YOU DO WHAT?!

Hair LINES

You can tease it, twirl it, perm it—and now, thanks to *Andrea Pippins*, you can color it in.



A curl-tastic illustration from *I Love My Hair*; Pippins with her pen and sketchbook.

CREATURE COMFORT

ON HER ART START

My mom was a dressmaker, so I spent a lot of my childhood in her sewing studio, drawing to pass the time. But when I was 12 and saw Halle Berry in *Boomerang*—she played an art director—I realized I could be a woman of color and do art for a living. After graduating from the Tyler School of Art at Temple University, I worked in graphic design and taught, but I always illustrated on the side. And last year I had a realization: *I want to spend all my time drawing!* So I quit my full-time teaching job to pursue my personal work, most of which focuses on women of color and natural hair. It's a way to celebrate the people I see in my community—and honor the coils I was born with, too.

ON COLORING OUTSIDE THE LINES

I typically start all my drawings in black ink, and when I saw that adult coloring books were starting to get popular, I knew my work could translate well. But as I started to design my book (aptly titled *I Love My Hair*), I had to keep in mind what people would actually want to color.

I didn't want it to just be page after page of busts of women with different styles, so I tried to create abstract scenes, like a lady with braids that flow into a garden. The book also has hair accessories to color in, typography, a wide range of textures—there's room for people to use their imagination.

ON THE BIGWIGS

There are some iconic looks that I just had to include in the book. My mother is Brazilian, so Carmen Miranda is in there with an intricate headdress. We've got Marie Antoinette—I'd never drawn an elaborate bouffant!—and there was no doubt about Diana Ross. The only question was which period to choose: Motown Diana? *Mahogany* Diana? I ended up going with her classic 1980s Central Park concert look. I remember staring at her *Why Do Fools Fall in Love* album cover as a little girl and thinking she was so beautiful—which is a theme in all my work. I want each page to show that every kind of hair can be gorgeous, whether it's straight or an Afro puff. —AS TOLD TO BENÉ VIERA

THE RIGHT FLUFF

The camera loves her—and she loves carrots.

EVERY DAY, MONICA WU posts vignettes of her muse Fuzzberta, a guinea pig who stars (often with her sister, MiniGuineaPig) on their Instagram account. "I take an idea like Harry Potter," says Wu, a 31-year-old graphic designer, "and ask myself, *How can I re-create this with guinea pigs, felt, and tiny wigs?*" More than 32,000 people follow Fuzzberta's photo shoots and characters, like Abrafuzz Lincoln. But how does Wu get her to focus? "Carrot chips and apples," says Wu. "She's got a sweet tooth." —ELYSE MOODY



ILLUSTRATION: COURTESY OF ANDREA PIPPINS; PIPPINS: DANIELLE FINNEY; FUZZBERTA: MONICA WU (3)

IN THE know

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GIFTS THAT CLICK

Our holiday gift showcase has something for everyone, from the holiday hostess to the style savvy. Visit Omagonline.com/gifts to learn more about these gifts, and enter for chance to win a \$500 shopping spree and a selection of gifts from our partners!

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WOMEN WHO MAKE BEAUTIFUL THINGS

Lift-Off

For *Jihan Zencirli*, inflation is all in a day's work.



THIS SMALL-BUSINESS story begins with a very large balloon. In 2010, Jihan Zencirli was working as a creative director for a children's educational company in Seattle when she found herself in possession of oversize (but uninflated) inflatables. "They were from an old project," says Zencirli, 30, "so I took some home." About six months later, she came up with a way to put one to good use: "I was going to a friend's birthday party at a restaurant and thought, *Why bring flowers when I have a ginormous balloon?*" It made such a splash—"I blew it up at a nearby grocery store and added orange and purple frills"—that strangers inquired about it and friends asked whether she could bring similar decorations to their celebrations. Says Zencirli, "I became the eccentric lady who shows up with big balloons!"

In 2011, Zencirli moved to Los Angeles, where she began delivering her inflatable wares

to events across the city—on her moped, no less—and selling them online. After a friend posted about the company on her lifestyle blog, the business really took flight. "Suddenly I had about \$30,000 in my PayPal account," says Zencirli. "I thought I'd mistakenly embezzled money!" It wasn't long before her company, Geronimo (a play on her nickname Jihanimo), caught on with high-end clients like Chanel, which asked her to create balloon invitations for a Paris runway show in 2012.

Today the self-described "master balloon trooper" and her staff spend their days designing intricate installations and creating signature party kits, which come with 36-inch balloons in colors like turquoise, lime, and lavender, and custom frills. "I recently worked on a Kanye West concert," says Zencirli, "where my team and I attached some 2,000 balloons to a scaffold to make them look like clouds."

While her projects may seem high-and-mighty, Zencirli's success doesn't go to her head. In fact, the work can be pretty humbling. "I remember one event where the organizer asked for the balloons to be in the pool," she says, "so I got in the pool! I was wearing trousers and a silk shirt, but I figured it out—and drip-dried all the way back to the office."

—MOLLY SIMMS



Zencirli perfects a small-scale prototype for a recent Kanye West concert. Left: She poses with an inflatable friend.



Above: With her group the Nefarious Frillers, the "secret club" of Geronimo Balloons, Zencirli covertly sets up delightful public balloon art installations, like a chain encircling an old motel on Sunset Boulevard. Left: Festive decorations strung up for a birthday party in a Boston home.



12/01/15 CODE: 036

ZENCIRLI PORTRAIT: KIMBERLY GENEVIEVE; PROJECTS, FROM TOP: MARCELLO AMBRIZ, COURTESY OF JIHAN ZENCIRLI; CASA DE PERRIN.

Lindt 

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MARY-LOUISE Parker

The award-winning actress and author of the new memoir *Dear Mr. You* pays homage to the desert, her parents, and a special Swedish treat.

Best WAY TO SPEND A SNOWY DAY

Playing outside with my kids. We like to hook up an inner tube or an old tire to the back of our neighbor's four-wheeler, and he pulls us around an open field near our house. Afterward, we have hot chocolate—or just go straight for the marshmallows.

Best MOMENT OF ENCOURAGEMENT

My mother is not someone who usually dispenses advice. But one time when I was giving a eulogy and was so overcome that I couldn't speak, she quietly said to me, "You can do it, Mary-Louise." I actually hear her saying that in my head quite often.

Best HOLIDAY DISH

There's a Swedish fruit soup recipe in my family—it calls for prunes and dried apricots—but we don't make it that often. It's not bad, but it's a bit of a diuretic.

Best THING ABOUT GROWING UP IN ARIZONA

The thunderstorms. As a kid, I always loved the sound and smell of them, and the sky could look pretty astonishing. Yes, Arizona has tons of strip malls and fast food, but there's also a lot of beauty. The desert is very dramatic.

Best MALE ROLE MODEL

One hundred percent, always and forever, my dad. In a sense, my book begins and ends with him. He was the strongest, most open-minded, funny, wonderful, explosive, and interesting person. I could have written ten books about him.
—AS TOLD TO M.S.

Best COMFORT FOOD

“
Tea with milk and honey. But I find a good book most comforting of all.
”



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holiday picks

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THE WORLD ACCORDING TO Gayle

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



AFTER ALL THESE YEARS...

I'm still drawn to Tim McGraw's lyrics. He says that recording his 14th album, *Damn Country Music*, felt like "one of those electric moments." Well, it's electrifying to listen to! On "Here Tonight," Tim and his daughter Gracie are in perfect harmony.

I ♥ MOVIES!



MEET A BRAVE...

transgender pioneer, Lili Elbe (birth name Einar Wegener), who in 1930 began undergoing the first known gender reassignment surgeries. I predict Eddie Redmayne's portrayal of Lili in *The Danish Girl*, out November 27, will earn him another Oscar nomination—and that you'll need tissues to watch it.



LAST TIME I RAN INTO...

Angelina Jolie Pitt, she was about to shoot (and costar in and direct) a movie she'd written. *By the Sea* opens November 13, so by November 14, we'll know how well her leading man, Brad Pitt, takes direction.



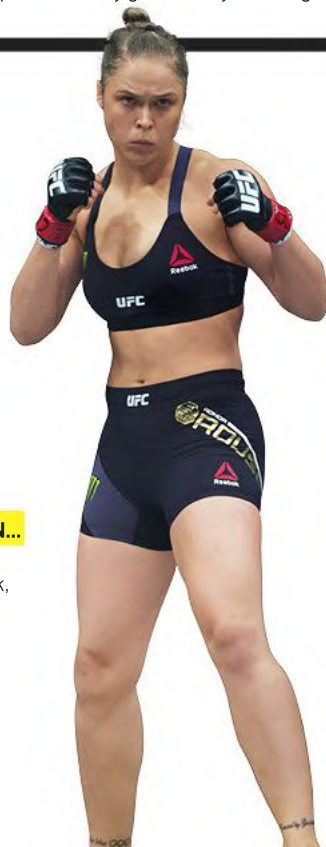
Chris shows Will and me that every word has the potential to connect you to someone.

I MET CHRIS PAN... when favorite son Will and I attended Jay Z's pre-Grammy party, where he was set up at a table creating charms for bracelets and necklaces on the spot. It soon became clear that jewelry is just a means to an end for Chris and his MyIntent Project. He believes there's purpose inside each of us, and his goal is to encourage us to live that purpose. If you give him a word or a short phrase—representing your truth, inspiration, intention—he'll turn it into wearable meaning. I chose *smile* as my word because everybody can do that! For the perfect holiday gift, visit myintent.org.

“Why is self-confidence arrogant? Why is self-deprecation considered modesty? I worked my ass off to be able to have a high opinion of myself.”

MIXED MARTIAL ARTS CHAMPION...

Ronda Rousey said that during a *CBS This Morning* piece a few months back, and her message stayed with me. The lady's got talent, and she makes no apology for it.



THE FIRST TIME...

I tasted RoRo's Cinn-A-Rolls, I was sampling foods for this year's Favorite Things, and I had to hold a moment of silence to mark the occasion. Fortunately, I tried them pre-Weight Watchers. I get 26 points a day on this diet, and the center of the roll alone must take up 21, but I promise it's worth every single point. I don't know RoRo, but she sure can cook! (\$50 for 18 rolls [two pans]; rorobakingcompany.com)

I LOVE LIVE TELEVISION...

because there's nothing more exhilarating than working without a net. That's why I can't wait for December 3, when *The Wiz Live!* airs on NBC. Could there be a better *Good Witch* than Uzo Aduba? And I can't wait to see Mary J. Blige playing against type as Evillene. Add Queen Latifah, Common, and Ne-Yo to the mix; cast Stephanie Mills (Broadway's original Dorothy) as Auntie Em; and that's entertainment!



Newcomer Shanice Williams plays Dorothy, as Diana Ross did in the 1978 movie version (top).

KING: COURTESY OF GAYLE KING; BRACELET: COURTESY OF MYINTENT PROJECT; CINN-A-ROLLS: KORTNEE KATE PHOTOGRAPHY; THE WIZ: MICHAEL OCHS ARCHIVE/GETTY IMAGES; WILLIAMS: JEFF RIEDEL/NBC; ROUSEY: JEFF BOTTARI/ZUFFA, LLC VIA GETTY IMAGES; BY THE SEA: UNIVERSAL PICTURES; THE DANISH GIRL: FOCUS FEATURES; MCGRAW: DANNY CLINCH; ALBUM: COURTESY OF MCGRAW MUSIC; GIFT FLAP: DEVON JARVIS/STUDIO D; STYLIST: ANITA SALERNO FOR R-J BENNETT REPRESENTS.




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FOR THE ENTERTAINERS

The entertainers homegate in style and expect the serve ware to make a statement. A **cutting board with wine and cheese tools** is a sure-fire way to bring a smile to their faces and guarantee an invitation to their next homegate.



FOR THE CHEFS

The homegating chefs are quarterbacks of the kitchen. They won't give up until their team is full and fed. Fullfill this demanding role by using their **favorite team's oven-safe bowl** or towel and mitt set to keep them cooking until everyone's had their fill.



FOR THE SNACKERS

The snackers arrive hungry and ready to kick back and enjoy the game in comfort. While they likely won't prepare anything in the kitchen, they may raid it until satisfied. Keep them cozy with a **team blanket**.

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Homegating

That's a Wrap

Farewell, plain old paper. The team behind Brooklyn event design studio **Tinsel & Twine** has the holidays covered with three fresh gift wrap ideas.

1 TAKE A BOW “You can give your gift more oomph with a customized ribbon. Using a colorful paint pen or alphabet stickers, write a personal message, lyrics to your favorite holiday song, or words of gratitude on the trimming of your choice. Take it one step further by cutting an additional three-inch length of ribbon, writing the to and from names in your best script, and tying it to the original one.”

2 CHALK IT UP “Chalkboard wrapping paper and permanent chalk markers—which you can get at most craft stores and online—let you really personalize a gift. Draw repeating patterns, like stars or x’s and o’s, or even a trompe l’oeil ribbon and bow. Handwrite the recipient’s name, and top things off with an ornament that will add extra sparkle to your gift—and your friend’s home.”

3 STAMP OF APPROVAL “How to wrap an oddly shaped item? An everyday brown paper bag should do the trick—if you make it holiday-worthy with a personalized rubber stamp. A website like TheStampMaker.com can create customized logos (picture a holiday message accompanied by a playful doodle) that will elevate simple lunch bags or cheesecloth satchels. Add a final ribbon in a bright color—it makes a nice counterpoint to an earthy brown bag—and you’re good to go.” —ERICA TAYLOR HASKINS, LIZ CASTELLI, AND ADETTE CONTRERAS



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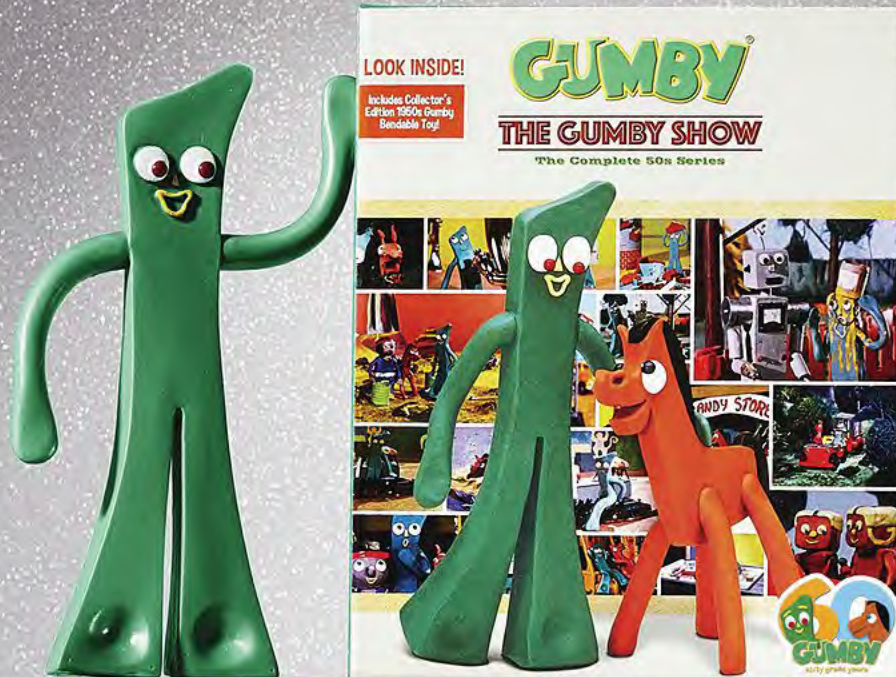


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May We Help You?

EXPERT ADVICE, INSIGHT, REALLY SMART MOVES

Being There

When someone you love won't own up to being in pain, helping her face the facts is easier than you think, says **Martha Beck**: Just listen and wait.

“**T**

RUST ME, DUDE,”

says the spirit of the poet Virgil, cheerfully ushering Dante into Hell. “It’s a gnarly trip, but if ya wanna get out, ya gotta go in.” I’m paraphrasing here. The actual text of Dante’s *Inferno* favors words like *o’erwhelm’d* and *heart-gripping anguish*. But it makes a point about human psychology that’s as fresh today as it was in 1320.

Maybe you learned this lesson during your own experience of heart-gripping anguish, but if not, here it is: Human emotions are a package deal. Repressing unpleasant feelings anesthetizes us, rendering us numb to joy as well as to pain. The only way out of numbness is to plow directly through the very emotional hell we hope to avoid. And if we can help one another through this process, our lives become infinitely richer in purpose, meaning, and peace.

You’ve probably already taken Dante’s journey at least once. See if this sounds familiar: At some point you found yourself in a murky wilderness (emotional



May We Help You?

numbness) with no clear idea how you got there. Unseen, frightening beasts (unfelt emotions) lurked everywhere. Eventually, you found someone who seemed to know what was happening (for Dante, it was Virgil; for you, it may have been a therapist or a friend). This counselor guided you into Hell (helped you feel all those scary emotions). Down you went, to the lowest point possible. Then, because you'd passed the center of the earth, you found yourself going up toward the other side. Slowly, you climbed in the direction of the light and regained your ability to experience happiness.

If you're nodding with recognition, you're an *Inferno* survivor. Which puts you in a unique position to become what Virgil was to Dante: a psychopomp, from the Greek, meaning guide of the soul. You may yearn to step into this role, especially if you're watching a loved one disappear emotionally after a loss or abuse substances to avoid emotional pain or sink slowly into a bitterness they won't acknowledge. You know they need to feel their feelings, and you want to help. Doing this for someone is a kindness rarely equaled in human interaction. But how can you help someone feel emotions they don't even know they have?

As an *Inferno* tour guide, I've made just about every rookie psychopomp mistake possible. I've learned that offering help to someone in denial gets you the big smackdown, that over-empathizing mires you in another's misery, that trying to hurry the process slows it down. I've also realized that *Inferno* is a very instructive blueprint. Throughout Dante's epic, Virgil sends four simple, consistent messages: "I'm here for you," "I'm fine," "I know this place," and "I trust this journey." Send those messages, and you'll find yourself helping all sorts of numbed-out people feel their feelings.

Be careful with that first message. "I'm here for you" doesn't mean getting all up in someone else's business. It means loitering nearby in a state of almost disinterested nonattachment. Denial doesn't respond to preemptive strikes like "Hon, we both know you're not okay," or "When you want



"I'm here for you" doesn't mean getting all up in someone else's business.

to vent that rage, I'll be here." Remember that feeling nothing is a defense strategy. If you proactively try to strip it away, your loved one will push back. Hard. Sometimes with a restraining order.

Learn from Virgil, who lets Dante feel fearful and confused, even while he's standing by his side. This works because denial is not joy and numbness is not peace. Unfelt pain emits a steady toxic stream of uneasiness and dysfunctional behavior, which worsens over time until it's so unbearable that entering the *Inferno* feels like a relief. As someone once said,

"The day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." To hasten that day for others, just hang around while sticking to your own damn business.

There's one exception to the rule of bland patience. If your loved one is doing something harmful, react honestly. Don't protect anyone from the consequences of denial and its appertaining vices. If someone's neglecting their kids or goldfish or



12/02/15 CODE: 046

If your walls could talk, they'd say *subscribe.*

having violent tantrums or drinking compulsively (all popular denial hobbies), don't pretend everything's normal. Express your concern about the unfed children and pets. Get away from the rager. Throw an intervention to let the alcoholic know you won't let their addiction ruin everyone's lives.

No matter how competently and good-heartedly you take these steps, it won't always work. There's this pesky little thing called free will, and many people use it to choose emotional numbness all their life. This is painful to watch—so painful it might send you to hell. In that case, please find a psychopomp of your own.

In many cases, however, responding honestly will help their feeling-avoidance mechanism reach its failure point. In recovery circles, this is called hitting bottom. When it happens, the person usually reaches out for help. Where Dante turned to Virgil, your loved one may finally visit a therapist, begin reading self-help books, attend a 12-step meeting, or talk to you. At this point, you'll be tempted to rush in and rescue. Don't. Just keep hanging around, being healthy and stable. This approach is like a magnet that draws people to you and makes them want to open up.

So let's say it's finally happened. Your mother, who's seemed frozen solid since your dad died, breaks down sobbing. The friend with the awful husband confesses her marital misery to your book group. Your husband, who's been claiming that being unemployed doesn't bother him, admits he's scared. The next message you must send is, "I'm fine." You must remain cheerfully unconcerned as your loved one enters Hell.

What? Cheerfully unconcerned? I know this sounds heartless to any good psychopomp wannabe. But remember, for someone barely able to cope with any emotion, an intense reaction from you can be overwhelming. When Dante reached the terrifying gate to the Inferno, Virgil remained calm—and it helped inspire Dante to risk going forward. When your numb loved one begins to feel, ask simple questions like "So, what's going on?" but do it from a place of peace and comfort. Don't worry if they lapse back into numbness, and don't get too worked up if they inch into Hell. One of my

own psychopomps once told me, "I care what happens to you and how you feel, but I'll never lose sleep over it." Her calm assurance that she was fine, no matter how miserable I became, was exactly what I needed to let my emotions surface.

As you continue to send the messages "I'm here for you" and "I'm fine," your loved one will likely experience a trickle, a flow, then possibly a flood of painful emotion. This is because your response is creating what psychologists call a holding environment, a safe space with a compassionate witness where it's okay to feel what we feel. All this person will know is that talking to you allows emotion to surface. Weirdly (to them), this will feel compellingly good, even though they're experiencing pain. As they venture deeper into their feelings, it's time to send the message, "I know this place."

Virgil was always happy to tell Dante what level of the Inferno they'd reached and what was happening there. You can help your loved one in a similar way, by confiding that you've been through this kind of hell before—you've had your heart broken or survived a trauma or lost something you cherished (your job, your money, your confidence, your hair). Without dwelling on your own story, let them know you've been through Hell, and that feeling those excruciating feelings brought you out the other side.

By now you may have noticed the great thing about effective psychopomping: It's not all up to you. You never have to push anyone past denial and into their feelings—their suffering does that. Once they begin to feel, you don't have to move them forward—your simple, calm presence does that. Virgil never shielded Dante from the horrors of Hell. He just strolled along beside him, always letting him know he was there. If you do the same for your friend, spouse, or relative, the time will come when both of you find yourselves moving upward into the sweet, pure air. Maybe even on to Paradise. **Q**



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

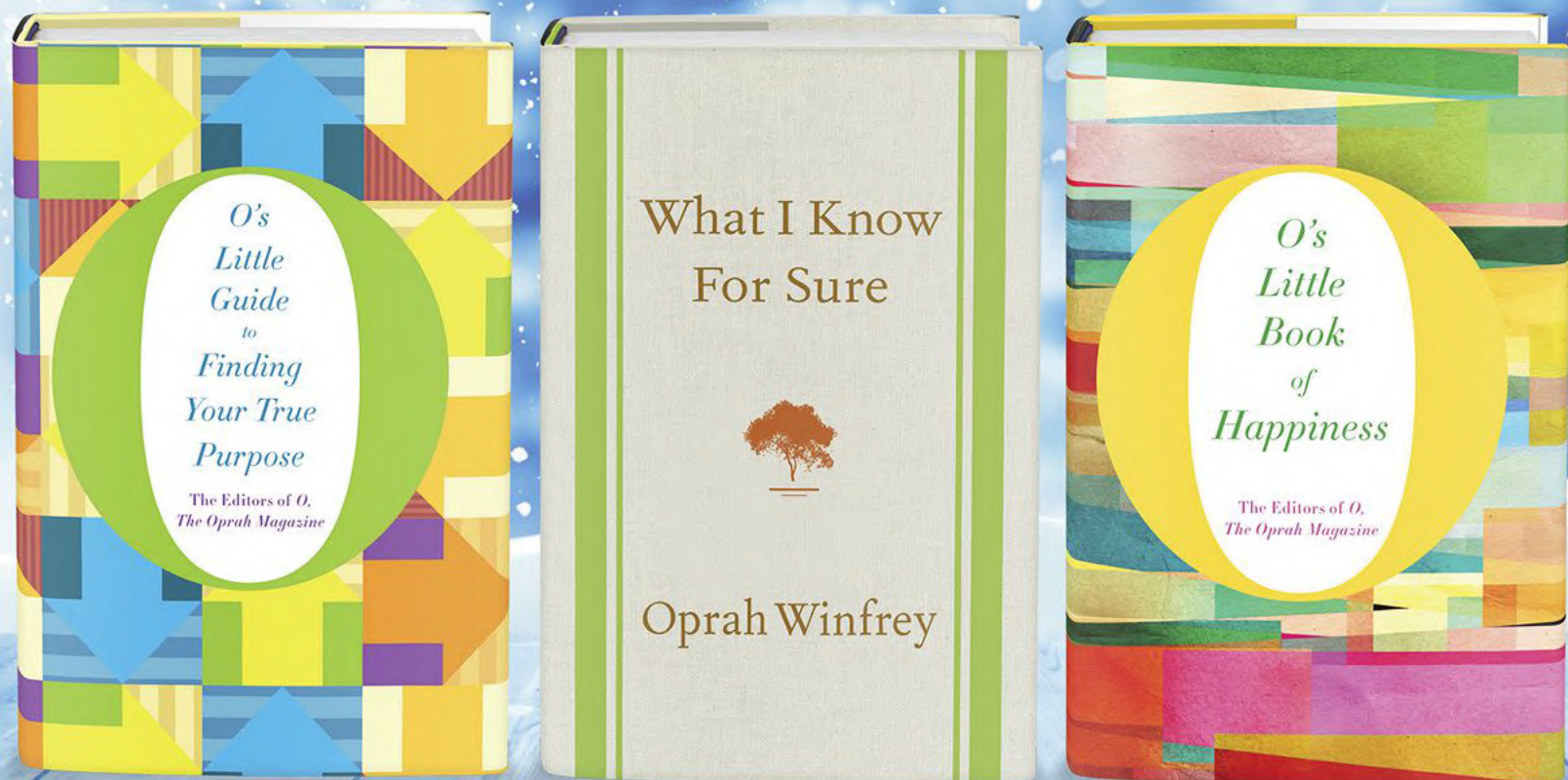


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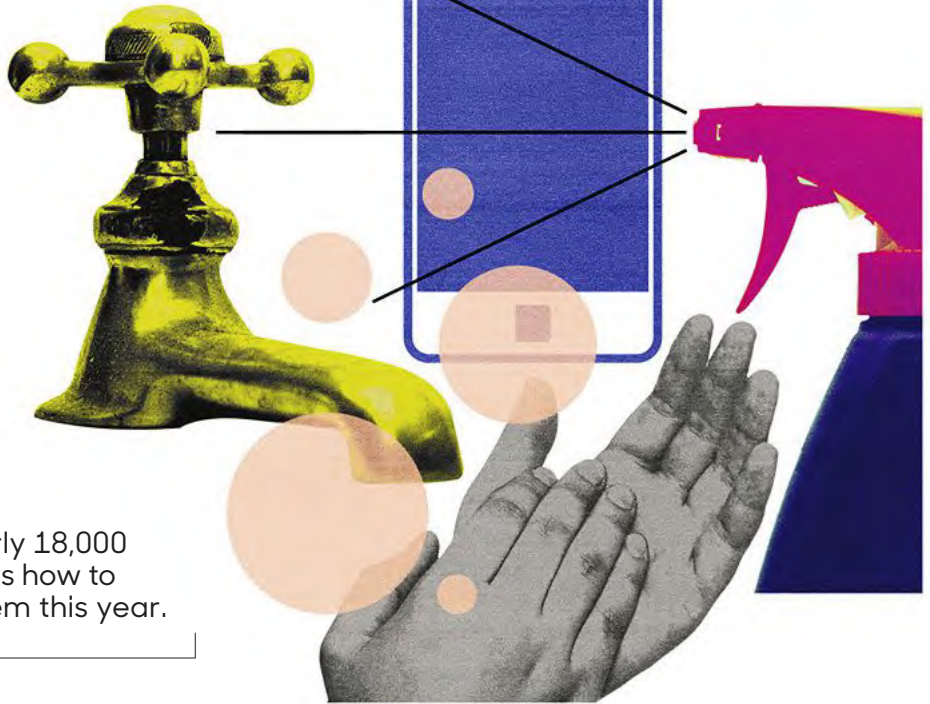


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Dr. Oz

Your Flu-Fighting Checklist

Last winter influenza sent nearly 18,000 Americans to the hospital. Here's how to make sure you don't follow them this year.



→ If you could avoid the misery of the flu—the fever, the aches, the knives in your throat—wouldn't you? Wouldn't anyone? Yet most of us don't take the proper precautions. In fact, nearly 60 percent of American adults fail to get their annual flu shot. If you're one of them, please take care of it now! And don't stop there—consider these other easy ways to protect yourself.

Clean your screen.

I don't have to tell you that germs lurk on every doorknob, light switch, and keyboard you touch. That's why it's a good idea to clean such surfaces regularly. But many of us forget to disinfect the one thing we keep in our hands—and against our face—all the time: our cell phone. One 2013 analysis found that some smartphones may harbor more bacteria than a toilet seat! Give your screen a daily once-over with a soft lint-free cloth, especially if you're already under the weather. And don't hand your phone to a friend, even if she looks healthy; research indicates that up to 77 percent of people infected with the flu report no symptoms.

Rest up.

When you're hit with the flu, there's nothing you want more than sleep. But research suggests that it's the sleep you get *before*

you come down with a virus that really matters. One new study discovered that people who slept six or more hours a night for a week were much better at fighting off the common cold than those who clocked less than that, possibly because adequate rest boosts immunity.

Scrub like a surgeon.

Surgeons are famous for washing their hands thoroughly. In medical school, I had to wash mine for at least five minutes before going into the operating room. You don't have to invest that much time, but you need more than a quick rinse to make sure you're getting the flu off your hands (the virus can live outside the body for up to eight hours). Here's a trick to make sure you're washing long enough: Take a ballpoint pen and draw an X across your palms. Soap your hands and wash them until the Xs are completely

gone. How long did that take? Now try to match that time whenever you're at the sink.

Get more vitamin D.

A study in the *Archives of Internal Medicine* revealed that adults with the lowest blood levels of vitamin D were 36 percent likelier to report having an upper respiratory infection in the previous few days than those with the highest levels. Research has shown that vitamin D plays a key role in immune function. To help get your fill, consume more fatty fish like tuna and salmon—both are good sources of the vitamin.

Monitor the spread.

Yes, there's an app for everything—including following flu outbreaks. My favorite is FluView, created by the CDC. With the help of more than 3,000 healthcare providers nationwide, the

app tracks possible cases of flu throughout the country so you can be apprised of outbreaks where you live.

Alternate your meds.

If you do end up catching the flu, talk to your doctor about alternating ibuprofen and acetaminophen every four to six hours to help lower your fever and reduce aching. While both types of pills have more or less similar effects, they act in different ways in the body. Think of it as a one-two punch attacking your symptoms from multiple angles so you can feel better faster. **O**



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

Suze Orman

Windfall Wisdom

What to do if a chunk of extra cash comes your way.



I HOPE YOUR HOLIDAY brings some unexpected financial cheer. A bonus, perhaps. Or a generous check from dear Aunt Sally and Uncle Bob. Or maybe you're just enjoying the boon of lower gas prices; it's estimated that the average household will have spent about \$700 less this year keeping the tank full. I know how tempting it is to think of five great things you could spend that money on right now. But whether your windfall is \$100, \$1,000, or more, I want you to make the most of it. Please slow down and plot your strategy, keeping these things in mind:



Your bonus might be taking the place of a raise.

Before the 2008 financial crisis, an annual pay raise of around 4 percent was the norm. Since then, the average has dropped to about 3 percent. At the same time, many employers have increased their budgets for bonuses. (Employers like bonuses because there's no commitment: They can be decreased at any time or not paid at all.) If your salary increase hasn't been very generous, I want you to think of any bonus you receive as earned compensation, not a gift. Psychologically, that shifts how you might handle the money.

Pay your cards right.

I don't want to belabor this, but it must be said: If you have credit card debt, paying it down is a

seriously smart move—especially now. The roughly 13.5 percent average interest rate on credit card debt is bad enough, but with the Federal Reserve expected to raise short-term interest rates, credit card rates will rise as well. Just before 2008, the average was closer to 15 percent.

Play a little.

If you don't have credit card debt, I want you to set aside 20 percent of your windfall for an all-out splurge: the pair of shoes you can't stop thinking about or the fancy restaurant you've been dying to try.

Tip: Spend some of that 20 percent forward. Research has found that spending on someone else—even just \$5—can boost your happiness level.

Save a lot.

My prioritized list of what to do with the remaining 80 percent of your windfall:

1. Emergency savings. Six in ten Americans say they don't have enough cash available to cover

an unexpected \$1,000 hospital bill. If you're one of them, here's the chance to jump-start your emergency fund.

2. Pay down student loan debt.
3. Max out on a Roth IRA.
4. Put more in your 401(k).
5. Make an extra mortgage payment. If you plan to stay put, one extra mortgage payment per year reduces the payback time on a fresh 30-year mortgage to 26 years, saving you boatloads in interest.



And remember: There's a universal tendency to justify spending today instead of saving for tomorrow. We tell ourselves, "It's such a small sum, and I deserve a little fun..." But I imagine you've heard the one about little acorns growing into mighty oaks? **Here's the money corollary:** If you were to invest \$500 of a windfall each year for the next ten years, your \$5,000 investment would be worth nearly \$8,000 in ten years. And if you left that amount to keep growing for another 20 years, you'd have around \$25,000 (assuming a 6 percent annualized return).

Don't forget the kid stuff.

Your children may be coming into some money as well if they have relatives who mark the holidays with financial gifts. I think it's important to create family rules for how this money is handled, and I suggest a three-bucket approach:



BUCKET 1: All theirs. Butt out. They can spend it or save it. This is a great way to teach financial responsibility.



BUCKET 2: Save it for college. It might not make a dent in the actual bill, but it starts a conversation about the cost of education.



BUCKET 3: Pass it on. One of the best gifts you can give your children is an appreciation for compassion and sharing. Let them choose a charity and give you the money they want to donate; you write the check or make the credit card payment.

What percentage goes into each bucket? I'll leave that to you. Enjoy your windfall, and may it come again next year.

Suze Orman's latest book is *The Money Class: How to Stand in Your Truth and Create the Future You Deserve* (Spiegel & Grau).

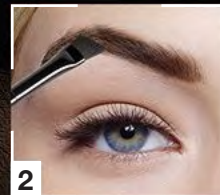




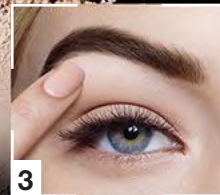
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Dear Lisa

Work Woes, a Little Romance, and the Drama of the Gifted Puppy



parts of East Asia I've never even set foot in. That said, it seems to me that men are generally pretty thrilled either way. I say split the difference and invest in a dimmer switch.

Dear Lisa,

My girlfriend's beloved pug died two months ago at the ripe old age of 16. Christmas is coming, and I'd love to surprise her with a puppy, but everybody (her parents, her best friend, her assistant, even the guy who cuts her hair) thinks it's a bad idea. What do you think? —JIM, UTAH

Hey, Jim,

What I think is that your heart is in the right place. But I also think the words *puppy* and *surprise* do not belong in the same sentence. Your girlfriend needs more than two months to mourn her partner of 16 years. And when the guy who cuts her hair says it's a bad idea, you'd better listen up. A puppy has very different needs from an older dog, and you ought to be asking yourself who will train it, exercise it, wake up with it during the night, check in on it during the day, pay the vet bills, and replace the plum patent stiletto that gets mistaken for a chew toy. Frankly, Jim, I think you don't really get how hard it is to find a good plum patent stiletto.

You might want to talk to your girlfriend about the possibility of dipping her toe in the water by fostering a dog until it finds a good home, because I can assure you that come January, the shelters will be teeming with wonderful pets...all thanks to people who picked up impulse puppies during the holidays. This Christmas, I think a lovely locket with a picture of her pug inside might be a better way to go. **Q**



Lisa Kogan is O's writer at large and the author of *Someone Will Be with You Shortly: Notes from a Perfectly Imperfect Life*. To ask Lisa a question, email asklisa@hearst.com.

Dear Lisa,

It's all I can do to get up each morning and drag myself to the awful job at the awful accounting firm where I've been working for three years. I'm well paid, but I'm not respected or appreciated or happy. The partners delight in making people feel stupid. But none of the other firms seem to be hiring. Should I stay or should I go? And if I stay, how do I make it work? —AMANDA, MINNESOTA

Oh, Amanda,

Here's what I've learned during my meteoric rise to the middle: If you're unhappy at work, go ahead and pout, sulk, grouse, kvetch, drop to your knees, look to the heavens, and bellow "Why, God, why?" at the top of your lungs. Just make sure you confine that behavior to exactly one weekend, and, tempting though it may be, do not—I repeat, do not—display any of the aforementioned toxic negativity in the presence of a coworker, a friend of a coworker, a friend of a cousin of a coworker's dental hygienist.

I'm not suggesting you don't have every right to be miserable. If you tell me you're working insane hours, I understand. If you say somebody's done you wrong, I believe it. If the lighting in the ladies' room makes you look like you're in the final stages of tuberculosis and the cafeteria is forever out of chicken fingers, let me assure you, I not only get it, I'm convinced it's imperative you hop off the hamster wheel of misery. I'm not saying this will be easy—nothing worth doing ever is. Still, you must do it, because spending time with people who chip away at your self-esteem will eventually curdle your blood, corrode your core, and lead you to vast quantities of heavily salted snack food.

So before you spiral any lower, screech any louder, retain water beyond all recognition, I want you to focus on forming a top secret escape plan that allows you to use your skills among people who value your contribution.

You say you're well paid; I hope that means you've managed to save enough to live on for a year. If so, congratulations—you're in better shape than I am. If not, consider this your chance to cobble together some freelance jobs as a bookkeeper for small-business owners, a math tutor for the trigonometry impaired, a weekend babysitter, even a cater-waiter—anything that helps you establish a nest egg while expanding your word-of-mouth potential. And every time you have to sacrifice your pumpkin caramel chai double-shot soy decaf latte with extra whipped cream, remember you must cut back to move forward.

One more thought, Amanda. You say the other firms don't "seem to be hiring." Are you absolutely sure? Try tracking down a sage career counselor or a hungry headhunter to help you. Maybe there's a slightly longer commute in your future. I don't know your circumstances, but I do know that everything will feel much more tolerable if you're actively trying to take charge of your destiny. Where there's hope, there's life!

Dear Lisa,

Do men prefer sex with the lights on or off? —KAYLA, COLORADO

Kayla, You Inquisitive Minx,

Because my parents are still living, I feel compelled to mention that I have not engaged in sexual activity with all 2.5 billion men who populate our fair planet—hell, there are



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THE BACKSTORY:

Last month Noreen and Iyanla unpacked the disagreement that led to Noreen's having virtually no contact with three of their brothers in the past five years. The issue: whether her ailing mother should spend her remaining years in Jamaica, where she'd been living, or in England, where most of her children live. When her mom returned to England with assistance from a granddaughter, Noreen was outraged—she questioned whether her mother, who suffers from dementia, had been able to make the decision on her own. Now, as she and Iyanla chat, she says she isn't as mad at her brothers as she is at herself—for letting her emotions get the best of her and saying things hurtful enough to sever ties with the people she loves most. Iyanla urges her to dig a little deeper into those feelings....

Iyanla, Fix My Life!

Please Release Me



In the second installment of our multipart series, relationship expert and life coach **Iyanla Vanzant** picks back up with reader Noreen Sumpter, 52. The challenge: help Noreen (*left*) understand her true role in fracturing her family.

SUMPTER: COURTESY OF NOREEN SUMPTER



“I suspect that some of your siblings didn’t trust that their voice would be respected.”

IVANLA VANZANT: When we spoke last time, you said you weren’t aware of any breakdown of trust among your siblings before this fight and that you would take 100 percent responsibility for everything that’s transpired, right?

NOREEN SUMPTER: That’s right.

IV: So even though you didn’t know there was a breakdown in trust, you feel 100 percent responsible?

NS: I do. I really do.

IV: You’ve mentioned that growing up, you considered yourself the peacemaker in the family. Is that part of why you’re disappointed that you haven’t been able to resolve things with your brothers?

NS: That’s exactly right. Because I was the one who created a nonamicable situation when I got so angry.

IV: But where is your compassion for yourself—for the fact that you’re human?

NS: Where’s my compassion?

IV: All I hear is “I created...” “I caused...” “My responsibility...” Where’s the basic human compassion for yourself in those statements?

NS: I do have compassion that I messed up, and I can forgive myself for that.

IV: Can you?

NS: Yes.

IV: Have you?

NS: I actually have forgiven myself.

IV: Even though you haven’t accepted the situation as it is now—with the silence between you and your brothers—you’ve forgiven yourself?

NS: Well...

IV: The thing that’s coming back to you, beloved, is how you treat yourself.

Your brothers’ behavior is a reflection of how you treat yourself. Which takes me back to my question: In your bold self-indictment for creating this rift in the family, tell me where you demonstrate compassion for yourself.

NS: I see what you’re getting at. If I don’t have compassion for myself, how can I have it for anyone else?

IV: I would take it a step further and say that you aren’t demonstrating compassion for yourself, and as a result, they can’t demonstrate compassion for you. But the way you’re going about everything—all your self-indictment—is very controlling.

There was a breakdown in communication long before your mother went into the nursing home. Either people didn’t feel heard or they didn’t believe they would be heard.

There was a breakdown in trust. I suspect that some of your siblings didn’t trust that their voice would be respected. You said it yourself—in order to move forward, you want everyone to have a chance to say what they want to say. But because you’re operating from a controlling perspective by saying “I’m responsible,” you’re negating their experience. Here’s the truth: You’re responsible for what you do and what you say, and nothing more. You’re never responsible for how other people respond. By saying “I’m responsible for everything,” you covertly seize control of their experience.

NS: Wow, I can relate to that.

IV: I’m very much aware of the impact of birth order. You’re not the eldest and you’re not the baby, which means you had to fight to be heard growing up. That’s

why I don’t think this situation has anything to do with your brothers; it has to do with an inner experience—known or unknown to you—of losing your place in this cosmic environment of your family.

NS: I see what you’re saying. I don’t have to take responsibility for all of it; I can just take responsibility for my role. There was a communication breakdown long before this happened. I never fully listened to my siblings. I never really considered myself passive-aggressive, but I can actually see that I’m passive-aggressive with my brothers.

IV: I think you’re passive-aggressive, period.

NS: Really?

IV: If you do it anywhere, you do it everywhere. What you’re experiencing with your siblings, you are experiencing in other places in your life even if you’re not aware of it. Here are the emotions that keep coming up: hurt, sadness, disappointment, and powerlessness. We need to look at where those feelings exist in your overall life. I’m going to put you on a 40-day fast from calling your brothers. I’m going to give you a healing journal and send you prompts to answer each day for the next 40 days.


NS: Feels like I’m in the desert.

IV: Not the desert, but the wilderness. There’s a distinction. In the wilderness you’re surrounded by so much information that you have no idea what it’s good for or how to put it to use. That’s where you are. But you’re on the verge of a breakthrough. **O**

NEXT MONTH: It’s been 40 days. How did Noreen do? We’ll find out what she’s learned and whether she’s any closer to restoring bonds with her brothers.

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



A couple stands on a rocky shore at night, looking up at a vibrant display of the aurora borealis in the sky. The aurora is a mix of green and purple, with bright green curtains of light. In the background, a calm lake reflects the lights, and snow-capped mountains are visible under a starry sky.

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The *OPRAH'S FAVORITE THINGS* List

2015

"I've been picking my Favorite Things for more than 20 years, but this year's list just might be the most versatile and fun ever." —OPRAH



Cherry-Picked

Move over, yule log cake—there's a new holiday dessert in town, and it makes a great hostess gift. California bakery Sweet Lady Jane has created a very merry, soon-to-be legendary, dare we say necessary, simply extraordinary deep-dish cherry pie. The buttery crust is the icing on the... oops! **(Originally \$60, now 10 percent off with code OPRAH; sweetladyjane.com)**

Find your
Favorite Things at
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LOGO ILLUSTRATION: MUOKKA STUDIO, PROP STYLIST: ALMA MELENDEZ, FOOD STYLIST: HEATHER MELDROM FOR BIG LEO, SOFT GOODS STYLIST: JESSIE LIEBMAN FOR R.J. BENNETT REPRESENTS.

PHOTOGRAPHS BY *Gregor Halenda*

DECEMBER 2015 | OPRAH.COM 67



Doggie Decor

The problem with the dog lovers on your list: They've already got lots of cute framed photos of their furry friends. But do they have a mirrored gold ornament in the shape of their pet, engraved with his name? Didn't think so. I have a few people in mind who would love this. **(Custom pet ornaments, \$24 each; moonandlola.com)**



Garden Variety

Now *this* is a fantastic gift: made in the U.S.A., a vintage-inspired mason jar containing a self-watering hydroponic system that grows herbs. I love the idea of giving a set—my faves are basil, parsley, and mint. **(Modern Sprout Garden Jar Three-Pack: Herb Essentials, \$54; modernsproutplanter.com)**

Tech Tote

Look inside this very chic Saffiano leather shoulder bag, and you'll find compartments for your tablet, phone, and charging cords, plus your regular purse essentials. I happen to love it in white—it's the perfect combo of pretty and practical. **(SKITS Providence Brilliant Tablet and Cords Shoulder Bags, \$425 each; nordstrom.com)**



Bright Idea

Light up someone's life with these retro metal marquee-style letters in uplifting words like LOVE, HOPE, and KIND from my friend Ellen DeGeneres's lifestyle collection for QVC. **(ED On Air Prelit Marquee Word with rustic metal finish, \$32; qvc.com)**

Shine On

Make like a Bond girl in these machine-washable, quilted, insulated puffer vests in three very hot metallic shades. **(Material Girl puffer vests in rose gold, gold, and silver, \$60 each; macys.com)**





All Pj's Great and Small

Striped jammies for the whole clan! This is one of my very favorite things. These 100 percent organic cotton pj's come in baby, toddler, kid, and adult sizes and a range of patterns and colors. The rugby stripe version might be just the thing for this year's holiday photo. **(Family Jammies, originally \$13 to \$40, now 20 percent off with code OPRAH; burtsbeesbaby.com)**

Smart Coach

My favorite fitness tracker! It looks great, automatically monitors everything from sleep patterns to heart rate to workouts, and gives you personalized advice based on your exercise and diet goals. It also has a new feature called Duels that lets you challenge friends (talking to you, Gayle King...). **(UP3 in Teal Cross, Ruby Cross, and Sand Twist, originally \$180 each, now 20 percent off with code OPRAH; jawbone.com)**



Heaven Scent

With notes of grapefruit (my favorite) and bergamot, this set's shower gel and body lotion (which contain vitamins C and E and skin-softening shea butter) smell absolutely delicious. **(Hesperides Grapefruit Bath & Shower Gel and Body Lotion set, \$43; fresh.com)**



Weekend Update

Supple and sumptuous, this faux-leather bag is roomy enough to fit everything you need for a two-day getaway. Have a great trip! **(NYC Weekender, originally \$155, now 20 percent off with code OPRAH; deulux.com)**



Use Your Words

Put your heart in the write place with these books of 12 fold-and-mail-style letters that use clever prompts ("I knew you were the one for me when..." "What I love about us...") to make composing meaningful missives a whole lot easier (see page 170 for more). My favorite is *Letters to My Love*. I've been telling people this for years: What a partner wants to know is how you really feel. This will make him or her swoon! **(Letters to My...keepsake books, originally \$15 each, now 20 percent off with code OPRAH; chroniclebooks.com)**

True Colors

You know why I love this set of nail polishes I handpicked? It reminds me of one of my all-time favorite things: the box of 64 Crayolas I had in third grade. The pigments are superrich, and the lacquer is free of formaldehyde, toluene, and DBP. Color me wowed! **(The Ultimate Lacquer Wardrobe: An Oprah Exclusive, originally \$150, now 25 percent off with code OPRAH; butterlondon.com)**



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**WORKOUT
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Novel Idea

These fabric-covered boxes close the book on clutter. Store receipts, keys, or—praise be—all your remote controls. **(IMAX Confetti three-piece book-box set, \$60; wayfair.com)**



A Cut Above

Life is easier with a good set of knives, and this 13-piece collection is sharp in every sense: steel blades for precise cutting, go-with-everything white resin handles, and a whitewashed rubberwood storage block. **(Skandia Talvi knife block set, originally \$150, now 20 percent off with code OPRAH; hamptonforge.com)**



Worth Its Salt

Give the gift of good taste with this three-tiered bamboo box filled with some of my favorite chef's favorite finishing salts: Maldon sea salt for fish, *sel gris* for meat, and *fleur de sel* for vegetables. **(Thomas Keller's Ad Hoc Salt Cellar, \$49, free shipping with code OPRAH; finessethestore.com)**



Best Day Ever

I must really love Sundays because I'm putting this sweatshirt on my Favorite Things list for the second year in a row! It's just as soft as last year's version, but now it's available in a V-neck and—this one's for you, Gayle—in yellow! **(I Love Sundays Oversized V-neck Comfy in Rose Wood, Buttercup, and Stone Blue, originally \$98 each, now 20 percent off with code OPRAH; peaceloveworld.com)**

Gold Standard
Andre Walker was my mane man for 30 years—and now his secret weapons are available for \$20! It's a three-step shampoo, conditioner, and styling system in mini sizes for dry, textured, curly, natural, or relaxed hair. I carry mine whenever I travel. **(Andre Walker Hair Experience Kit, \$20; amazon.com)**



Light Fantastic

Who doesn't need a little extra light for Instagrams and selfies? These phone cases (for iPhone 5, 5s, 6, and 6 Plus and Samsung Galaxy S5 and S6) with front-facing LED lights cast a warm glow for a flattering photo every time. **(LuMee case, originally \$50, now 20 percent off with code OPRAH; lumecase.com)**



All-Inclusive

She's come a long way, baby: With 23 haircolors, 18 eye colors, 14 face shapes, and 8 skin tones, the new Fashionista Barbie collection lets all kinds of girls see themselves in their dolls. Multicultural Barbies—what a great idea! **(Barbie Fashionistas, \$10 each; amazon.com)**



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Tooling Around

I collect makeup brushes, and I think this fancy set, hand-assembled by artisans in Japan, is a great present for the woman who has everything. The six luxurious, precise brushes (designed for highlighting, contouring, powdering, and concealing) come in a bento box—inspired wooden case.

(Hakuho-do + Sephora Pro Kan Kabe Perfection Brush Set, \$198; sephora.com)



Well Done

You've heard of a smartphone—here's a smart grill. Even an amateur can get flawless results with this nonstick, dishwasher-safe device, which has a built-in sensor to adapt cooking time to the thickness of any meat. An indicator light tells you when you've reached your desired doneness for easy-breezy cooking. **(T-fal OptiGrill, originally \$180, now 20 percent off with code OPRAH; jcpenny.com)**



Ear Candy

You're gonna want to pull your hair back to show off these red carpet-worthy sliced-sapphire earrings. You get the look of fine jewelry and a lot of bang for your buck. A great gift to give...or keep for yourself. **(Originally \$275 per pair, now 20 percent off with code OPRAH; susanhanoverdesigns.com)**

Lush Life

I love this assortment of gardenias, black calla lilies, and purple orchids because it's fresh, beautiful, and sure to please even the finickiest recipient. You can arrange the blooms and vines in a vase, or float them in bowls for an exotic look. **(High Camp Vine and Bloom Box, originally \$189, now 20 percent off with code OPRAH; highcampsupply.com)**



Fit and Flair

I think workout clothes are a great present, especially when they look like this super-sleek hoodie and matching pants. Not only are they flattering, but the trendy jolts of color banish any hint of shlumpadink. **(GapFit Motion pullover hoodie, \$65, and Colorblock Motion gFast pants, \$70; gap.com)**



Svelte Pelt

What's your dog begging for? Surely, a faux-fur jacket—tricked out with a jeweled button closure and a practical opening for a leash. (I would have put this on my dogs when I lived in Chicago.)

Bonus: It's machine washable (use a gentle cycle for maximum fluffiness). **(Park Avenue faux-fur pet jacket in chinchilla, \$39; frontgate.com)**

With Care

The crew Angela booked at Amazon Home Services is here. First on the list is to hang the chandelier.



Book your next home project. Electrical, cleaning, TV setup, furniture assembly, and more.

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Little Birdies

Tennessee artist Vicki Sawyer has the notion that since birds can build nests, they might be able to make hats! (Last time I checked, sheep couldn't do either, but who am I to assume?) These dishwasher- and microwave-safe bone china plates will add a touch of whimsy to your appetizers and desserts. **(Vicki Sawyer Wild & Wooly 7" porcelain appetizer plates, \$45 for set of four; paperproductsdesign.com)**

Fit to Print

No matter how high-tech we become, people still love an old-school instant pic. This ingenious battery-powered device lets you print photos via Wi-Fi from Apple and Android phones and tablets—and pretty much guarantees you'll be the hit of the party. **(Fujifilm Instax Share Smartphone Printer, \$350; amazon.com)**



Flower Power

Could somebody please give me this for Christmas? I've always loved LAFCO's paraben- and sulfate-free products, and the fresh-smelling Freesia & Waterlily collection—which has a body cream, a hand cream, a candle, a liquid wash, and a bar soap—is my current crush. **(Present Perfect Freesia & Waterlily: The Complete Collection, \$126; lafco.com)**



Roll with It

I know these suitcases are pricey, but they're worth it. Lightweight yet durable with leather handles, a water-resistant zipper, a limited lifetime warranty, and 360-degree spinning wheels (navigating terminals is effortless), they're the ultimate travel companions. **(7R Global Carry-On Spinner, \$650, Medium Journey Spinner, \$750, and Long Journey Spinner, \$850; hartmann.com)**



Hold Everything

A gorgeous hybrid of wallet and clutch, this premium leather bag comes in more than 25 vibrant colors and fits credit cards, cash, even a phone. So you can drop your essentials into a tote, or use it alone when you're traveling light. **(Arlington Milne large wallets in Aqua Snake, Tangerine Gloss, Green, and Rose Gold, \$150 each; amazon.com)**



Pump Up the Volumes

When I saw these book sets, I wanted to take them home immediately. The print, the paper quality, the custom bands—everything is so beautiful. With more than 150 sets, you're sure to find a thoughtful gift for the lit lover on your list. **(African American Literature and Ernest Hemingway Elephant sets, \$395 each, and personalized book bands, \$20 each; juniperbooks.com)**



For Keeps

When a little one's drawing is more masterpiece than fridge-magnet material, upload a photo of the artwork to Minted. They'll transform it into a letterpressed, foil-pressed, or standard art print available in a variety of colors and frames. **(Your Drawing as Foil Art Print, originally \$120 to \$447, now 20 percent off with code OPRAH; minted.com)**

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Amazon Handmade
and Amazon Wine delight
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Brought to Angela's home
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Parka and Recreation

I love the quality of Lands' End, especially this cute shapely parka. It's just about the warmest jacket around, but won't make you look like the Michelin Man. The insulated hood is detachable, the fabric is waterproof, the two-way zipper has a storm flap, and the 650-fill down protects against temps as low as -30. **(Women's Expedition down parka in Ashwood, originally \$299, now 20 percent off with code OPRAH and PIN 2015; landsend.com)**



Creature Comforts

Kids will love these fun, fluffy Australian merino wool-lined boots decorated with cheeky animal appliques. I'm getting the brown bear for my little godniece Chai Bella. **(Little Creatures pony, brown bear, and shark boots, \$90 per pair; emuaustralia.com)**

Mugging It Out

After searching for the right mug for years, I finally designed my own: This one is 12 ounces (instead of the usual eight) and allows for the perfect spacing between fingers and thumb. It comes with a matching stackable teapot and regular and caffeine-free versions of Teavana Oprah Chai tea. Bonus: For every set purchased, \$4 will be donated to the Oprah Winfrey Leadership Academy Foundation. **(Teavana Oprah Chai Steep Good Thoughts set, originally \$90, now 20 percent off with code OPRAH; teavana.com)**



Lean Cuisine

It may look like a typical cookware set, but these stainless steel pans, pot, and lids, manufactured in Wisconsin, have a special power: They're designed with technology that allows for healthy vapor cooking, which heats food faster and at lower temps, locks in flavor and nutrients, and eliminates the need for added oils or fats. **(360 Cookware six-piece stainless steel set, originally \$449, now 20 percent off with code OPRAH; madeclose.com)**



You're Getting Warmer

This oversize scarf is so impossibly soft that Gayle couldn't stop petting it. You won't believe it's made of machine-washable faux fur. **(Moroccan long scarf in Antique Mustard, originally \$54, now 20 percent off with code OPRAH; tourance.com)**

Best Buds

Club-quality sound in a gadget not much bigger than a paper clip. Lightweight and colorful with flexible ear hooks (the only design I use at the gym), these new sweat-resistant and tangle-proof headphones are your new workout buddy. **(Beats by Dr. Dre Powerbeats2 Wireless Active Collection in-ear headphones, \$200; apple.com)**



Good cheer

Music and laughter come together as planned. Well dressed by Amazon Fashion, a great night is at hand.



All items available at [amazon.com](https://www.amazon.com)

Celebrate the season in style. Top brands, classic pieces, new trends, jewelry, and more.

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Amazon Fashion



Black Beauties

Not only is this dishwasher-safe, hand-forged flatware handsome—the utensils are stainless steel coated in matte black titanium—but the sides of the fork are beveled to easily cut food. Good times! And a great housewarming gift. **(Black titanium five-piece set, originally \$60, and 20-piece set with storage tray, originally \$300, now 30 percent off with code OPRAH; knork.net)**



No Sweat

What's better than a pair of Vince sweatpants with a tapered leg and ankle zip that I can dress up or down? Three pairs—so I'm covered when the others are in the wash. I truly live in these pants. **(Melange drawstring sweatpants, \$195 each; vince.com)**

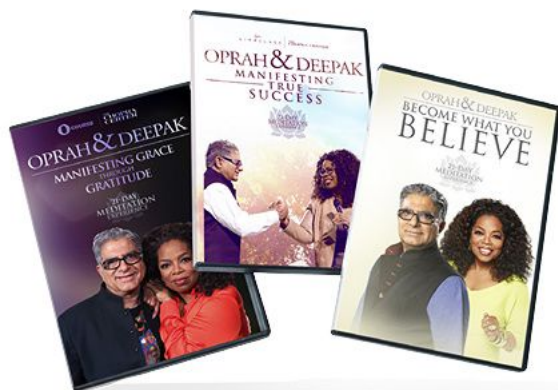
Protect and Serve

With 30 themes to choose from—everything from “zoofari” to happy hour to holidays—these letterpressed coasters, made from recycled, extra-thick stock, are a distinctive hostess gift. **(Boxed letterpressed coasters, originally \$25 for box of 100, now 20 percent off with code OPRAH; hautepapier.com)**



The Om of O

Who on your list couldn't use some quiet time for reflection and self-discovery? On these brand-new audio programs in the **21-Day Meditation Transcendence Trio**, Deepak Chopra and I are with you every step of the way. **(Originally \$100, now 20 percent off with code OPRAH; oprah.com/meditation)**



Bright Spot

Your plain Jane rolling suitcase can stand out from the baggage carousel crowd when adorned with this beautiful leather luggage tag. How to make doubly sure the bag is yours? Personalize the strap with your initials. **(Personalization strap key rings, \$50 to \$65 each, plus \$23 for personalization; aspinallondon.com)**



Boom Box

For the music lover in your life, the crème de la crème of wireless speakers delivers sound quality like no other by analyzing a room's acoustics and adjusting accordingly. Tunes can be played from a streaming service or a music library from a smartphone, a tablet, or a computer. **(Play:5, \$499; sonos.com)**



Bottoms Up

I love these wild black and white ceramic shot glasses mounted with pewter geometric versions of a tiger, a rhino, and a bear. Use them cup side up for shots, or flip them over to decorate a shelf or a liquor cabinet. A fab gift to give with a bottle of tequila. **(Animal Shot Glass Holiday Collection, originally \$80 for set of five, now 20 percent off with code OPRAH; mollaspace.com)**



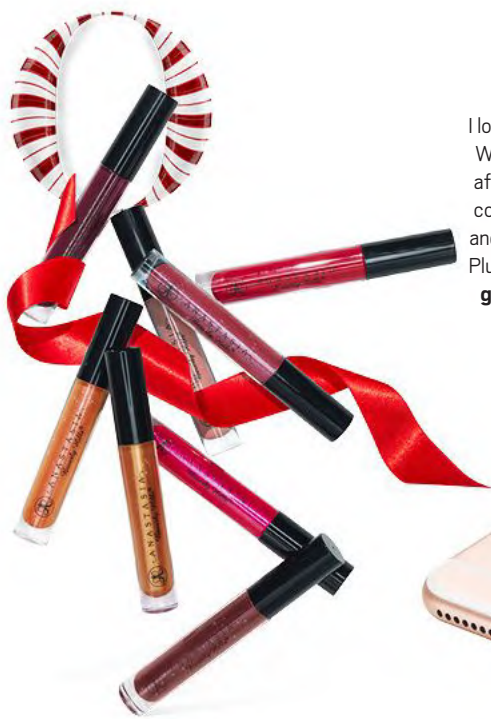
Silent night

With a little help from Amazon
Angela basks in all the glory.
Then curls up with Kindle
and her favorite story.

Passionately crafted for readers. Brilliantly crisp display reads like real paper in dim light or sunlight. Battery lasts weeks, not hours.

FIND OPRAH'S FAVORITE THINGS AT [AMAZON.COM/OPRAH](https://www.amazon.com/oprah)

amazon | kindle



Lip Service

My eyebrow guru, Anastasia, launched a collection of lip glosses this year, and I love how bold and rich they are. Did I mention they stay on forever? I personally curated this set's colors, all perfect basics that go from day to night. **(Oprah's Favorites Lip Gloss Set, \$40 for eight; anastasiabeverlyhills.com)**

Coming Up Rosy

I love to wear rose gold, so I'm excited that the latest iPhone and the Apple Watch Sport now come in the lovely shade. The blush Sport is way more affordable than the 18kt-rose gold Edition version, and the iPhone has cool new features like Live Photo, which captures the moments before and after a shot, so you get motion as well as a pic. And I love the larger 6s Plus size. **(iPhone 6s Plus, from \$749, and Watch Sport 38 mm rose gold aluminum case with lavender sport band, \$349; apple.com)**



Picture Perfect

Gayle went gaga over these professional-quality photo books, and I love them, too. You choose from 3 album sizes, 2 premium paper stocks, 6 cover styles, 12 fabric colors, and 4 types of foil stamping; upload a selection of your personal photos; and design layouts online to create attractive spreads that lie flat and seamless when the book is open. A gorgeous memento. **(Layflat photo album, originally starting at \$119, now 10 percent off with code OPRAH; artifactuprising.com)**

Pan-O-rama

Pretty up your potluck with these large steel and porcelain-enamel pans. They're meant for lasagna, but I'd love to fill them with roast chicken and vegetables. **(Golden Rabbit Enamelware Swirl roasting sets, originally \$107 each, now 20 percent off with code OPRAH; goldenrabbit.com)**

Buon Appetito!

It mixes, kneads, and cranks out dough in the shape of your choosing: penne, fettuccine, spaghetti, or lasagna (one pound of pasta in about 15 minutes). If it gave hugs and told you to eat more, it could almost pass as an Italian nonna. **(Philips Avance pastamaker, \$300; bedbathandbeyond.com)**



New Fleece on Life

This is my favorite hoodie to wear when I walk my dogs—and I offer peace to all when I do! The front says LOOK AHEAD IN A NEW DIRECTION, and the back has the Peace Love Oprah logo. The kangaroo pockets and hood keep things extra cozy. **(Peace Love Oprah fleece zip hoodies, originally \$60 each, now 20 percent off with code OPRAH; store.oprah.com)**



HOODIES: DEVON JARVIS/STUDIO D



SEPHORA

Oh what fun!

'Tis the season to be glowy

Treat her to radiant skin—sans the spa—with high-performance skincare tools for professional results at home.

FOREO LUNA for Sensitive/Normal Skin **\$199** *New. Exclusive. Limited Edition.* | **Clarisonic Smart Profile Pink Skin Cleansing System** **\$265** (\$329 value) *New. Exclusive. Limited Edition.* | **Tria Hair Removal Laser 4X Blush** **\$449** *New. Exclusive. Limited Edition.*

SEPHORA

SEPHORA.COM



What a Crock

Even plain old mashed potatoes and mac and cheese seem special when you present them in mini stoneware crocks. I like to use them at dinner parties so everyone gets their own little portion.

(Creative Co-Op Stoneware Mini Bakers, originally \$32 for set of four, now 20 percent off with code OPRAH; tuvaluhome.com)

Best Foot Forward

Gloria Williams, a.k.a. the Foot Nanny, gives the world's most indulgent pedicure. If you can't make it for a session in California, this kit—a relaxing salt, a luxurious cream, and treatment socks you leave on for an hour after soaking and lotioning—is mighty nice also.

(Foot Treatment Gift Set, originally \$102, now 20 percent off with code OPRAH; footnanny.com)



Art and Soul

I couldn't be more excited about Jennifer Hudson's Broadway debut as Shug Avery in the revival of *The Color Purple* (see page 150). The story is close to my heart for so many reasons. If you're into giving experiences as gifts, it's hard to beat this one. **(The Color Purple on Broadway tickets, \$75 to \$195 each; colorpurple.com)**



On Board

For a yummy gift, I would load up these personalized cutting boards (made of sustainably harvested American hardwoods) with an assortment of cheeses and salamis. **(Personalized large vertical and round cutting boards, \$159 each; wordswithboards.com)**



Look Who's Talking

If you thought the Scarlett Johansson–voiced operating system in the movie *Her* was science fiction, meet Alexa, the voice of a device that answers questions, plays music, reads your Kindle audiobook aloud, and more. OWN's Erik Logan turned me on to it, and I love it. **(Echo, \$180; amazon.com)**

Dream Weave

These are great sweaters for Christmas morning. Deliciously touchable (made of 100 percent Mongolian cashmere) with a pretty cable knit, they can get softer over time and are classics you'll have forever. **(Women's Cashmere Aran Turtleneck, originally \$369 each, and Men's Cashmere Cable Crew, originally \$398 each, now 20 percent off with code OPRAH and PIN 2015; landsend.com)**



Play It Cool

It may look like a regular water bottle, but when Adam told me this triple-insulated stainless steel vessel—which keeps drinks cold for up to 25 hours and hot for up to 12—is the perfect size to tote a carafe's worth of rosé, I was sold! **(Canteens, \$20 to \$33 each; corkcicle.com)**

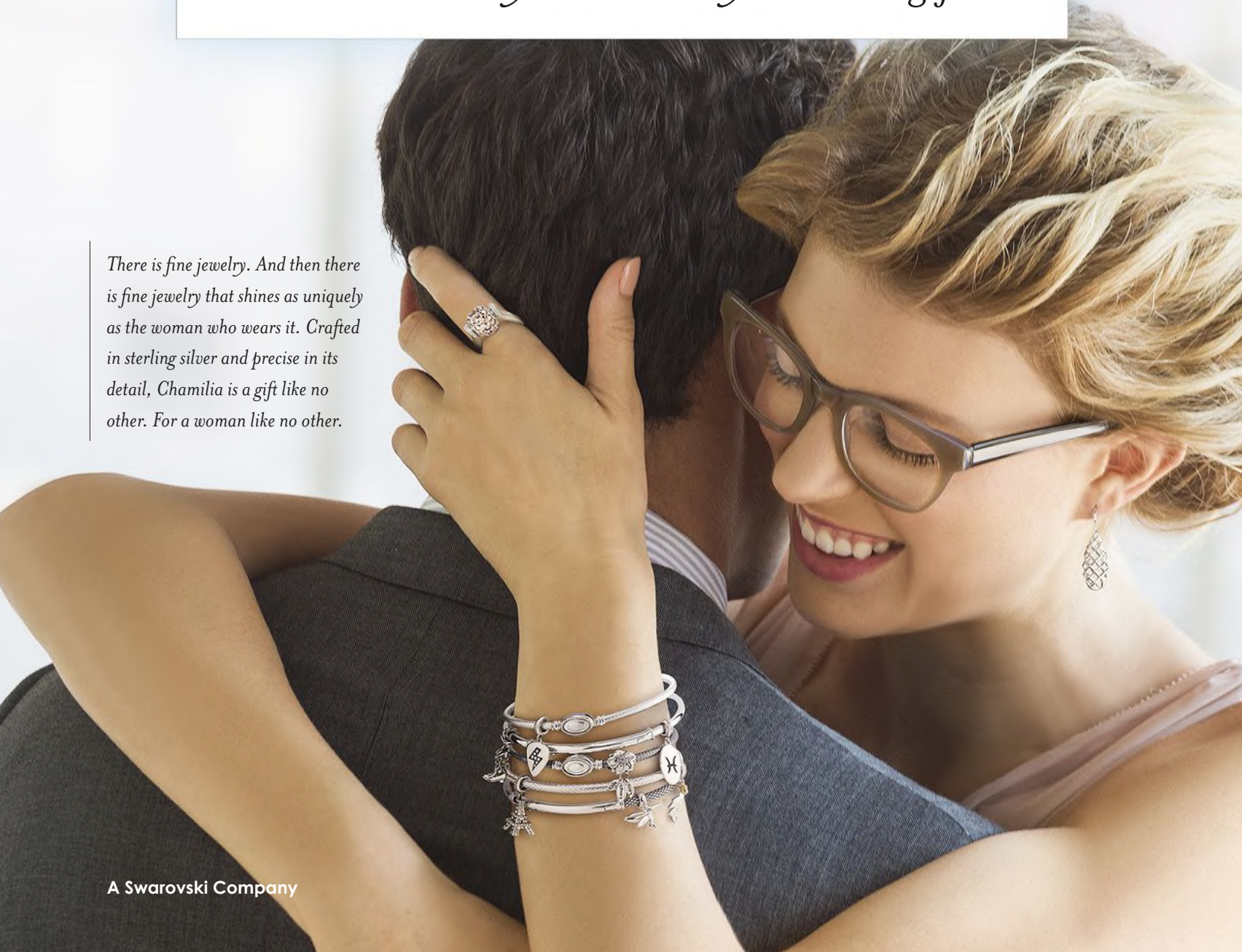


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live with all your heart



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A Swarovski Company



Iconic Chocolates

These gilded organic dark chocolates in the shape of spiritual totems would look perfectly at home on an altar. But wouldn't you rather eat them? **(Icons gift box, \$120, free shipping with code OPRAH; almachocolate.com)**



12/04/15 CODE: 080



Polar Express

I have a sledding hill at my Telluride house, and I'm going to stash some of these durable buffalo plaid snow tubes there for guests who like to go fast and look good doing it. **(Sonic snow tubes, \$109 for regular and \$150 for extra large; llbean.com)**



Portion Control

No need to dirty multiple measuring cups: These retro kitchen scales (which can be used with or without the bowl) let you measure dry and wet ingredients at a glance, and they look great on your counter. **(Typhoon Vision electronic scales, \$65 each; amazon.com)**

Reindog Games

Dog owners love when you love their dogs, so give them this supercute knit hat—complete with cutouts for ears—to keep their four-legged friends toasty and stylish. **(American Beagle Outfitters antler beanie, originally \$13, now 20 percent off with code OPRAH; ae.com)**



NIGHTSHIRTS: MARKO METZINGER/STUDIO D



Gem Dandies

Available in all birthstones, these sparkly stacking rings (set in brass- or rhodium-plated metal) are fashion-forward, meaningful, and astonishingly affordable. **(Pavé birthstone stacking rings, originally \$22 each, now 20 percent off with code OPRAH, or \$48 for set of three; chloeandisabel.com)**



NAMAST'AY
IN BED

Knit Wit

While you catch your zzz's, these supersoft made-in-the-U.S.A. nightshirts (also available in plus size) toss off some zingers.

(Originally \$68 each, now 20 percent off with code OPRAH; emijay.com)

I WISH YOU
LOOKED AT ME
THE WAY YOU
LOOK AT
YOUR PHONE.

I
TOLD MY
THERAPIST
ABOUT YOU

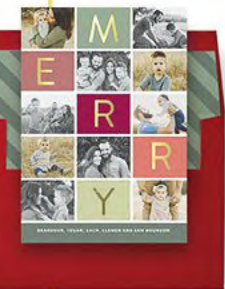


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◀ Say Cheese

This set of three steel-and-Lucite knives, handmade in Italy and presented in a beautiful wooden box, continues a tradition more than a century old: One artisan creates each knife from start to finish and engraves his or her initials on the blade. Pair it with the recipient's favorite cheese for a truly personal gift. **(Coltellerie Berti cheese knife set in red Lucite, \$425; houzz.com)**



▲ Fun Face

Works as a cleansing tool, looks like a party: This face brush, a collaboration between Clarisonic and the Keith Haring Foundation (which supports children's education and AIDS-related organizations), buzzes with the late, great artist's signature dancing figures and comes with a limited edition travel bag. **(Special Edition Keith Haring Mia 2 in Dance, Love, and Pop, \$149 each; clarisonic.com)**



▲ Charmed, I'm Sure

Keys will never disappear in the black hole of your bag with these poufy faux-fur key chains with the letter of your choice. They were designed by 18-year-old college student Emma Johnson, who also suggests using them as bag charms. **(Love Letter keychains, originally \$15 each, now 20 percent off with code OPRAH; emjohnjewelry.com)**

▼ Booting Up

I never need any convincing to wear comfy, warm Ugg boots. And this new model has a subtle wedge that makes you walk a little taller—so you get an extra dose of style without sacrificing the cozy factor. **(Kristin Classic Slim boot, \$160; uggaustralia.com)**



▼ **Cool Beans**
There are pod people, and there are espresso people, and never the twain shall meet. Until now: Nespresso's latest machine can produce regular large-cup coffee and authentic espresso (complete with crema!) at the touch of a button. I use it to serve coffee drinkers in my office. **(VertuoLine Evoluo, \$199; nespresso.com)**



▲ Hot Tip

The next best thing to weatherproof hands: microfleece gloves, available in ten colors, with touch-sensor patches (so you can still swipe) and a zippered pocket to hold cash. Your go-to for quick errands. **(Women's touch-sensor fleece gloves, originally \$24 each, now 20 percent off with code OPRAH; travelsmith.com)**



Named after a Star.
Crafted as a Holiday Gift.

Give Beautifully



Truffle-tastic

Anyone who knows me knows I love my truffles, and these earthy delights are the perfect finish to just about any savory dish: Spoon the honey over cheese, sprinkle the salt over popcorn, add the oil to risotto, and spread the mayonnaise on sandwiches. Heaven. **(Maison Pebevre Truffle Set, originally \$124, now 20 percent off with code OPRAH; frenchfarm.com)**



Go Bananas

Now, I don't go around saying this lightly...but this cake is stupid good. The Elvis is a vanilla cake filled with banana custard and topped with peanut butter buttercream and chocolate ganache. As the King himself sang, I can't help falling in love. **(Elvis Drizzle Cake, originally \$42, now 20 percent off with code OPRAH; carouselcakes.com)**



Dinner Winner

What's better than getting tender, juicy filets mignons from Omaha Steaks delivered to your door? Receiving them with baked potatoes stuffed with cheddar, bacon, sour cream, and chives, and chocolate molten lava cakes, too. Enough deliciousness for six people—I recommend being one of them! **(Best Wishes Banquet, \$80; omahasteaks.com)**

Spice It Up

This is amazing: Get the healthful benefits of ginger in the form of a luscious honey (to stir into tea) or a zingy organic syrup (the cocktail possibilities are endless), both made in Georgia. **(Ginger Syrup and Ginger Infused Honey gift set, originally \$38, now 20 percent off with code OPRAH; verdantkitchen.com)**



Block Party

Crafted, cut, and waxed by hand since 1890 by one of the oldest cheese-making operations in America, these raw cow's-milk cheeses are happiness in a box. The six varieties include Sage and Herb, Garlic Peppercorn, and Hot Pepper. **(Gift box of six artisan cheeses, \$80; plymouthartisancheese.com)**



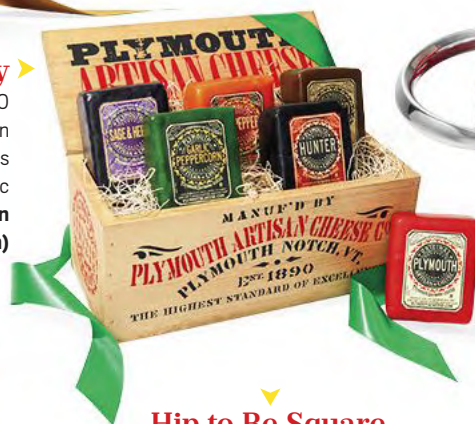
Feel the Burn

Stedman and I are a hot sauce family, and I can tell you these pepper sauces are for real! The fresh ingredients give them flavor that's just as intense as the heat. Pass the catfish, please.... **(A&B American Style Three-Pack Set of Original, With Garlic, and More Heat, originally \$30, now 20 percent off with code OPRAH; abamerican.com)**



Choco-palooza

Sitting down? You'll need to be to handle 15 pounds of chocolate turtles (hand-roasted nuts and caramel coated with milk, dark, or white chocolate) presented in a 5-pound edible basket. That's 20 pounds of chocolate, people! I've ordered the giant version for certain friends, but smaller appetites can get the signature size. **(Giant and signature turtle baskets, originally \$500 and \$90, now 20 percent off with code OPRAH; phillipschocolate.com)**



Hip to Be Square

Square One vodka is made in the U.S.A. with organic rye and water originating in the Teton Mountains. A set of the five flavors—botanical, cucumber, original, basil, and bergamot—makes a chic gift. This is the vodka I use for cocktails at home. **(\$35 each or \$175 for collection of five; melandrose.com)**



Chips to Flip For ▶

I discovered these potato chips in Spain this summer. They're dangerous—super crunchy with an intense black truffle taste. Bet you can't eat just one...unless it's one entire bag! Bring them to a holiday open house for a sure hit. **(Chelsea Market Baskets Torres Black Truffle Chip Basket, originally \$65 for six bags, now 20 percent off with code OPRAH; cmb-gifts.com)**



▶ Gimme a Challah

Adam's always kvetching about the lack of cute Hanukkah treats, so he was thrilled to find this braided challah menorah. A bright addition to the Festival of Lights. **(Challah menorah, \$45; elizabar.com)**



◀ In the Name of the Claw

These perfectly seasoned Maryland crab cakes have more fresh, sweet lump crabmeat than I've ever seen in a cake. The blend of ingredients comes from a 45-year-old family recipe. Stedman can't get enough. **(Pappas Seafood Co. signature crab cakes, \$135 for eight 8-ounce cakes; pappascrabcakes.com)**



▶ Southern Comfort

I love just about anything from Natchez, Mississippi—especially these all-natural jams, which would be perfect in the morning with a biscuit. They have varying amounts of jalapeño, so you get a little heat with your sweet. **(Gourmet Jam Set, originally \$27, now 20 percent off with code OPRAH; deveurexfoods.com)**



▶ Square Deal

As luscious as they are pretty, these thin, melt-in-your-mouth chocolate squares, in unexpected flavors like mango paprika and rose almond, are just the right size for a 3 P.M. (or 10 P.M. or 11 A.M.) snack. **(Xocolatti Tower, originally \$75, now 20 percent off with code OPRAH; xocolatti.com)**

▶ Nutty Buddy

These three panfortes (chewy fruit and nut cakes) are perfect accompaniments for cheese or ice cream...and each is delicious on its own. **(11-pound wheel, originally \$340, and Trio of Panforte Marabissi Mix with Fig and Walnut, Chocolate, and Margherita, originally \$49, now 20 percent off with code OPRAH; italian-products.com)**



▶ Awesome Sauce

My neighbor across the fence in Santa Barbara invites me over for pasta topped with delectable slow-cooked tomato sauces from recipes passed down through three generations—and now you can savor them, too! This set has two 16-ounce jars of sauce (my go-to when I'm not making my own), one pound of handmade pasta, and a pretty towel, all presented in a bright red colander. **(Ilvento's Proprio Italiano Doppio Delizioso Basket, originally \$53, now 20 percent off with code OPRAH; ilventos.com)**



▶ Global Goody

Behold the Cronut of 2015: the Bruffin! Brioche-like stuffed muffins worthy of breakfast, lunch, or dinner are themed by country—the British has bacon and sharp cheddar; the Italian has pepperoni, pesto, and Parmesan; the American has Buffalo chicken, blue cheese, and hot sauce. A world of yum! **(Oprah Bruffin Bundle, originally \$85 for set of 12, now 20 percent off with code OPRAH; thebruffin.com)**



BRUFFINS: DEVON JARVIS/STUDIO D

Find your Favorite Things at amazon.com/oprah

THE MAKING OF OPRAH'S Favorite Things

O creative director Adam Glassman and his team had a tall order: gather the best food, gadgets, housewares, and fashion and beauty items—then make sure Oprah didn't collapse before considering them all. Luckily, there were sweets (and when those ran out, cocktails) to keep it fun.



WORLDLY GIRLS Oprah and Adam check out Mattel's line of multiracial dolls. "I love chocolate Barbie!" says Oprah.



WRIST MANAGEMENT Trying on an Apple Watch (or three!).



BABY, IT'S COLD OUTSIDE Well, not really—this was shot in September. But editor in chief Lucy Kaylin and editor at large Gayle King were still game to try on blizzard-strength coats in the name of journalism.



SWEET SENSATIONS Everyone checked their diet at the door before submitting to the Favorite Things taste test/carbfeast.



THE NOSE KNOWS Sampling various LAFCO scents to find her favorite (spoiler alert: it's a floral!).

ALL THINGS CONSIDERED The sheer number of contenders makes Oprah's head spin.



SAY ANYTHING Oprah tries to stump Alexa, the voice of Amazon's information-savvy Echo device.



"Alexa is a friend now!"

—OPRAH



MORE IS MORE Above: Style assistant Manouska Jeantus and contributing style editor Kelley S. Carter pile on the goodies. Left: The lotions and potions section.

SIGNATURE MOVE "The Teavana mug says LOVE MORE, OPRAH on the bottom," Oprah notes. "You think that just happened? I designed that!"



COLLEGE TRY Style interns (and students) Elizabeth Malara, Alexis Thomas, and Janelle Kelly model the wares.

"I'm going to have to pace myself. My tummy hurts."

—GAYLE (LEFT, WITH WRITER AT LARGE LISA KOGAN AND LUCY)



COMIC RELIEF Oprah cracks up after rejecting one of Adam's glassware pitches: "I say it all with love," she explains.



STATEMENT PIECE Gayle gets a kick out of a wry Emi Jay nightshirt.

"I'm exhausted! This is a lot to ask of the talent."

—OPRAH



WARM FRONT One of Tourance's supersoft scarves has Gayle in a twist.



CANDY CRUSH Adam details the merits of the abundant chocolate offerings as Oprah, Manouska, and Gayle look on.



b Blipp this page to unlock an exclusive behind-the-scenes video of our Oprah's Favorite Things shoot. **Need the Blipper app?** Download it for free. (Available for Apple, Android, and Windows.)

STILL LIFE: DEVON JARVIS/STUDIO D



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FAIR ISLE BEANIE

For the one who loves winter the most — or the one who loves it the least and needs a little reminder of the fun the season brings.

CHENILLE CABLE KNIT THROW

Giving a blanket this soft and warm says you want to keep them warm when you can't be there to do it yourself.



HARRIS SUEDE ANKLE BOOTS

The fashionista in your life will think you got them straight off the runways.

PERFECT PRESENTS



FLEECE HALF ZIP

For the outdoor lover in your life who's been looking forward to the first snowfall since October.



CASHMERE CAPE AND LEATHER GLOVES

You simply can't go wrong with fabrics this luxe. No one's ever been disappointed to unwrap cashmere and leather.





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DOWN PARKA**

Rest assured that your loved ones can face the elements by giving the parka that has seen it all.



**HAND KNIT
SLIPPER SOCKS**

Giving socks just went from "Why?" to "Wow!" and they'll never have cold feet again.

At Lands' End we believe in giving only the best gifts, from the top to the bottom of your list. Check out all our favorites at LANDSEND.COM. Spread the warmth this season; giving joy has never been easier.



LOVE GIVING TOTE

There's a reason they say it's better to give than to receive. It just feels so good. This is that gift you give to yourself.



**NEEDLEPOINT STOCKINGS
AND DECORATIVE PILLOWS**

Decorating for Christmas is half the fun! With matching pillows and stockings, you can welcome new family members to both your home and mantelpiece.

LANDS'END

holiday picks

Looking for the perfect holiday gift?

We've got you covered with great gift ideas that are sure to suit everyone on your list.



2



1



3



ENTER FOR A CHANCE TO
**WIN A \$1,000
HOLIDAY
GIFT BASKET**

featuring items from the O List
and our Holiday Picks partners.

To enter, visit
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1 MARY KAY® MINERAL CHEEK COLOR DUO

Brush on a healthy glow with Mary Kay® Mineral Cheek Color Duo in Spiced Poppy. The product is so versatile, it delivers a sheer or saturated glow for any skin tone. marykay.com

2 CITIZEN® ECO-DRIVE® WOMEN'S CRYSTAL-ACCENT STAINLESS STEEL WATCH

Classic style meets modern sophistication. Available at jcpenny.com

3 TINY PRINTS

Shine this season with the gold foil-stamped *Krafted Snowfall* holiday card, matching envelope liner, and ornament. tinyprints.com

4 NFL QUARTERBACK CUTTING BOARD AND WINE GLASSES

Brighten this holiday season by bringing the spirit of football home. NFL Homegating essentials like stemless wine glasses and bamboo cutting boards score touchdowns at any festive celebration. NFLShop.com/OMagazine

5 CHAMILIA CONNECTIONS BAR BRACELET WITH CHARMS

Chamilia's new Connections Bar Bracelets feature an exclusive lattice pattern in oxidized, bright, and polished finishes. Stylish when stacked and personalized with Chamilia charms. Sterling silver. chamilia.com

6 BITE BEAUTY BEST BITE REWIND AND SEPHORA COLLECTION CREAM LIPO STAIN IN ALWAYS RED

Bite Beauty's high-pigment matte crème lip crayon quartet and SEPHORA COLLECTION's best-selling liquid lipstick are the perfect gifts to prepare for any mistletoe moment. Available at sephora.com



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Love That!

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Great Buys UNDER \$100!

A little gift to give yourself:
finds inspired by old Hollywood
that are as affordable as
they are beautiful.



\$82

An Art Deco watch doubles as jewelry and looks like an heirloom but is totally modern. (Armitron; amazon.com)



\$42

Go a little wild with this glitzy jaguar collar necklace. (sparklepop.com)



\$99

These opulent jade-colored drop earrings are a fresh way to accessorize your LBD. (angeliquedeparis.com)



GLAMOUR GIRL LUPITA NYONG'O IN NEW YORK CITY.

This sophisticated onyx-colored disc pendant necklace with pavé details elevates any outfit. (White House Black Market; whbm.com)

\$55



\$58



The best kind of love triangle? When rose gold, shimmer, and faux pearl come together in a statement ring. (ruegembon.com)



What Wonder Woman would wear if she lived in the 1920s: a bold brushed gold-plated cuff with a sprinkle of sparkle. (Danielle Stevens Jewelry; daniellestevens.com)

\$30

"I'm crazy for these Art Deco pieces. Not only are they gorgeous, but you'd be hard-pressed to tell them apart from fine jewelry."

—O CREATIVE DIRECTOR ADAM GLASSMAN

Add razzle-dazzle with this link bracelet that can be worn alone or stacked. (Stella & Dot; stelladot.com)



\$48

Red resin and crystal-encrusted gold combine for a jazzy take on a chain-link bracelet. (baublebar.com)



\$42

Linear drop earrings are even more dramatic with abalone accents. (Chloe + Isabel; chloeandisabel.com)



\$99

Rich colors join forces with glittery gold in this stunner of a bracelet. (Kenneth Jay Lane; qvc.com)

\$79



\$32

Think of these *Great Gatsby*-inspired barrettes as bling for your hair. (sohostyle.com)



\$30

Match an oversize ruby-hued cocktail ring with red nail polish for an instant party-ready look. (Artisan Gems; artisansgemsboutique.com)



\$48



DEVON JARVIS/STUDIO D. STYLIST: GABRIEL RIVERA/R.J. BENNETT REPRESENTS. NYONG'O: DIMITRIOS KAMBOURIS/GETTY IMAGES.



THINGS REMEMBERED



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FOR HER



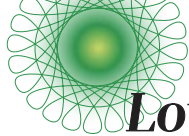
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FOR HIM



Create the perfect gift at any of our 600+ stores or shop 24/7 at ThingsRemembered.com



Love That!

ADAM'S

HOLIDAY GIFT GUIDE

Need something fabulous for the traveler on your list? I searched high and low for the most distinctive gifts to suit every personality—and here's the best of the best.

THE SKI ENTHUSIAST

"Vivid colors are perfect for those who want to stand out in a crowd."

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DOWN JACKETS, SAM, \$295 each; shopbop.com

WINE TOTE, \$95; toryburch.com



QUILTED TOTE, \$89; ninewest.com

ALUMINUM BRACELETS, \$250 each; davidyurman.com

KIDS' SNEAKER, \$65; reebok.com



THROW PILLOW, \$90; merben.com

THE BEACH BABE

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PEARL AND LEATHER WRAP BRACELETS, \$44 each; vincentpeach.com

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EMBELLISHED FRINGED BAG, \$495; luxchilas.com

SNEAKER, \$57; reef.com



SWEATER, \$595; calypostbarth.com



TOTE, \$495; paigegamble.com



BLENDEERS, Smeg, \$250; bloomingdales.com



THE GARDEN PARTIER

LOCKET NECKLACE, Chamilia by Swarovski Group, \$125; chamilia.com



"Flower power meets Brit wit in these pretty-with-a-twist pieces."

DOUBLE-SIDED EARRINGS, \$44; moonandlola.com

EGYPTIAN COTTON PAJAMAS, \$184; elizabethcotton.com



LIBERTY-PRINT SLIPPERS, Bedroom Athletics, \$100; nordstrom.com

LEATHER TOTE, Vera Bradley, \$98; wilkinsandolander.com



SWEATER, Chinti and Parker x Liberty London, \$475; chintiandparker.com



LINEN NAPKINS, Kim Seybert, \$54 for set of six; saksfifthavenue.com

COFFEE-TABLE BOOK, *At Home in the Garden* by Carolyne Roehm, \$85; penguinrandomhouse.com



THE CHIC MOUNTAINEER

HOT LAUNCH: Burberry's Scarf Bar lets you customize your scarf with more than 7,000 options.

BOOT, \$325; quoddy.com



FAUX-FUR PARKA, Donna Salyers' Fabulous-Furs, \$199; fabulousfurs.com



CASHMERE SCARF, \$650; burberry.com



"For the friend who loves cabin getaways—and the occasional glamping trip."

CLUTCH, \$119; talbots.com



EARRINGS, \$65; pandora.net



SEQUINED SWEATPANTS, Mossimo Supply Co., \$30; target.com

RICHARD MAJCHRAZAK/STUDIO D. STYLIST: PHYLLIS BAKER FOR ANYWAY REPS. WINE TOTE, LOCKET, SCARF, AND SWEATER KIT, COURTESY OF COMPANIES.



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Whimsical Kitsch

These cute picks have personality (and humor!) to spare.



HAT, American Eagle Outfitters, \$20; ae.com

"Cheeky yet stylish, these gifts make me smile."

FOR THE SOCIAL MEDIA ADDICT



SWEATER, Self Esteem, \$46; jcpenny.com



CHRISTMAS LIGHTS SANDALS, \$148; jackrogersusa.com

The pattern has menorahs and Stars of David!



ADULT ONESIE, \$80; tipsyelves.com



UGLY CHRISTMAS SWEATER KIT, \$30; Michaels stores



OVEN MITTS, \$15 each; dcgift.com



Follow O creative director Adam Glassman on Twitter and Instagram @TheRealAdamSays.



Love That!

ADAM'S

STYLE SHEET

HOME EDITION



THINK PINK

Mixite large bowl, \$84; sarahcihat.com



SOFT TOUCH

12" x 16" Rose Quartz and 14" x 20" Dye Dot pillows, \$175 and \$125; wayward-projects.com



JEAN THEORY

RJP denim shirt, \$325; rialtojeanproject.com



PAINT MISBEHAVIN'

Tisch New York Splatter placemats in black and cobalt, \$54 each; barneys.com

Painted Love

Artful splatters are decorating everything from plates to pj's.



ZERO + MARIA CORNEJO SPRING 2016 RUNWAY



STROKES OF GENIUS

Konitz "On Color!" double-walled grip mugs, \$40 for set of two; jcpenny.com



FASHION PLATES

Jackson salad and dinner plates, \$28 to \$34 each; hawkinsnewyork.com



GOLD STANDARD

Drip Vanity vase, \$148; jonathanadler.com



DRIPPING POINT

Drip Tease Collection teapot, \$75; momastore.org



SEEING SPOTS

Marina pajama set, \$158; sleepyjones.com



12/05/15 CODE: 098



HAPPY FEET

Manolo Blahnik Susa painted cork flat sandal, \$645; neimanmarcus.com

RICHARD MAJCHRZAK/STUDIO D; STYLIST: NORINE SMITH FOR HALLEY RESOURCES; RUNWAY: VICTOR VIRGILE/GAMMA-RAPHO VIA GETTY IMAGES; GLASSMAN: ROBERT TRACHTENBERG.



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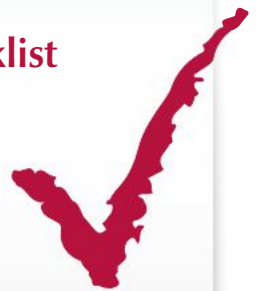
LISTENING TO OUR SKIN'S NEEDS IS KEY TO MAINTAINING PROPER MOISTURIZATION.

Dermatologist **Dr. Flor Mayoral** believes in "empowering people with the tools to manage their skincare." Here, her simple checklist will help you identify most common skin concerns and find the clinically proven formula to help.

Diagnostic Checklist

Check all that apply:

- 1. Itchy Skin
- 2. Sensitive Skin
- 3. Dry, Flaky Skin
- 4. Irritated Red Patches
- 5. Eczema Flare-ups



"Being able to identify different skin needs, AND the right products to address them, is one of the easiest ways to achieve healthy looking skin."

—DR. FLOR MAYORAL, MD

If you checked the following boxes on the previous page, you'll welcome these skincare suggestions:



1. ITCHY SKIN

Cold weather, low humidity, excessive bathing and strong soaps can leave skin irritated.

To comfort skin that's dry and itchy, try **Eucerin Skin Calming Creme**. The natural oatmeal and emollient-rich formula soothes skin and provides 24-hour moisturization.



2. SENSITIVE SKIN

When you have sensitive skin, it can be unpredictable and challenging to identify the cause.

Deep and gentle moisturizing creams are perfect for the driest and most sensitive skin. **Eucerin Original Healing Creme** protects skin from moisture loss. This formula relieves dry skin associated with psoriasis and won't clog pores.



3. DRY, FLAKY SKIN

Chemicals, weather, sunlight, and detergents can all leave skin rough and flaky.

Use a lotion like **Eucerin Intensive Repair**, which doesn't just moisturize skin, but repairs it with a unique triple-action formula that gently exfoliates, hydrates for 24 hours, and fortifies skin, leaving it looking healthy and radiant.



4. IRRITATED RED PATCHES

While the exact cause is unknown, when you suffer from eczema, it's hard to imagine a day without scratching.

Eucerin Eczema Relief Body Creme's unique steroid-free formula is clinically proven to fortify dry, itchy, eczema-prone skin. With daily use, **4 out of 5 children** remained flare-up free for up to **6 months**.

5. ECZEMA FLARE-UPS

For sudden eczema outbreaks, try **Eczema Relief Flare-Up Treatment**, which instantly calms, soothes, and relieves minor skin irritation and itching due to eczema flare-ups.



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LOOK WHAT
WE FOUND!

RED-HOT

Proof positive (times two) that you needn't be rich to look rich: Get instant glamour with this luxuriously creamy, deeply hydrating, intensely pigmented lipstick (**L'Oréal Paris Colour Riche Collection Exclusive Red Lipcolour** in **Blake's Red**, \$9; drugstores). And complement the look with a classic polish (**Essie** in **Shall We Chalet?**, \$8.50; essie.com). Drugstore gold!





O, Beautiful!

O's 2015 Beauty Gift Guide

Whether you choose a scent set with something for everyone or a delicious collection of bath delights, holiday giving is a snap with these ten awesome presents—and three cute stocking stuffers.



1 Bathing Beauties

For the bath time aficionado: an invigorating shower oil, a rich body cream, and a satiny soap, each in a different (but compatible) luxurious scent. (*Jo Malone London Bath and Body Collection*, \$65; jomalone.com)

2 Face Time

For the amateur aesthete: a comprehensive collection of five face masks that address every complexion need, from hydration to polishing. (*Peter Thomas Roth Mask-a-holic Kit*, \$75; sephora.com)

3 Eau, My!

For the guy who still makes your pulse race: a sexy blend of crisp Sicilian mandarin and grapefruit with earthy rosewood and oak moss—the olfactory equivalent of a trip to the romantic sun-drenched shores of the Mediterranean. (*Dolce & Gabbana Light Blue Pour Homme*, \$86 for 4.2 ounces; macys.com)

4 Party of Five

For your favorite fashionista: a set of red and pink mini lipsticks in a chic little clutch—just the thing to pair with a designer dress. (*Marc Jacobs Beauty The Sofia Five-Piece Petites Le Marc Collection*, \$45; sephora.com)

5 Creature Feature

For the animal lover: whimsical vegetable-based, triple-milled soaps that leave a light, clean scent. (*Gianna Rose Atelier Frog*, \$28, *Dachshund*, \$24, and *Piglets*, \$24; caswellmassey.com)



6
10

7
8

9

6 Kind Cleansing

For the daily face-scrub addict: a cleansing powder formulated with rice bran and sea algae, a gentle way to exfoliate. (*Rodin Olio Lusso Facial Cleansing Powder*, \$45; oliolusso.com)

7 Color Me Fun

For the trendy friend who's into grown-up coloring books: a set of five makeup crayons, including three lipcolors, an eyeshadow, and a blush. (*Clinique Whole Lotta Chubby collection*, \$25; sephora.com)

8 Fragrance A-Go-Go

For the creative mixologist: an assortment of six subtle scents, from floral to musk, that can be worn alone or layered in any combination. (*Philosophy My Philosophy: Layering Collection*, \$85; sephora.com)

9 Clean Machine

For the incorrigible gadget lover: a compact version of the popular exfoliating facial brush, plus a foaming day

cleanser and a milky one for night. (*Foreo Luna Mini Deep Cleansing Essentials with Day & Night Cleansers*, \$139; sephora.com)

10 Critical Eye

For the teenage niece with as many makeup looks as moods: eight pans of silky shadows—four solid and

four with a shimmering metallic ombré finish—that lend themselves to nearly endless color combinations. (*Sephora Collection Ombré Obsession Eye Shadow Palette*, \$34; sephora.com)

Stocking Stuffer SPECIAL!



FOR THE FAMILY'S DESIGNATED GIFT WRAPPER

A skin-softening hand cream packed with shea butter and ceramides, available in three festive scents: Sugar & Spice, Apple Snow, and Frosted Rose. (*Crabtree & Evelyn Hand Therapy Crackers*, \$9 each; crabtree-evelyn.com)



FOR THE FRIEND WHO'S ALWAYS GIVING BACK

A cult-favorite lip balm with a charitable twist—25 percent of the retail price goes to Product(Red) to support the fight against AIDS in Africa. (*Fresh Suga(Red) Lip Treatment Sunscreen SPF 15*, \$23; fresh.com)



FOR THE FREQUENT FLIER WHO CARES ABOUT HER SMILE

A couple of colorful electric toothbrushes ideal for stashing in a purse or a carry-on to keep pearly whites looking bright. (*Pursonic Set of Two Sonic Travel Toothbrushes and Four Brush Heads*, \$22; qvc.com. Available in December.)



O, Beautiful!



Val's BEAUTY BUZZ

O's beauty director, **Valerie Monroe**, on what you need...and what you'll love.



Shadow Play

Just in time for party season! Get the most dramatic smoky eye with one of these richly pigmented, shimmering shadows in four flattering shades (**Bobbi Brown Sequin Eye Shadow**, \$36 each; bobbibrowncosmetics.com).

Or, if you're feeling demure, swirl your eyeshadow brush over just the lightest part of the marbled colors for a less intense look.

In the Pink

I was afraid to jump on the contouring makeup bandwagon (way too much room for mistakes), but I changed my mind after trying the foolproof **TrèStiQue Color & Contour Blush Stick** in **St. Barth's Pink** (\$34; trestique.com). Use it to draw a line of creamy color on the apples of your cheeks, then blend with the angled contour brush. Hello, cheekbones!



Oil Can

What can't the new **René Furterer 5 Sens Enhancing Dry Oil** (\$52; renefurtererusa.com) do? The mix of five plant oils—including safflower, avocado, and sweet almond—hydrates skin (and dries instantly), leaves you glowing, and lightly scents with a gorgeous floral bouquet. You can even mist it on your hair to defrizz!



ONE-SENTENCE REVIEW

Carol's Daughter Hair Milk 4-in-1 "Combing" Creme (\$10; target.com)

With agave and shea, this mighty leave-in detangler moisturizes curls of all textures, controls frizz, and adds definition and shine—and it's free of parabens, petroleum, and mineral oil.



How can I keep my lipstick from feathering?

Follow this four-step routine from makeup artist Carmindy: First, blend a little foundation and powder around your lips. Next, line the perimeter of your mouth with a clear, waxy pencil to create a barrier to stop bleeding. Then use a highlighter pen (like **Maybelline New York Dream Lumi Touch Highlighting Concealer**, \$8; drugstores) to lightly trace over the pencil to give the lips a fuller look. Finally, apply your lip crayon, stain, or lipstick.



If you have a question about makeup, skincare, or haircare, ask Val at askval@hearst.com or oprah.com/askval. Follow Val on Twitter @[thisisvalmonroe](https://twitter.com/thisisvalmonroe).



12/06/15 CODE: 108

MARKO METZINGER/STUDIO D. MONROE; GREG KESSLER



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Feeling Good

INSTANT STRESS RELIEF, THE TRUTH ABOUT CHRONIC FATIGUE, THE DRINK QUIZ



The New House Call?

Telemedicine is on the rise, but some experts say we're not ready to swap doctors' offices for smartphones.

BY *Caitlin Moscatello*



IT'S THE STOPS
THAT INSPIRE
US TO GO.



Toyota Camry | toyota.com/camry

 **Let's
Go
Places**

Prototype shown with options. Production model will vary. ©2015 Toyota Motor Sales, U.S.A., Inc.

“YOU HAVE TO SEE A DOCTOR,” my boyfriend insisted groggily one night, his own sleep destroyed by my nagging cough, which hadn’t subsided in three weeks. As much as I hate going to the doctor (the scheduling, the waiting room, the festering germs), I knew he was right. There was one problem: I had recently switched insurance plans and had yet to find a new primary care physician. The next morning, in a pinch, I decided to take advantage of my insurer’s telemedicine service: All I had to do was go online, fill out my basic medical history, and explain the current issue. There. Done. And I didn’t even have to get off my—*cough, cough*—couch.

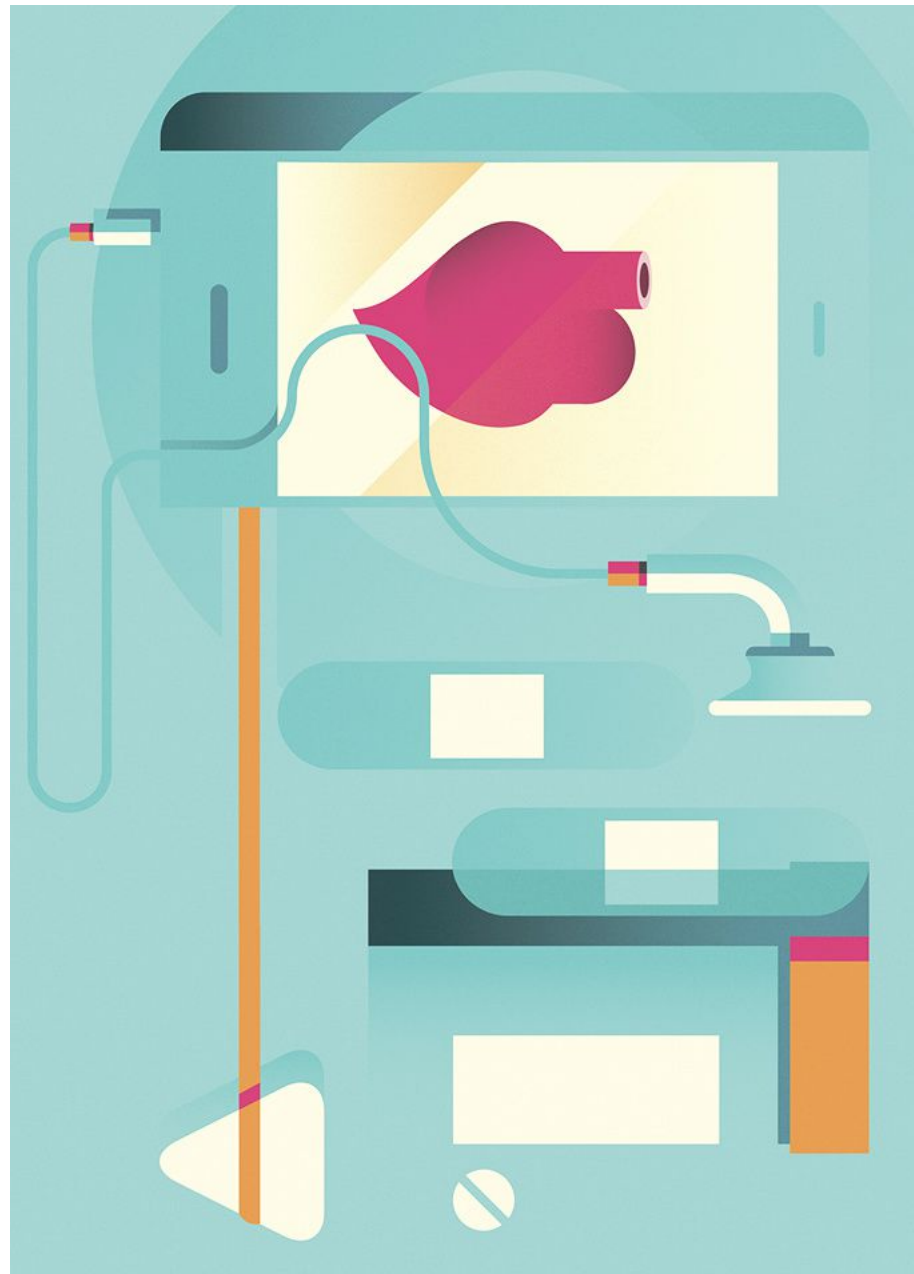
Within an hour, my phone rang. As the doctor quickly read my medical profile aloud, I described my symptoms. “This cough, it’s relentless,” I told him, hacking into the phone. “Do I need to be worried? Is it weird that it’s been going on so long?”

“Do you have a temperature?” he asked. “I don’t know,” I said. “I don’t have a thermometer.”

“You don’t...own...a thermometer?” Before I could ask whether a fever would signal a more serious problem, he was giving instructions: “This is what I want you to do. When you go to bed tonight, make yourself a hot toddy. NyQuil is loaded with alcohol anyway, so it’s basically the same thing.”

Wait, what? Is this 1950? “Uh, sure,” I said, staring at my bar cart and feeling increasingly less confident that my health was in good hands. “But this cough—do you think it’s viral? Bacterial? Allergies?” The doctor never answered my question, but he did tell me he would send a prescription for a sleep aid and a cough suppressant just in case the toddy didn’t cut it. Then, after what had been a five-minute conversation, we hung up.

Still, not knowing the cause of my cough made me nervous, so I immediately scheduled an in-person appointment with



Doctors have long answered calls from their patients. **What’s different now:** Doctors are treating patients they’ve never met and may never speak to again.

the first doctor I found who accepted my insurance and could squeeze me in at the last minute. After examining me, she diagnosed me with adult-onset allergies and recommended an over-the-counter antihistamine, which did the trick in just a

few days. That cough and shot of bourbon wouldn’t have helped much. Which makes you wonder: Is telemedicine really such a good idea? →



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CRUNCH ON



Estimated number of patients who will use telehealth services in 2018.

Doctors have long answered calls from their patients, sometimes prescribing medication over the phone; the difference now is that the doctors employed by telemedicine companies, such as Teladoc and American Well, are treating patients they've never met and may never speak to again. (Most people using these services have acute conditions, says Lori Uscher-Pines, PhD, a researcher at the think tank RAND Corporation, who is studying the telemedicine trend. The most common complaints, according to a 2014 study she coauthored in the journal *Health Affairs* that analyzed claims for more than 2,700 people using Teladoc: respiratory illnesses, urinary tract infections, abdominal pain, vomiting, diarrhea, and skin problems, like a sudden rash.)


And the industry is booming—by 2018, the number of patients using telehealth services is expected to increase to seven million, according to a 2014 report by IHS, a research and consulting company. In 2013, there were fewer than 350,000. In June, even the Cleveland Clinic began offering the service to its patients in Ohio. According to a 2015 American Well survey, 64 percent of Americans are willing to have an online video visit with a doctor, and 70 percent prefer such a visit to traveling to their doctor's office for a prescription. In the age of Uber and Netflix and same-day everything, can we really be surprised that our healthcare has also gone on-demand?

Telemedicine's supporters argue that it fills a void, with the added bonus of being convenient, cost-effective, and accessible. But as you might expect, medical boards

and healthcare organizations have their concerns; chief among them is misdiagnosis. À la carte care, in which a patient sees a different doctor for each condition, lacks an orchestra conductor, says Robert Wachter, MD, professor and interim chairman of the Department of Medicine at the University of California, San Francisco, and author of *The Digital Doctor: Hope, Hype, and Harm at the Dawn of Medicine's Computer Age*. "With episodic care, you run the risk of missing the big picture," he says. This might not be a big deal for a healthy 25-year-old, but for older patients—especially those with a chronic condition—piecemeal treatment can be hazardous. "Anyone with chronic problems is more likely to benefit from a physician who knows them well," he says. "If you have someone with emphysema and a history of lung cancer who is on five medications, and they have a new cough, that's very different from a young person with a new cough."

There's also the growing concern of inappropriate treatment, particularly when it comes to prescribing antibiotics: Doctors can't reach through the phone or screen to conduct a throat culture or a urine test before determining the right course of action. This may explain why a 2015 RAND study found that phone and video patients are likelier to be prescribed a broad-spectrum antibiotic—a drug that kills

a wide range of bacteria rather than specific types—than patients who see a doctor face-to-face for the same condition. Unfortunately, broad-spectrum antibiotics kill more good bacteria than narrow-spectrum drugs. And overusing them increases the likelihood of antibiotic resistance—the more antibiotics we use, the less effective they become for treating infections.

Yet, despite telemedicine's current drawbacks, many experts see real promise for the service. "What's really going to allow telemedicine to take off is a fully digital healthcare system, in which all computers and devices talk to one another," says Wachter. Right now, many doctors—primary care, ob-gyn, etc.—keep separate records. An ER visit results in one file; a trip to the walk-in clinic, another. But in five to seven years, Wachter estimates, we'll have a system similar to what banks use, allowing different doctors to access the same data for a patient and thereby eliminating the issue of fragmented care. Your primary care doc, for instance, would be alerted when you speak to a telemedicine doctor; if you were given a prescription, your doctor could immediately flag any concerns. It's not a seamless system (yet), but as the demise of the Rolodex and encyclopedias will tell you, resistance is futile. Now the challenge is to incorporate the best of the old with the best of the new—the perfect (non-hot toddy) cocktail, you might say. 

CAN A BAG FULFILL A DREAM?
MINE CAN.



I'm Ariane, mama and founder of HATCH, a collection of essentials for before, during, and after pregnancy. I believe that every mother and baby should have the opportunity to thrive, and this is my way of making that a reality.

Follow my lead. FEED.

Ariane Goldman Founder and CEO, HATCH, and her daughter Georgie

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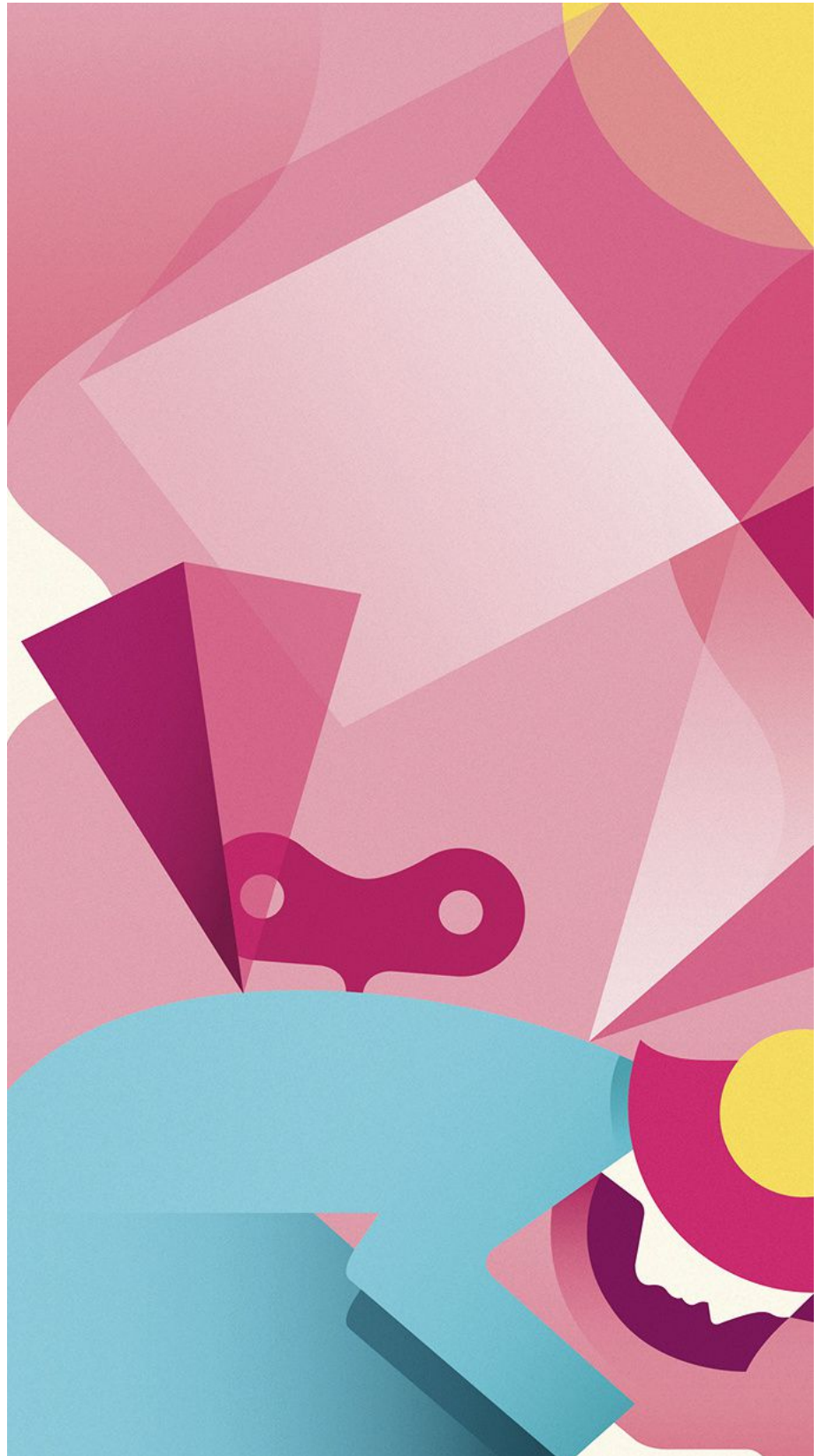
“I’m *Not* Just Tired!”

Chronic fatigue syndrome finally gets its due.

BY Cheryl Platzman Weinstock

EIGHT YEARS AGO, Ann Cavanagh Kramer was promoted to director of commercial sales at Visa. She transferred across the country to work at the company’s San Francisco Bay Area office and spent the next six months traveling to attend conferences and meet potential clients. She was, in her own words, “at the top of my game.” But after running a half marathon in October 2007, she suffered back-to-back viral infections. Then she began experiencing dizzy spells and fatigue so intense, she’d sleep for 15 to 16 hours a day. “When I wasn’t working, I was sleeping,” says Cavanagh Kramer, 38. She thought she might have a sinus infection, bronchitis, or the flu. Or maybe pneumonia. “No one could figure out what was wrong with me.”

When her fatigue hadn’t ebbed by the following year, Cavanagh Kramer was forced to take a leave of absence from work. At the time, some doctors said she was probably just chronically jet-lagged, thanks to her frequent cross-country trips; others labeled her a hypochondriac. “It was infuriating,” she says. “I’m not the type of person to play sick.” Finally, she went to a clinic that specialized in chronic conditions. It was there that she was diagnosed with chronic fatigue syndrome (CFS), a disabling illness that can cause unrelenting fatigue, trouble concentrating, and sleep disturbances, as well as muscle



pain, headaches, and other symptoms. CFS affects anywhere from one million to four million Americans, and for reasons that remain unclear, women are two to four times likelier than men to be diagnosed with it.

But an official diagnosis didn't do Cavanagh Kramer much good; the antiviral medications she was prescribed led to only a slight improvement, and she quickly plateaued. It wasn't until 2012, when she met with Jose Montoya, MD, professor of infectious diseases and geographic medicine at Stanford University Medical Center, that things began to turn around. Montoya is one of a handful of doctors across the country conducting promising cutting-edge research into the causes of and treatments for CFS. After a battery of diagnostic tests for viruses and bacteria, he continued Cavanagh Kramer on one of the antivirals she'd been prescribed, but made a few important changes: He added anti-inflammatory and immune-modulating drugs, as well as an antibiotic for the bacteria he found in her blood. Within weeks, Cavanagh Kramer had enough stamina to leave her house to run two errands in a single afternoon—something she hadn't been able to do in four and a half years.

Cavanagh Kramer's experience highlights a shift in understanding the ways CFS affects the body and how to treat it. Historically, many doctors considered CFS a psychosomatic disorder that required psychological—not medical—intervention. But recent research by Montoya and others has compelled the medical community to take the condition much more seriously.


In the same way that many different organisms can cause pneumonia, Montoya believes that multiple pathogens, including viruses, can trigger CFS. Until recently, no one had been able to detect the havoc these pathogens could wreak on the immune system. Montoya and his colleagues, however, were able to pinpoint immune abnormalities in the blood of CFS patients who had recently become ill, suggesting possible biomarkers for the disease. "Many physicians and researchers thought patients with CFS didn't show signs of active inflammation," says Montoya. "But when we

began to perform more in-depth tests, the results were staggering. A picture of patients with highly inflamed bodies emerged before our eyes and validated what they've been telling us for decades."

This year the Institute of Medicine issued a report calling CFS a "serious, chronic, complex, and systemic disease" that is "real" and not to be dismissed. It also clearly defined the hallmarks of the illness and renamed it systemic exertion intolerance disease. It's a mouthful, but many experts call it a step in the right direction.

And research into the disorder is expanding. Doctors are now studying how viruses and bacteria may affect the body's immune system and, as a result, possibly activate chronic fatigue in some people but not others. In August, Mady Hornig, MD, an associate professor of epidemiology at Columbia University Mailman School of Public Health and a lead researcher of the immunological investigation with Montoya, was awarded a grant by the National Institutes of Health to collect samples for research on how the microbiome (the vast numbers of bacteria, viruses, and fungi that live in and on our body) of the throat, gastrointestinal tract, and blood contributes to chronic fatigue. "We believe that a subset of individuals with CFS has an illness that began as an infectious disease, so we're looking for infectious agents everywhere in the body," explains Hornig. "It may come down to abnormal gut bacteria, which will allow us to devise strategies to influence the microbiome, like administering probiotics."

Most important, the work Hornig, Montoya, and their colleagues are doing has

the potential to give patients their life back. Since starting on the drug regimen designed by Montoya, Cavanagh Kramer, although not cured and still unable to return to the job she loved, has done things she couldn't have imagined when first diagnosed with CFS. She adopted a puppy, started dating again, and eventually married. In May, she gave birth to a baby girl. "Back in 2008, I didn't see a way out," she says. "I didn't think marriage or motherhood was going to be an option. But I've been at this for eight years and still have quite a lot of life left ahead of me." 



"No one could figure out what was wrong with me. It was infuriating!"



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Scents of the Season

Peppermint and cinnamon don't just smell good—they can actually give your mood and mind a boost.

Peppermint

WHAT A WHIFF CAN DO: CURB HUNGER AND MAKE YOU FEEL ENERGIZED.

One reason to love classic candy canes: A small study found that participants who sniffed peppermint were less hungry and ate fewer calories over the course of five days than when they weren't sniffing any scent. And the minty aroma might help you power through a marathon shopping session. Young adult athletes ran faster and were able to do more push-ups after smelling peppermint, according to a study in the *Journal of Sport & Exercise Psychology*.



Rosemary

WHAT A WHIFF CAN DO: IMPROVE YOUR MEMORY.

Pick up the dry cleaning, swing by the post office, buy milk.... If your to-do list is too long to keep track of, you might want to stop and smell the rosemary. Researchers at Northumbria University in England found that participants who sniffed essential oil of this herb performed significantly better on prospective memory tests, meaning they were less likely to forget future tasks.



Vanilla

WHAT A WHIFF CAN DO: LEAVE YOU CALMER.

No, you're not just on a sugar high. An article in the journal *Chemical Senses* suggests that people who smell vanilla feel happier and more relaxed. And one study found that when patients inhaled a vanilla-like scent while undergoing an MRI to look for cancer, 63 percent reported feeling less anxiety compared with those who smelled no fragrance.



Cinnamon

WHAT A WHIFF CAN DO: SHARPEN YOUR ATTENTION SPAN.

Scientists at Wheeling Jesuit University discovered that when people smelled cinnamon, their attention improved and they had a better working memory. That could come in handy when you're trying to remember which party guest wanted your banana bread recipe. —KATE ROCKWOOD



Keeping Tabs

What do your drink choices reveal about your health?

BY Jessica Migala

➔ **YOU ALREADY KNOW** that you should drink more water than soda. But when it comes to health, how much juice is okay? How much wine? Kiyah J. Duffey, PhD, adjunct assistant professor at Virginia Tech, has the answers. Duffey helped develop the Healthy Beverage Index, a ten-question survey (worth a maximum of 100 points) that allowed researchers to study the link between what we drink and our overall well-being. According to their results, published this year, every ten-point score increase correlated with lower odds of having high glucose, bad (LDL) cholesterol, and high blood pressure. How do you measure up? Take this quiz inspired by the Healthy Beverage Index:

1. How many eight-ounce cups of fluid do you drink per day? (Include all your drinks—water, soda, wine, milk, etc.)

- (a) At least eight.
- (b) About four.
- (c) Two or less.

2. Of those, how many glasses are water?

- (a) At least two.
- (b) About one.
- (c) None.

3. Do you need a coffee (or tea) buzz?

- (a) Absolutely. I drink at least four cups a day.
- (b) A little. I have one or two cups in the morning, or only on days when I'm dragging.
- (c) Not at all.

4. Do you drink fat-free, low-fat, or soy milk?

- (a) No.
- (b) Occasionally, but only one cup in a smoothie or a splash in my coffee.
- (c) Yes! I put it in coffee, smoothies, or on cereal almost daily.

5. What about 2 percent or full-fat milk?

- (a) Never drink it.
- (b) Sometimes have it.
- (c) I down at least a glass daily.

6. Do you drink diet beverages, like diet cola or diet iced tea?

- (a) Yes, I drink one or two cans or bottles a day.
- (b) Nope.
- (c) About once a week or a few times a month.

7. Are you an OJ drinker?

- (a) I have a glass with breakfast each morning.
- (b) A few times per week.
- (c) Only in a mimosa!

8. When is it wine (or beer or vodka) o'clock?

- (a) I have a glass daily.
- (b) I don't drink alcohol.
- (c) I have at least one glass per night, plus more on the weekends.

9. Do you drink sugary stuff (soda, sweetened coffee or tea, lemonade, meal replacement drinks)?

- (a) I'll have a soda with lunch a few times a week.
- (b) Yep, a vanilla latte every morning.
- (c) Rarely, if ever.

10. Estimate how many calories you drink per day:

- (a) Zero to 150.
- (b) More than 300.
- (c) About 200.

Add up all your answers:

1. a: 20, b: 9, c: 5; **2.** a: 15, b: 9, c: 0; **3.** a: 0, b: 5, c: 5; **4.** a: 5, b: 5, c: 0; **5.** a: 5, b: 0, c: 0; **6.** a: 0, b: 5, c: 5; **7.** a: 0, b: 0, c: 5; **8.** a: 5, b: 5, c: 0; **9.** a: 0, b: 0, c: 15; **10.** a: 20, b: 0, c: 16.

Your score: _____

What it means: When determining how many points to assign to each answer, Duffey's index weighs three factors more heavily—getting enough fluids, drinking



enough water, and limiting liquid calories—because they have the biggest impact on your health. For example, drinking enough liquid overall helps maintain optimal urinary, G.I., and cognitive function; excess sugary beverages, a major source of empty calories, are associated with insulin resistance and diabetes.

A perfect score is 100. If you scored higher than 85, you're still considered a healthy sipper—you're drinking enough water, along with a few good-for-you (in moderation) extras like a daily glass of wine or an occasional splash of skim milk. But if you scored far lower, you're not alone. The average score in the study was 63, with people relying heavily on soda and other sugary drinks to quench thirst. But it's not all-or-nothing: Even a daily eight-ounce sweetened latte is okay as long as you take a pass on other high-calorie beverages. Drink up! **Q**

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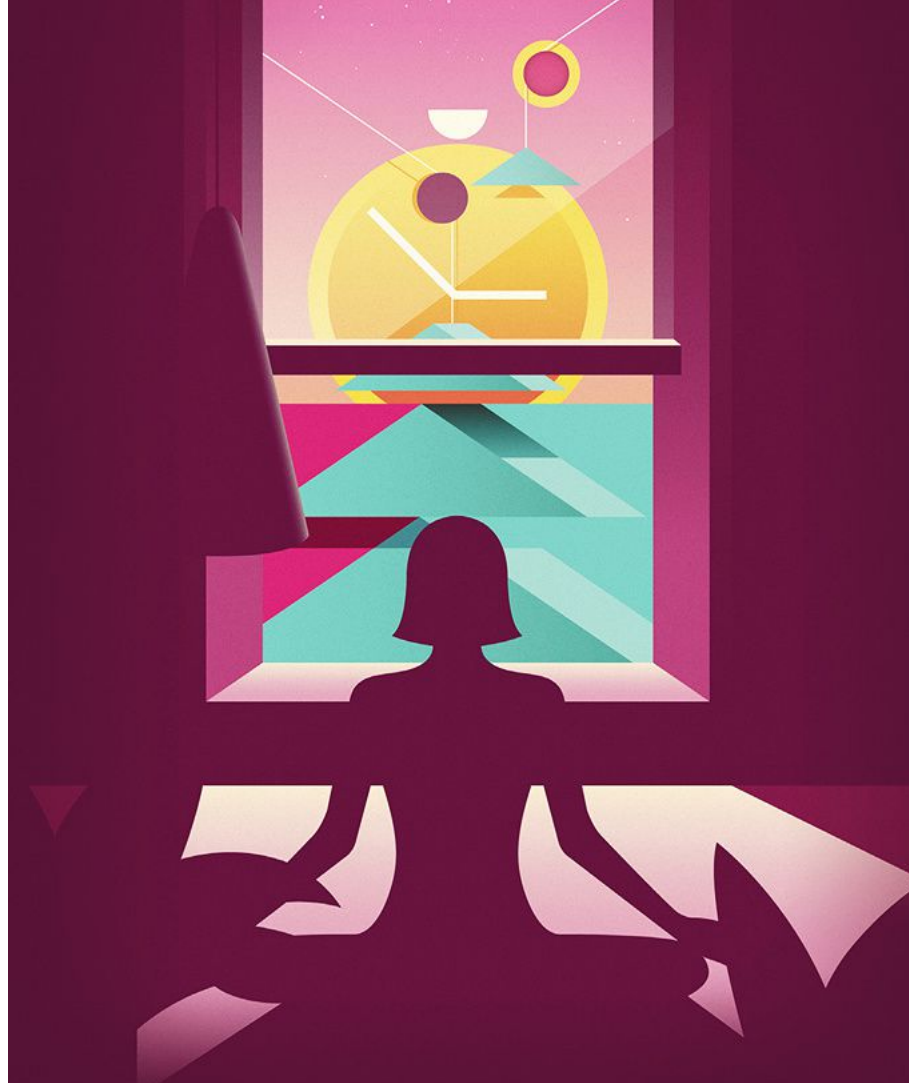
➔ **“PEOPLE THINK THE HOLIDAYS** are supposed to be the happiest time of the year, but for many of us, it’s stressapalooza,” says Dean Sluyter, who has taught meditation for more than 40 years and is author of *Natural Meditation: A Guide to Effortless Meditative Practice*. The good news: Meditation can make it easier to reclaim your jolly—and you don’t have to sit in a dark room waiting for your thoughts to clear. If you’ve got a minute to spare (and come on, you do), spending that time on your mind-set may help you be more peaceful and compassionate. We asked experts for mental exercises tailored to common holiday stress points:

YOU FEEL: As though you’re going to be high-strung from Christmas madness for the entire month of December.

TRY THIS: “Head to the nearest window and look outside,” advises Sluyter. “Soften your gaze and regard the total sensory overload around you—the Christmas music, the shoppers jostling for position in the checkout line, the buzzing of your phone—as a tapestry of background noise. Don’t try to quiet it. This is a Tibetan technique called sky-gazing. When you let go of the idea that you’re going to shush the outside world, you will start to relax. The true silence is inside you.”

YOU FEEL: Awkward at holiday gatherings.

TRY THIS: “Before the party, sit quietly and mentally repeat the mantra *May I be happy; may I be peaceful*,” says Sharon Salzberg, cofounder of the Insight Meditation Society and author of *Real Happiness at Work*:



Meditations for Accomplishment, Achievement, and Peace. “Keep repeating those words as you breathe, almost as a way of hugging yourself. If your mind wanders, that’s okay. Just remember to bring your attention back to the phrase.”

YOU FEEL: So scatterbrained that you can’t enjoy the moment.

TRY THIS: “Sit down with your feet on the ground, and draw your attention to the sensation of your soles against the floor. Then, listen to the sounds around you: Maybe it’s the clank of silverware layered over your grandmother talking layered over music in the background,” says Buddhist nun Janet Nima Taylor, author of *Meditation for Non-Meditators*. “Next go to other senses: What do you smell? What do you see? You don’t have to find joy in each sense; the goal is simply to be aware of what is happening around you. In the process, you’ll train yourself to be fully present.”

YOU FEEL: Anxious about a marathon evening with a difficult family member.

TRY THIS: “Before you have to deal with the obnoxious uncle or narcissistic mother-in-law, sit for a minute with your eyes closed and visualize that person as an adorable toddler,” says Sluyter. “Really visualize what they would look like, how they might smile. This sweet part is still in them somewhere—even if they’ve lost touch with it. Then, when they start to grate on your nerves, think back to this meditation. Is your uncle being a jerk? That’s just the baby acting out. By framing your interactions in this context, it’s easier to have patience.”

YOU FEEL: Paralyzed by all your holiday obligations (the cooking! the parties! the gift swaps!).

TRY THIS: “Unitask—mindfully,” Salzberg says. “Instead of drinking tea while responding to emails, take one minute to just drink the tea. Or walk from the parking lot to the store without looking at your phone. You’ll feel more centered and settled in your being, and the next thing you do, you’ll do better.” —KATE ROCKWOOD

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OUR FAVORITE BOOKS OF 2015

If there is a greater pleasure than reading, it is recommending to others works by writers one loves. Here in Reading Room, we get to do that all year round, but during the holiday season, we're extra festive, figuring out which of the hundreds of books we've read since January we liked best. Turn the page to discover our top ten of the year. —LEIGH HABER



1 **BETWEEN THE WORLD AND ME** by Ta-Nehisi Coates (Spiegel & Grau) In a missive alight with righteous rage and sacred love—specifically, for Coates’s son, to whom the book is addressed—American racism is treated as a brute material force bent on the destruction of the black body. There is much pain, and no flinching. The perpetrators are told to face their crimes and save themselves. The sufferers are implored to bind their wounds, to struggle, and to live on.



2 **THE STORY OF THE LOST CHILD** by Elena Ferrante (Europa) If you hunger for a discovery and haven’t yet encountered the quartet of novels by this pseudonymous writer, retreat at once to a room of your own and settle in for one of the most pleasurable reading experiences of the decade. The saga that began with *My Brilliant Friend* and ends with this title chronicles the fraught friendship of two Italian women and the conflict between ambition and tradition. It has the sweep of an epic and the intimacy of a journal.



3 **HIS FOR HAWK** by Helen Macdonald (Grove Press) In the wake of her father’s sudden death, the grieving Macdonald turns to raising a goshawk named Mabel, who becomes her obsession, partner, and healer. This stunning memoir grapples with history, death, and nature in prose so exquisitely wrought, it approaches poetry. By the end, the author finds herself transported and, against all hope, hopeful.



4 **THE ONLY ONES** by Carola Dibbell (Two Dollar Radio) Dibbell’s major accomplishment (besides publishing her first novel just shy of 70) is her narrator, Inez, blessed and cursed with immunity in a society ravaged by plagues. Inez’s voice—a fragmented vernacular that is wise, tough, and humane—elevates this dystopian novel in which, after a botched experiment leaves her an unwitting mother, every choice is a desperate one.



5 **THE TURNER HOUSE** by Angela Flournoy (HMH) This first novel, a National Book Award nominee, establishes its author as a writer to watch. In telling the story of the Turner family in all its messy glory—gambling addictions, faltering marriages, visitations by ghosts—Flournoy also gives us a spot-on portrait of a Detroit neighborhood in decline and a snapshot of the effects of a troubled American economy on folks who are doing everything they can to stay above water. Ultimately, it’s their love for one another that keeps them afloat.



6 **A LITTLE LIFE** by Hanya Yanagihara (Doubleday) This exuberant, even feverish, novel sucks you in for 700-plus pages and never lets go. It’s mainly brilliant young Jude’s story, one that’s slowly, hauntingly revealed in a feat of writing that mimics how memory works in those who try to suppress it. That Jude moves forward in spite of his past makes for one of the most triumphant bildungsromans in recent memory.



7 **MY LIFE ON THE ROAD** by Gloria Steinem (Random House) Sometimes the most admirable among us are never fully appreciated or understood. Fortunately, the feminist icon’s generous, insightful, optimistic account of her lifelong commitment to activism gives us the opportunity to celebrate her profound contributions, even as she continues to roll up her sleeves and humbly do the work. As she observes, “Revolutions, like houses, are built from the bottom up.” Amen.



8 **GOING INTO THE CITY: PORTRAIT OF A CRITIC AS A YOUNG MAN** by Robert Christgau (Dey St.) The legendary rock critic remembers the people, places, ideas, and art that have informed his writing. Pay special attention, as Christgau has, to the women: Ellen Willis, a powerful cultural critic who teaches him the meaning of loss; and his wife of 40 years, Carola Dibbell (also on this list with *The Only Ones*), who’s coauthor of the marriage he considers his greatest work.



9 **THE GIRL IN THE SPIDER’S WEB** by David Lagercrantz (Knopf) The bad news is that Stieg Larsson, creator of the beguilingly complex Lisbeth Salander—introduced in *The Girl with the Dragon Tattoo*—died before he could experience the cosmic embrace that greeted the first three books in the Salander series. The good news is that Lagercrantz, a journalist hand-chosen by Larsson’s family, has picked up where the late author left off, delivering a thrillingly layered book every bit as addictive as the originals.



10 **M TRAIN** by Patti Smith (Knopf) There is something perversely exhilarating about stepping inside the restless mourning of the woman who gave us rock anthems like “Till Victory” and the memoir *Just Kids*. Whereas those works celebrate youthful passion, this book is an aching look back, an elegy for what was and can never be again. Yet amid the despair, there is Smith’s enduring desire to love—people, coffee, TV characters—and her yawning hunger for life. —L.H., DOTUN AKINTOYE, LEIGH NEWMAN



GOING DEEP

By the end of the year, most of us need a gentle kick-start. **O’s Little Guide to Finding Your True Purpose** (Flatiron) is a new volume carefully curated from our pages with words to inspire and renew. It’s the second title in our Little Books/Guides series; the first, *O’s Little Book of Happiness*, makes a great gift, too!



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A Dozen Ways to Spread the Cheer



FOR...STORM CHASERS

Thunder & Lightning by Lauren Redniss (Random House) A gorgeous and illuminating illustrated study of weather in all its tempestuous variety and humankind's courageous though ultimately puny attempts to comprehend it. Redniss's combo of fact, folklore, and vibrant etched copperplate prints enralls.

FOR...FOODIES WHO PREFER TO EAT IN

The Broad Fork by Hugh Acheson (Clarkson Potter) Written by a beloved Georgia chef who extols the connection between community and cuisine, this vegetable-centric cookbook is ideal for the culinary dabbler who's always wanted to tackle kohlrabi (if not spell it).

FOR...AMATEUR SLEUTHS

The Big Book of Sherlock Holmes Stories (Pantheon) Admirers of logic and deerstalker hats know that Sir Arthur Conan Doyle wasn't the only scribe to tell tales of the world's preeminent detective. Writers as venerable as O. Henry, Kingsley Amis, and Neil Gaiman have penned fan fiction, the best of which is collected here.

FOR...INSATIABLE BIBLIOPHILES

The Complete Stories by Clarice Lispector (New Directions) One of the 20th century's literary masters finally gets some respect with this career-spanning volume of short fiction. Haunting and essential reading for aficionados of Kafka, Borges, and philosophically menacing vignettes of plucky women navigating a world overseen by dull men and an indifferent God.

FOR...ESCAPE ARTISTS

Lonely Planet's Ultimate Travel: Our List of the 500 Best Places to See...Ranked (Lonely Planet) The vagabond always eyeing the nearest exit will be transported by this guide to the world's unmissable places—the Temples of Angkor, Big Sur, and 498 others—put together by a leading voice in excursions, adventures, and jaunts.

FOR...COMICS IN TRAINING

Bream Gives Me Hiccups by Jesse Eisenberg (Grove Press) The Cineplex's next Lex Luthor, also an acclaimed playwright, somehow found the time (and levity) to produce a short humor collection overflowing with high-strung characters entangled in absurd situations.

They're a snap to wrap. They don't require an electrical outlet or a battery. There are as many types of them as there are varieties of snowflakes—or human personalities. Of course, we're talking about those au courant but timeless items: books. Here are 12 standouts for the most discerning loved ones on your list.



OPEN BOOKS: DEVON JARVIS/STUDIO D. STYLIST: ANITA SALERNO/R.J. BENNETT REPRESENTS.

FOR...NOSTALGIC OBSESSIVES

Dust & Grooves by Eilon Paz (Ten Speed)

Devotees of music *and* accumulating, behold: glossy portraits of vinyl collectors and their record rooms. Or, to quote hip-hop journalist Jeff “Chairman” Mao’s introduction, “a beautiful, lovingly constructed, and heartfelt celebration of a senseless and punishing neurosis.”

FOR...CANINE CANOODLERS

Beloved Dog by Maira Kalman (Penguin Press)

“You certainly know that your dog is...the dearest, funniest, lovingest, loyalest friend you ever had,” observes Kalman in a perfect gift book for whichever pooch-partial human companion comes in a close second.

FOR...THE ARCHITECTURE ENAMORED

Cabin Porn by Zach Klein (Little, Brown)

The world-weary urbanite not quite ready to leave civilization behind can live vicariously through these sumptuous photos of simple structures from around the globe that prove small *is* beautiful.

FOR...GOOD SAMARITANS

The Hollow of the Hand by PJ Harvey and Seamus Murphy (Bloomsbury Circus)

From Kosovo to Afghanistan to Washington, D.C., a musician-poet and a photographer record the on-the-ground pain and grace of everyday life—sequined high heels riding a city escalator; a man begging by the side of the road, palm outstretched, ignored. A stirring art book for the rare soul who reaches back.

FOR...STAR-STRUCK CINEPHILES

Creating the Illusion by Jay Jorgensen and Donald L. Scoggins (Running Press)

You know Scarlett O’Hara’s window-drape gown, Eliza Doolittle’s Ascot dress, and the Oompa Loompas’ orange faces, but do you know who dreamed them up? The behind-the-seams artistry of Hollywood costumers is ready for its close-up in this opulent coffee-table book.

FOR...AMATEURS D’ART

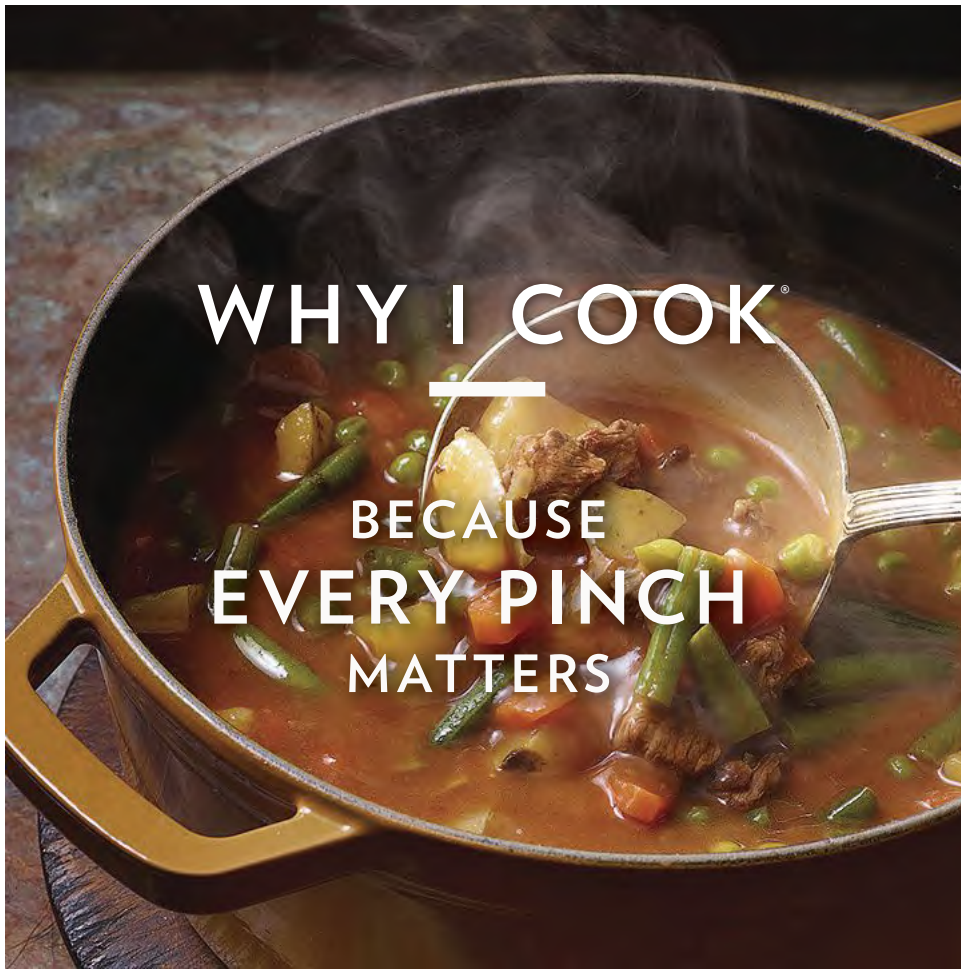
Matisse in the Barnes Foundation

by Yve-Alain Bois (Thames & Hudson) No art lover’s library is complete without this showpiece: a three-volume reproduction of one of the world’s most significant Henri Matisse collections.

—NATALIE BEACH



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An act of **generosity** can move you, delight you, and shake up your world in the most wonderful way (page 138)...

Just as **Jennifer Hudson** makes her Broadway debut in *The Color Purple*, she takes the hue for an ultraglamorous spin (page 150)...

And save room for a few **retro-inspired treats** that are as giftable as they are delicious (page 158)...

December 2015





Comfort & JOY

An old family heirloom and a brand-new dress. A far-flung adventure and a place to call home. A solemn promise, some timeless wisdom, and one very stinky teddy bear. *O's friends and family share stories* of the greatest gifts they've ever received, in celebration of all that's merry and bright.

ILLUSTRATIONS BY
Hye Jin Chung



"When I was in my early 20s, I was working to put myself through college, and I was always broke. My sister Penny, in similar financial purgatory, spent the months before Christmas collecting department-store samples of perfumes I could never afford—Chanel No. 5, Shalimar, Joy. Each little vial was wrapped in colored tissue, and they filled an entire shoe box. She gave me a year's worth of feeling pretty and put together, and I was so moved that she understood how deeply I wanted those things, all without my ever asking."

.....
—Paula McLain, author, most recently, of the novel *Circling the Sun*



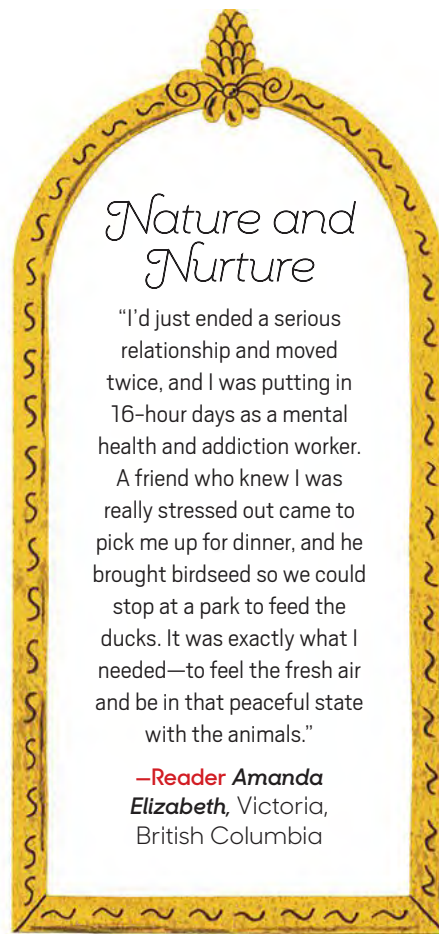
“I once had such an epic fight with one of my best friends that we didn’t speak for years. Then we found each other again, and all has been well in the decade since. But the stupidity of that rift always pained me, and I guess it bothered him, too: For Christmas a few years after we made up, he gave me a silver box containing an old typewriter’s backspace key—he’d pried it off his vintage Underwood—and a note that said, ‘If only it worked on everything.’”

.....
—Katie Arnold-Ratliff, O articles editor

Some Enchanted Evening

“The night of my 38th birthday dinner was a hot one. I had both my daughters, still babies, on my lap, and our skin kept sticking together. My sister was there with her husband and 3-year-old son, and we were all in that fog you enter when you have small children. I don’t remember what we ate or who made it, just that my husband stood up and read a poem he’d written, called ‘The Tao of My Wife on Her 38th Birthday,’ about us and the girls and finding peace within the chaos of our lives. It was just a poem, just a hot summer night, but it felt like magic. And it still does.”

—Lily King, author, most recently, of the novel *Euphoria*



“I was diagnosed with breast cancer when I was about to be married, and the oncologist suggested I postpone my wedding. My now husband said, ‘Well, let’s go to city hall tomorrow.’ Right answer from Mr. Right!”

—Jayne Jamison, O senior vice president and publisher

SAFE AND SOUND

“It’s a gift to remember my mother’s voice as she read to me when I was a child. I loved to rest my head against her side and feel her voice resonating through her ribs. It seemed to me like I was putting my ear to an instrument being played—a cello, deep and soothing.”

—Kathy Bates, actress starring, most recently, in the TV show *American Horror Story: Hotel*



“My grandmother Lillie’s stories were filled with scenes and characters from the village in Russia where she’d grown up: the frozen river, the echo of wolf howls, the men who disappeared for months—or even years—to chop wood in the forests. Those stories became my own private fairy tales, and without them, I would never have been a writer.”

—Alice Hoffman, author, most recently, of the novel *The Marriage of Opposites*

Change of a Dress

“My parents had very little money, and I didn’t expect to get a new outfit for my high school graduation. But one day I found a gift box on my bed, and inside was a beautiful white dotted-swiss dress, along with a slip, nylons, and shoes. Somehow my mother had found the money to go to Durfee’s, the store where all the rich people shopped. I’m 63 now, and to this day I can’t think of it without tearing up. I felt like a million bucks the day I wore that dress.”

—Reader **Sally Arquiett**, Winthrop, New York

“A close friend and mentor once told me, ‘Indecision is a decision. A bad one.’ That’s become a golden rule in my life.”

—Peter Walsh, organization expert and author, most recently, of *Lose the Clutter*, *Lose the Weight*

THE PUSH

“Some time ago I lived as a Buddhist monk in a forest monastery in Thailand, where I learned from the master Ajahn Chah, a man of great wisdom who was very demanding. We’d walk for miles in freezing weather to collect alms for food, then sit meditating all night. I would be shivering, achy, exhausted. But one morning at 4 o’clock, at the very coldest moment, Chah smiled, winked at me, and said, ‘You can do it.’ And I knew then that I could.”

—Jack Kornfield, cofounder of the Insight Meditation Society and author, most recently, of *Meditation for Beginners*

Ring It, Sing It

“My dad and I had a tradition of eating at Trader Vic’s on my birthday. The year I turned 20, he was diagnosed with a brain tumor and became so ill, he had to lean on me to walk. But he insisted on our birthday lunch and gave me a silver bracelet with a single charm engraved with: *A bell is not a bell until you ring it / A song is not a song until you sing it / Love was not placed in your heart to stay / Love is not love until you give it away.* He died later that year. Even though I lost him too soon, I am so grateful to have had him for my daddy.”

—Reader **Marilee Burgeson**, San Marcos, California

M

"My father was a jovial man with a quiet presence but a loud voice. After he passed away, I thought, *Oh, Dad, if I could just hear you talk to me again.* Then when my mom and I were going through his belongings, we found a tattered old book called 'Larry's Musings and Collectibles.' He'd filled it with quotes and observations he'd written down over 25 years: a description of the first time he saw the Grand Canyon, a line from the Bible: 'Your care for others is a measure of your greatness.' It was like having his voice back. Now I'm keeping a journal for my three boys, titled 'What I Know for Sure,' so that even when I'm not with them anymore, they'll always be able to hear me."

—Reader **Jill Lang**, Salt Lake City





EW

“When I turned 4 years old, my parents gave me a teddy bear who somehow ended up with the name Stinky-Brownie. (Okay, it’s not a mystery why we called him that: He was brown, and I wouldn’t let him out of my clutches long enough for my mother to wash him, so...he stank. But in a good way.) I played with Stinky-Brownie, cried into his matted fur, couldn’t fall asleep without him. Not ashamed to say I took him to college. Not ashamed to say I took him with me into two marriages. Not ashamed to say I still bust him out some nights when the sadness threatens to overwhelm.”

—Elizabeth Gilbert, author, most recently, of *Big Magic: Creative Living Beyond Fear*

Cash Poor, Love Rich

"I have a dear friend from childhood who had a hard time financially after her marriage broke up. I helped her out, which made me feel good because I love her and wanted to be there for her, but it made her feel bad because she loves me and didn't want to take my money. When she was in the thick of it, she sent me a link from the Neiman Marcus catalog for my birthday. It was an outrageously beautiful necklace—tiny clusters of jewels shaped into flowers, little gold leaves—and cost something like \$50,000. She wrote, 'If I had all the money in the world, this is what I'd buy you.' I felt completely loved. I didn't want to own it. I just wanted to look at it."

—Ann Patchett, author, most recently, of the essay collection *This Is the Story of a Happy Marriage*



"Shortly after my father died, my neighbors gave me a sasanqua camellia bush. The wonderful thing about a sasanqua is that it blooms in the fall, when everything else is beginning to die. The shrub was tiny when it went in the ground; now it brushes against the roof when the wind blows. It's kept the memory of my father blossoming for more than a dozen years."

.....
—Barbara Brown Taylor, professor of religion and author, most recently, of *Learning to Walk in the Dark*

"Blessings of simple human kindness have meant more to me than any other gift—my parents comforting me when my heart was broken; a stranger helping me when I got very ill in an airport; people who have told me when I was doing a good job, and those who have shown me mercy when I wasn't."

—Marianne Williamson, spiritual teacher and author, most recently, of *A Year of Miracles*

Family Jewels

"Sixteen years ago, my house was robbed. The thieves took every piece of jewelry, including my engagement ring and my mother's wedding band. I'd planned to pass them down to my daughter, and I never got over the loss. Then last year for our 25th anniversary, my husband gave me a ring with my mother-in-law's engagement diamond and three diamonds on either side that form the shape of a heart. I cried like a baby. I look down at that ring every day and see my mom, husband, and mother-in-law. Knowing that I'll give it to my daughter one day makes it even more beautiful."

—Reader Robin Lichtig,
Woodland Hills,
California

IT'S THE THOUGHT THAT COUNTS

The key to giving a meaningful gift is to know your audience, says Lori Deschene, author of *Tiny Buddha's 365 Tiny Love Challenges*: "When we show people we've paid attention, they know we care." Here are a few things to ask yourself about your loved one.

HOW WOULD HE TREAT HIMSELF?

"My dad loves lobster but thinks it's too pricey," says Deschene, "so I bought him a pair of lobsters and wrapped up a butter dish with a note that said, 'Your gift is in the fridge.' It was one of his favorite presents."

WHAT DOES SHE NEED?


Use your sleuthing skills: "Years ago, a filmmaker friend had a big premiere, but he was going to wear old, scuffed shoes because he couldn't afford new ones," says O editor at large and renowned gift giver Gayle King. "So I found his size and bought him a pair. You would've thought I'd given him a car."

WHAT DOES HE DREAM OF?

"Look for a class on a subject that interests him, like photography or cooking," says Veronica Chambers of the blog *GiftyMcGifty.com*. "A few sessions with a life coach can also be a fabulous gift."

WHAT MAKES HER FEEL AT HOME?

"I like to give a soft, glamorous faux-fur throw," says Chambers. "It says, 'I love you, and I want you to be warm.'" In the accompanying card, tell her just that.



“Earlier this year I was out of work, facing foreclosure on my home, and feeling very worthless. To get my mind off things, a friend took me to a music festival, where we stopped at a jewelry booth. I commented on a gorgeous necklace, and the salesman said he’d love to sell it to me. I told him I’d love to buy it, but I was about to be homeless. Half an hour later, I felt a tap on my shoulder. It was the man from the jewelry booth, who pressed the necklace into my hand and said, ‘I hope things get better soon.’ And poof! He was gone. I realized then there is still great kindness in the world, and I do matter. After that, everything fell into place: I had the courage to call about a job, and I was hired. I found a program that would pay my mortgage for 18 months and allow me to get back on my feet. One single act of kindness from a stranger changed my life forever.”

—Reader *Katherine Tripp*, Greensboro, North Carolina

“I still have a scrap of paper given to me by Vincent Harding, a speech writer for Martin Luther King Jr. I was a young woman wrestling with questions about my future—could I be both a spiritual seeker and a social activist? Harding wrote down these words attributed to the educator and theologian Howard Thurman: ‘Don’t ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have come alive.’”

.....
 —Elizabeth Lesser, cofounder of the Omega Institute and author, most recently, of *Broken Open: How Difficult Times Can Help Us Grow*

Careful’s What She Wished For

“My husband used to drive to work down a road with a dangerous intersection where the speed limit drops to 25. My darling always blew through it at 50. I’m in law enforcement and I’m also a safety nerd, so I asked whether he’d agree to obey the speed limit there, as a birthday present to me. He said, ‘What if I just avoid that road altogether?’ I told him that was fine, too. It was an excellent gift. He still slows down when he has to go through that intersection, and every time I drive down that road myself, I think of him and feel loved.”

—Kate Braestrup, law enforcement chaplain and author, most recently, of *Anchor & Flares: A Memoir of Motherhood, Hope, and Service*

SPEAKING VOLUME

“I will always treasure my grandma Minnie’s unshakable belief and love, and my grandfather Nehemiah’s Talmud, which he brought from Russia. He held the book so many times that there’s an imprint of his palm on the cover. My grandfather died before I could know him, but when I touch that palm print, it feels like I’m taking his hand.”

—Mark Nepo, poet, teacher, and author, most recently, of *Inside the Miracle: Enduring Suffering, Approaching Wholeness*

“My mom told me when I was 23, ‘Why be ordinary when you can be extraordinary?’ She put me on the path to becoming an advocate for emotional and spiritual healing. It was a big wish at 23. At 40, it’s a natural walk.”

—India.Arie, musician, whose latest album is *Christmas with Friends*



MADE WITH LOVE

DIY ideas for gifts only you can give.

MESSAGE IN A BOTTLE

Put special photos, songs, or videos on a USB flash drive, then drop it inside a glass jar filled with confetti.

HEIRLOOM PAINTING

Turn any photo—of a grandchild, a beloved pet, a favorite vacation spot—into a one-of-a-kind watercolor with the Waterlogue app (\$2.99; iTunes), then print and frame.

CUSTOM COOKBOOK

Collect family recipes in a photo album, along with notes or witty commentary. (You can find free printable templates for recipe cards online.)

FAMILY CHINA

On a light-colored porcelain or ceramic mug, plate, or vase, use Pébéo Porcelaine 150 Paint Markers (\$5.05 each; dickblick.com) to write favorite quotes, poems, or other personal graffiti. (Even klutzes can pull this off: You can wipe off the paint until you're happy with your design—it won't set until you bake it in the oven.)

“My pottery assistant once made me miniature figures of Kate Moss, Naomi Campbell, and Cindy Crawford that I keep on my mantel. If there were a fire, I’d sling my husband, Simon, over one shoulder; our dog, Foxy lady, over the other; and stuff these in my pockets before I ran out the door.”

—Jonathan Adler, husband of Simon Doonan, designer, and author, most recently, of *100 Ways to Happy Chic Your Life*



Token of Affection

“Many years ago I was living in a New York City hotel that I called the roach palace. My spirit had been crushed by a horrible breakup, and I couldn’t eat or sleep. When my neighbor and dear friend, Billy, was moving out, the glass knob on the door to his room came off, and he gave it to me. It was like he was handing me hope that a door might open, and eventually it did—I survived. When Billy went to L.A. to fulfill his dream of being a comedy writer, I returned the knob to him. We’ve been passing that doorknob back and forth for 30 years—to usher in a new job, a new baby, the publication of my novel. It’s on my desk now, and when I hand it to Billy, he’ll tear up the way I do each time he gives it to me.”

—Cynthia Bond, author of the novel *Ruby*

“When my husband, Jonny, and I started dating, he made me a pot painted with a heart and my nickname—Truffles.”

—Simon Doonan, husband of Jonathan Adler, Barneys New York creative ambassador, and author, most recently, of *The Asylum: True Tales of Madness from a Life in Fashion*

The Full Picture

“I was in my 30s when I accidentally found out I was adopted—a discovery that left me feeling somewhat angry and lost. After six months of searching, I found my birth mother in England and eventually flew over to meet her and my two half sisters. As nice as all that was, there was so much I didn’t know. Then one of my sisters sent me a beautiful scrapbook with a picture of four women on the cover. It was filled with photos and information about our Scottish lineage, our grandparents and uncles. Each page had a wonderfully detailed letter describing each person’s personality. That priceless object was a dose of healing when I needed it most.”

—Reader Lorna Little,
West Hartford, Connecticut



M

“My husband and I have been married for 19 years, and he’s never been much of a gift giver—but last year he really came through. I was feeling drained because I’d been caring for my daughter, who had broken her knee and was immobilized for six months, and he’d been away working in Africa. When my birthday came, he gave me an Emirates around-the-world airplane ticket. I traveled to five places I’d never been—Bhutan, Australia, Tahiti, Machu Picchu, and Santa Fe—and discovered myself again. I’d always wished my husband would give me the sky and moon. He got the message!”

—Reader **Billur Gungoren**, Mougins, France



Purple Reign

Actress and singer **JENNIFER HUDSON** is making her Broadway debut in a revival of *The Color Purple*—so we asked her to model that regal shade in a dramatic New York City theater. “Purple is absolutely my favorite color,” she says. “My closet is purple, my dressing room is purple, and I even love a purple lipstick!” Here the star shows just how scene-stealing the shade can be.

PHOTOGRAPHS BY
RUVEN AFANADOR




SHEER TALENT

"This dress makes me feel like a mermaid coming out of the water. The detail is gorgeous, and it complements the beauty of the theater," says Hudson, who moved her family (fiancé David Otunga, 6-year-old son David Jr., and a 10-year-old nephew) from Chicago to New York City for her Broadway run. So far the crew is enjoying life in the Big Apple. "We love seeing musicals. We've made it to *The Lion King* and *Wicked* already. My son says, 'Mommy, this feels like home!'"

Dress, Mandalay, \$2,040. Earrings, Madyha Farooqui. Bracelets (from left), Alexis Bittar and J/Hadley Jewelry. Shoes, Casadei.





“
**I HAVE
BUTTERFLIES**
taking on this
role, but I like that.
I never second-
guessed—I just
hopped right in.”
”

GRAND ENTRANCE

“This moment is captivating in every way. The chandelier, the Zac Posen gown, the atmosphere—everything is just so elegant,” says Hudson, who plays glamorous blues singer Shug Avery in *The Color Purple*. When it comes to the star’s off-duty style, she prefers something more low-key. “If I’m not comfortable, I’m not wearing it,” she says. “I love cardigans and fabrics that flow.”

Dress, Zac Zac Posen, \$1,290. Earrings, Joan Boyce. Bracelets (from left), David Yurman and Ash + Ames. Ring (left), Meredith Marks.

Beauty Highlight

Dramatic makeup made easy.

CoverGirl beauty ambassador Sam Fine wanted Hudson's makeup to evoke Hollywood glamour, so he opted for a classic smoky eye and bold mouth.

◆ Start by smoothing on a powder foundation, such as **Tom Ford Beauty Flawless Powder/Foundation**.

◆ "In order to complement Jennifer's purple gowns," Fine says, "I used a soft brownish burgundy eyeshadow" (**CoverGirl Queen Collection 1-Kit Eye Shadow in Raisin**). For definition, he traced Hudson's eyes with black liquid liner (try **Clinique Pretty Easy Liquid Eyelining Pen**) and finished with black mascara (**Maybelline New York The Falsies Push Up Drama** is a good one).

◆ To create an arresting mouth, Fine used a plum lipstick (try **Lancôme Color Design Matte Lip Crayon in Berry Haute**), which he topped with a coordinating gloss (like **Sephora Collection Oil Infusion Color & Care in Fresh Berries**).

◆ And to ensure that the chicness extended to her fingertips, Hudson's nails got a coat of **Chanel Le Vernis Nail Colour in Vamp**, a deep wine.

DECO DIVA

"This pose is more of a Shug moment than a Jennifer moment," says Oscar winner Hudson, who saw *The Color Purple* four times on Broadway and twice in Chicago. "She is such a different, funky character for me, and I was very attached to the book and the film." Another transformation? This year Hudson cut her hair short: "I like how the length shows off my neck. And I always need lipstick. My favorite is Heroine by MAC, a great purple!"

Dress, Tadashi Shoji, \$688. Coat, Donna Salyers' Fabulous-Furs, \$179. Rings (from left), Dionea Orcini Fine Jewelry, Mimi So, and Ash + Ames. Earrings, de Grisogono. Brooch, Jarin K. Bracelets (from top), CB Bronfman, J/Hadley Jewelry, Freida Rothman, and J/Hadley Jewelry.



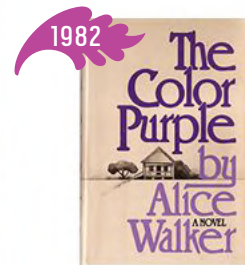
PLUM ROLE

As much as Hudson loves purple, she had to be persuaded to add the shade to her mostly black wardrobe. "My fiancé said, 'You're a girl; you need a favorite color!'" she says with a laugh. "Purple lets me wear color without being too bright." Here, teetering on top of upper-mezzanine seats, Hudson gamely conceals her fear. "If there's a place for me to [meet an untimely end]," she joked, "what better place than a theater?"

Dress, Marc Bouwer, \$4,880. Earrings, Carolee. Bracelets (from left), Jarin K and Alexis Bittar.



A HISTORY OF
THE COLOR PURPLE



THE BOOK
Alice Walker's novel about Celie, a rape and abuse survivor growing up in the Deep South, and her more worldly sister, Nettie, won the Pulitzer Prize and the National Book Award for fiction.



THE MOVIE
Steven Spielberg's drama with Whoopi Goldberg, Danny Glover, and Oprah as the strong-willed Sofia was nominated for 11 Academy Awards.



THE ORIGINAL MUSICAL
Oprah joined Quincy Jones, Scott Sanders, and others to produce the Broadway show, with Felicia P. Fields and LaChanze.



THE REVIVAL
Hudson stars opposite *Orange Is the New Black*'s Danielle Brooks (far right) and Cynthia Erivo (center), who played Celie in this show's London run. Tony Award winner John Doyle (who directed in London) helms again.



“
**HOW DO I TAKE
care of my voice?
Plenty of rest,
and I drink lots of warm
water with lemon
and honey.**



Beauty Highlight
The secret to perfect finger waves—revealed!

“This is a very retro look, reminiscent of 1920s flapper style,” says Hudson’s hairstylist Cesar Ramirez.

- ◆ To achieve it, he began by applying **Mizani Foam Wrap Fast Drying Foam** mousse to Hudson’s wet hair, followed by a layer of extra-hold gel (try **L’Oréal Paris Advanced Hairstyle Lock It Clean Style Gel**).

“The Foam Wrap allows you to mold the hair, while the gel gives additional staying power.”

- ◆ Using his fingers and a fine-tooth comb, Ramirez formed and smoothed each ridge, clipping it into place. Next, he let Hudson’s hair dry for a couple of hours while she had her makeup done.
- ◆ Once her hair had set, Ramirez removed the clips and misted her entire head with shine spray (we like **Pantene Pro-V Color Care CC Shine Spray**) for an ultrabright finish.



THE GLITTERATI

Hudson was so relaxed in this sparkly dress that she sang (perfectly on key, of course) Stevie Wonder's "Sir Duke" while photographer Ruven Afanador snapped away. Speaking of comfort, Hudson let us in on her favorite comfort-food Christmas gift: pound cake made with the recipe her late mother, Darnell, used. "My mother always made it for the holidays, and now my sister does, so it's very special for us to give it to others."

Dress, Pamela Roland. Earrings, Miriam Salat. Ring, Sandy Leong Jewelry. Thin bracelet, Larkspur & Hawk. Wide bracelet, J/Hadley Jewelry. Shoes, Kate Spade New York. Draped jacket, H&M.

Beauty Highlight

Let your bare arms and legs shine.

- ◆ Light bounces best off a smooth surface, so for extra-luminous skin, you'll want to exfoliate first using a body scrub, such as **Fresh Cocoa Body Exfoliant**.
- ◆ Then lock in hydration with a lotion containing glycerin, like **Eucerin In-Shower Moisturizer**.
- ◆ If you really want to shimmer, mix a little liquid highlighter (try **Bobbi Brown Face Highlighter**) into your post-shower body moisturizer.



HUDSON
BROOKS
OR
THE MUSICAL



BOHEMIAN RHAPSODY

A sequined dress gets even more glam with a statement coat, a floppy hat, and flirty heels.

"This is something I would wear. It's youthful, with a little attitude," says Hudson. The actress appreciated the passersby who recognized her as she posed for this shot outside the Bernard B. Jacobs Theatre, where the show opens December 10. "I was like, ooh, New York knows me!"

Dress, Primavera, \$199. Coat, Tadashi Shoji, \$808. Hat, Eugenia Kim. Earrings, Dani by Daniel K. Necklace and double ring, Swarovski. Shoes, Kate Spade New York.

For details see Shop Guide.

Written by Clarissa Cruz and Megan Deem. Fashion editor: Jenny Capitain. Hair: Cesar Ramirez for Mizani at CrowdMGMT.com. Makeup: Sam Fine for SamFine.com. Manicure: Roseann Singleton at Art Department using Dior Vernis. Set designer: Charlotte Malmlof.



RETRO: PARTY MIX

Redo: Potato Chip Snack Blend

Combine breakfast cereal, nuts, and pretzels; douse with butter and hot sauce; and add a dash of seasoning. Sound familiar? That concoction became so popular, it went all the way to supermarket shelves. Now Rachel Yang—co-chef and co-owner of Joule, Revel, and Trove in Seattle—gives it a sophisticated spin, with potato chips, cashews, and dried seaweed.




RETRO: FRUITCAKE
Redo: Candied Orange
and Ginger Cookies

The humble fruitcake has long been the butt of jokes, but the decadent combo of nuts and sweet fruit is still seriously delicious. In his new cookbook, *Payard Cookies*, pastry chef François Payard blends candied orange peel and ginger with almond flour for a chewy two-bite (and gluten-free) cookie that will make the F word suitable for polite company.

Some dishes **fall out of fashion** for good reason (we're looking at you, aspic), but others are too tasty to be forgotten. We asked some of our **favorite culinary experts** to take the

OLDIES *but* GOODIES *(for Foodies!)*

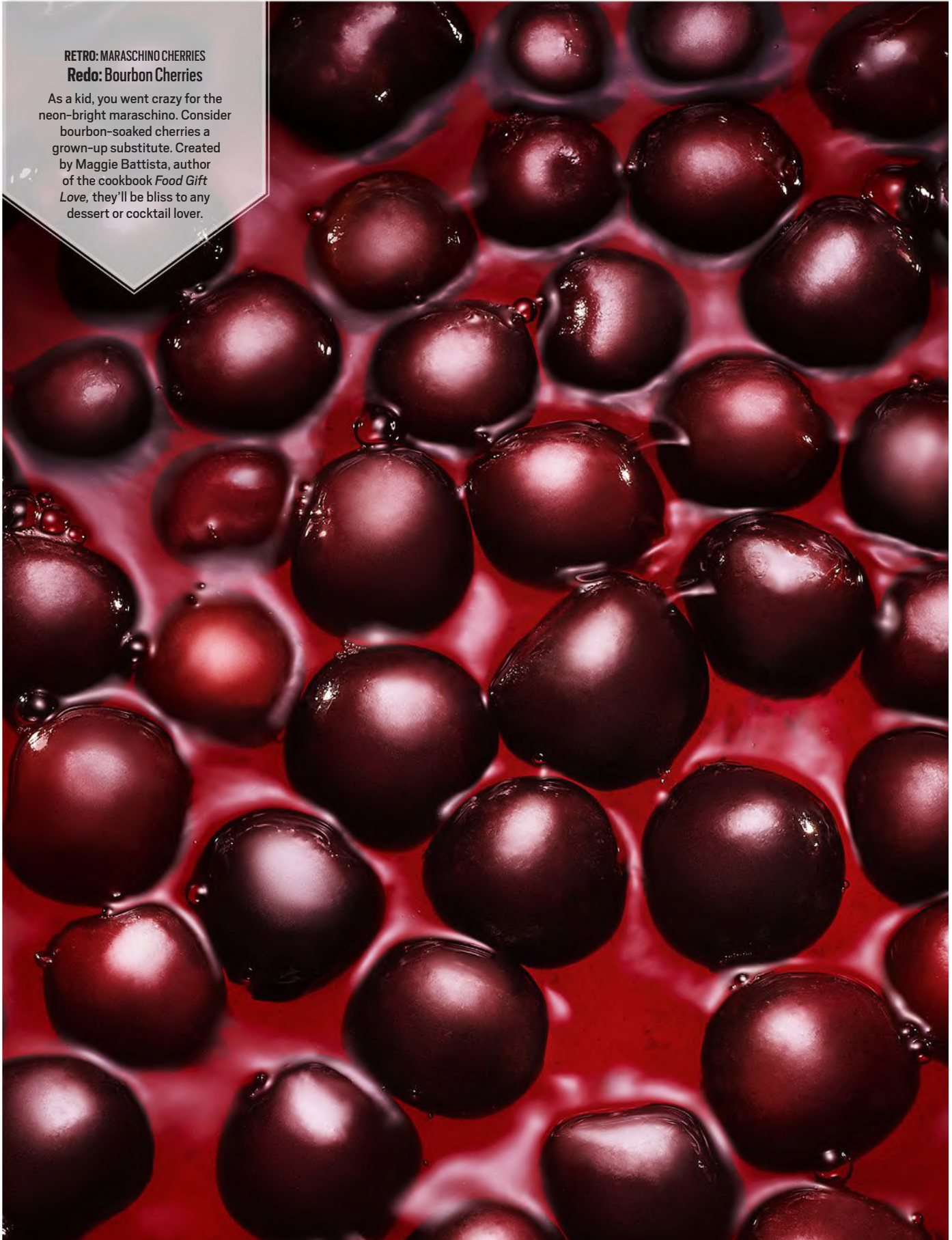


essence of a few vintage treats—the chewy candied zest of **fruitcake**, the tang and crunch of the nut-coated **cheese ball**—and create edible gifts worthy of becoming new classics.

PHOTOGRAPHS BY
Sam Kaplan

RETRO: MARASCHINO CHERRIES
Redo: Bourbon Cherries

As a kid, you went crazy for the neon-bright maraschino. Consider bourbon-soaked cherries a grown-up substitute. Created by Maggie Battista, author of the cookbook *Food Gift Love*, they'll be bliss to any dessert or cocktail lover.





RETRO: CHEESE BALL

**Redo: Creamy Goat Cheese Terrine
with Harissa and Pumpkin Seeds**

The traditional cheese ball—with sharp cheddar, tangy cream cheese, and a dash of Worcestershire—is pretty enticing. But Sara Foster, author of *Foster's Market Favorites*, ups the ante with goat cheese, spicy harissa, and sweet orange marmalade—and layers the ingredients in a loaf pan. The perfect hostess gift.



RETRO: POPCORN BALL

**Redo: Chai-Coconut
Popcorn Treats**

The giant, sticky popcorn ball gets a worldly upgrade from Jami Curl, founder of Portland, Oregon, sweetshop Quin. Her version shrinks the spheres down to a more manageable two-inch diameter and mixes in fresh-brewed chai tea and three forms of coconut—oil, milk, and flakes—for a complex, nuanced treat with Indian flavors.



RETRO: WASSAIL

Redo: Spiced Sherry Punch

Hot mulled grog is *really* old-school, harking back to Merrie Olde England. For a timely new version, try a sherry-based brew from mixologists Jack McGarry and Sean Muldoon, coauthors of *The Dead Rabbit Drinks Manual*. To present it in the holiday spirit, they suggest cooking up a bottle of spiced simple syrup and gifting it with bottles of sherry and whiskey. Together, they make a potent punch that'll get the party started.



Potato Chip Snack Blend

- 1 (5-ounce) bag plain potato chips
- 2 (hand roll–size) nori sheets
- ½ cup raw cashews
- 2 Tbsp. black sesame seeds
- 2 Tbsp. unsalted butter
- 1 Tbsp. honey
- 1 tsp. kosher salt
- ½ tsp. chipotle powder

1. Preheat oven to 350°. Line a large baking sheet with parchment paper and set aside.
2. Put potato chips in a large bowl. Transfer 2 cups of chips into a large resealable plastic bag. Crumble nori sheets into bite-size pieces and add to bag. Add cashews and sesame seeds. Remove air from bag and seal. Using the bottom of a small pot, lightly crush chip mixture in bag, then add to bowl of whole potato chips.
3. In a small pot, melt butter over medium heat until brown, swirling occasionally, about 2 minutes. Remove from heat, add honey, and mix well.
4. Drizzle brown butter and honey mixture into potato chip bowl and combine well. Sprinkle with salt and chipotle powder. Spread on prepared baking sheet and bake until lightly golden, 5 to 8 minutes. Let cool 10 minutes before serving. Store in an airtight container at room temperature up to 2 weeks.

Makes 3 (2-cup) servings.
Active time: 10 minutes.
Total time: 30 minutes.

MIX THINGS UP

Add variety to your snack with these alternative flavor combos:

Middle Eastern: Substitute ½ cup shelled pistachios and ½ cup chopped dates for nori, cashews, and sesame seeds. Substitute 1 Tbsp. lemon juice for honey. Substitute ½ tsp. dried thyme, ½ tsp. dried oregano, ½ tsp. ground coriander, ½ tsp. salt, and 1 tsp. caraway seeds for salt and chipotle powder.

Indian: Substitute ½ cup peanuts, ¼ cup golden raisins, and 1 Tbsp. brown mustard seeds for nori, cashews, and sesame seeds. Substitute ½ tsp. chili powder and ½ tsp. ground turmeric for chipotle powder.

Caribbean: Substitute ½ cup diced dried mango, ½ cup dried pineapple, and ½ cup slivered almonds for nori, cashews, and sesame seeds. Substitute 1 tsp. sugar and ½ tsp. jerk seasoning for chipotle powder.



Candied Orange and Ginger Cookies

- 2½ cups almond flour
- 1¼ cups sugar
- 4 large egg whites
- ¼ cup plus 2 Tbsp. candied orange peel, finely chopped
- 1 Tbsp. candied ginger, finely chopped
- ¼ cup plus 1 Tbsp. dried cranberries
- 1 cup confectioners' sugar

1. In a food processor fitted with a metal blade, puree almond flour, sugar, egg whites, candied orange peel, and candied ginger until smooth. Add cranberries and pulse twice, until just combined. Transfer to a medium bowl, cover, and freeze overnight.
 2. Preheat oven to 350°. Line two large baking sheets with parchment paper and set aside.
 3. Put confectioners' sugar in a small bowl. Roll chilled dough into 1" balls, leaving half in the freezer while you work the first batch. Coat each ball in confectioners' sugar, then arrange on prepared baking sheets, spaced 2" apart. Repeat with remaining dough.
 4. Bake until light golden brown, about 15 minutes. Remove from oven and let cool on baking sheet 10 minutes before serving. Store in an airtight container up to 2 weeks or freeze, wrapped in plastic in an airtight container, up to 1 month.
- Makes 35 to 40 cookies.
Active time: 30 minutes.
Total time: 1 hour (plus freezing overnight).

WE'RE GOING NUTS

O staffers taste–tested a mountain of fruitcake and raved over these mail-order delights. (For Oprah's favorite Italian-style pick, see page 85.)

Southern Supreme: Hailing from Bear Creek, North Carolina, this dense, irresistibly nutty rendition is like the love child of a rum cake and a pecan pie. (From \$7.50 for 8-ounce cake; southern supreme.com)

Gethsemani Farms: This moist, spiced cake is made by Trappist monks in Kentucky—so it seems only fitting that it's doused with bourbon. (From \$36 for 2½-pound cake; gethsemanifarms.org)

Robert Lambert: The champagne of fruitcakes, Lambert's dark loaf is studded with blood-orange peels, candied ginger, and figs soaked in pear brandy. (\$55 for 1-pound cake; robertlambert.com)



Bourbon Cherries

- 1 heaping cup (6 ounces) pitted Bing cherries, fresh or frozen
- 1 cup bourbon
- 3 Tbsp. sugar
- 1 (1") knob of ginger, peeled and thickly sliced

1. Place cherries in a resealable 1-pint jar.
2. In a medium pot, bring bourbon, sugar, and ginger to a simmer over medium–low heat and cook until sugar dissolves, about 5 minutes.
3. Pour bourbon mixture into jar of cherries, seal, and place in fridge for at least 3 days. Cherries will keep, refrigerated, up to 2 months.

Makes about 1 pint.

Active time: 8 minutes.

Total time: 3 days, including soaking time.

SEEING RED

To present her *Bourbon Cherries in style*, Maggie Battista suggests some of her favorite sources for glass vessels. She also offers a few ways to serve them—in addition to topping such classic cocktails as a Manhattan or an Old Fashioned:

To Give:

Le Parfait Glass Terrine

Made by a French company that's been around for more than 80 years, these jars with iconic swing-top lids can be used again and again—just buy new orange rubber seals. (\$8 for 17½-ounce jar; containerstore.com)

Hexagon Jar with Gold Lid

Battista likes this receptacle's unusual shape; others on this site come in hues like amber or blue, or even novelty designs like glass bears. (\$1.10 for 9-ounce jar; specialtybottle.com)

Straight-Sided Glass Jar with Metal Lid

These jars are exceptionally easy to use, and they make everything from preserves to infused sea salt look so darn good. (\$20 for 12 [16-ounce] jars; uline.com)

To Savor:

- Heaped on slices of pound cake.
- Spooned over a bowl of your favorite ice cream.
- In a Surly Shirley Temple: Mix 1 ounce grenadine, 3 ounces ginger ale, and a squeeze of lime juice, then add one bourbon cherry. Don't have grenadine on hand? You can make your own in minutes: Just mix equal parts pomegranate juice and sugar over low heat until the sugar dissolves.



SOMETHING
Sweet ^{TO} delight



SOMETHING
SPICY ^{TO} **EXCITE**



Something
BOLD ^{TO} **SATISFY**





Creamy Goat Cheese Terrine with Harissa and Pumpkin Seeds

- 2 (8-ounce) packages cream cheese, at room temperature
- 2 cups crumbled goat cheese (8 ounces), at room temperature
- 1 cup grated Manchego (4 ounces)
- 1 cup grated Parmesan (3 ounces), divided
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- 1/2 cup harissa sauce
- 1/2 cup orange marmalade
- 1/2 cup pumpkin seeds, lightly toasted

1. Line a 7 1/2" x 4" x 2" loaf pan with plastic wrap that extends over the pan edges and set aside.
2. In a food processor fitted with a metal blade, combine cream cheese, goat cheese, Manchego, 1/2 cup Parmesan, salt, and pepper and puree until smooth, about 1 minute.
3. Divide cheese mixture into three equal portions.

Evenly spread 1/3 cheese mixture in prepared loaf pan. Add harissa and spread in an even layer. Using a spoon, dollop another 1/3 of cheese mixture on top, then spread with a spatula or knife. Add marmalade and spread evenly in a layer. Sprinkle remaining 1/2 cup Parmesan, then spread remaining 1/3 cheese mixture. Cover with plastic wrap and refrigerate at least 2 hours.

4. To serve, remove loaf pan from refrigerator and uncover. Invert terrine onto a plate or a cheese board and remove the loaf pan and plastic. Sprinkle top with pumpkin seeds. Let come to room temperature, about 30 minutes, and serve with baguette slices or crackers. Terrine can be made up to 2 days ahead and stored, wrapped, in the fridge.

Makes 1 loaf to serve 12 to 15.
Active time: 25 minutes.
Total time: 3 hours, including chilling time.

GET CRACKIN'

What's cheese without something crispy to slather it on? Here, three of our favorite new crackers, all good enough to gobble up solo.

34 Degrees Toasted Onion Crisps: Ultrathin wafers that are light and crispy, yet full of savory warmth. (34-degrees.com)

Firehook Hummus Crunch: Thick and hearty, with just the right amount of heat from cumin and cayenne. (mediterranean crackers.com)

Z Crackers Sweet & Salty: A combination of turbinado sugar and zesty salt that's so addictive, we bet you can't eat just ten. (zcrackers.com)



Chai-Coconut Popcorn Treats

- 4 Tbsp. coconut oil
- Heaping 1/2 cup (4 1/2 ounces) popcorn kernels
- 3/4 cup (2 ounces) coconut flakes
- 8 chai tea bags
- 2 cups sugar
- 1/2 cup honey
- 1/4 cup coconut milk, well stirred
- 1 tsp. vanilla extract
- 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves
- 2 tsp. kosher salt
- 1/4 tsp. ground black pepper

1. Preheat oven to 350°. In a large, heavy-bottomed pot, heat coconut oil over medium-high heat. Sprinkle popcorn kernels evenly over bottom of pot and cover. Once kernels begin to pop continuously, shake pot once using potholders. Return pot to heat until the popping slows to 2 or 3 pops every few seconds, about 2 minutes. Remove pot from heat

Swap out sugar for a sweet evening



and immediately transfer popcorn to a very large bowl (you'll have about 16 cups popcorn) and set aside. Wipe any residue from pot.

2. Place coconut flakes on a baking sheet and bake for about 6 minutes, until light golden. Add to popcorn bowl and set aside.

3. Meanwhile, in a small pot, boil 1 cup water over high heat. Remove from heat, add chai tea bags, and steep for 8 minutes. Discard tea bags after squeezing out remaining water (you'll have $\frac{2}{3}$ cup tea).

4. In reserved large pot, combine chai tea with sugar, honey, coconut milk, vanilla, ginger, cloves, salt, and ground black pepper and stir until just combined. Bring to a simmer and carefully watch mixture until it reaches 260° on a candy thermometer, about 15 minutes. Remove from heat.

5. Working in batches, add popcorn mixture to pot, gently tossing to evenly coat. Set aside 10 minutes, or until cool enough to handle. Meanwhile, line countertop with a piece of parchment or wax paper the size of a large baking sheet.

6. With wet hands, shape popcorn mixture into 2" balls and place on paper to cool. Store wrapped in parchment or wax paper in an airtight container and eat within 1 to 2 days.

Makes 30 (2") balls.

Active time: 50 minutes.

Total time: 1 hour 10 minutes.

GIVE IT A SPIN

To wrap popcorn treats for gift-giving, set three balls on a sheet of parchment paper about 12" long, then roll the paper around the balls in the form of a long tube. Next, gather each end and give them a careful twist. Secure with cheery ribbon and attach a gift tag to one end.



Spiced Sherry Punch

SPICED SYRUP

- 2 cups sugar
- 2 whole star anise
- 6 allspice berries
- 6 whole cloves
- 1 whole nutmeg
- $\frac{1}{4}$ cinnamon stick
- 1 (2") knob fresh ginger, peeled

PUNCH

- 1 (750-milliliter) bottle Oloroso sherry
- 6 Tbsp. Irish whiskey

To make spiced syrup: In a medium saucepan, combine 2 cups water with sugar, star anise, allspice berries, cloves, nutmeg, cinnamon stick, and ginger. Simmer over medium heat until reduced to 2 cups, about 20 minutes. Remove from heat, strain, and set aside to cool. Pour syrup into 4 (4-ounce) resealable glass bottles. Refrigerated syrup will keep for at least 3 months.

To make punch: In large pot, combine 4 ounces spiced syrup with sherry and whiskey and heat over medium heat until warm, about 8 minutes. Serve warm in punch cups.

Makes 4 (4-ounce) bottles syrup, each enough for about 5 cups of punch.

Active time: 5 minutes.

Total time: 40 minutes.

SWEETEN THE POT

This spiced syrup plays well with nonalcoholic drinks, too. Try these alternatives, which feel like a holiday in a glass.

- Add 16 ounces of spiced syrup to 1 gallon warm apple cider for instant mulled cider.
- Add 1 Tbsp. spiced syrup to 1 cup brewed black tea for a me-time treat.



Peanut Butter Cookies



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Shop Guide

(All prices are approximate.)



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COVER *On Oprah*: Dress, Marc Bouwer, \$6,800; made to order, 212-242-7510 (customized with faux feathers). Tiara, \$150; sohstyle.com. Earrings, de Grisogono, price available upon request; 212-439-4220. Bracelet and ring (left), Chopard, price available upon request; 800-CHOPARD. Watch, Apple Watch, \$549; apple.com. Bracelet (right), Tiffany & Co., price upon request; tiffany.com. Ring (right), Jacob & Co., price upon request; jacobandco.com. Shoes, \$89; ninewest.com. Costumes: Martin Izquierdo Studio.

PURPLE REIGN PAGE 150 Dress, Mandalay, \$2,040; select Lord & Taylor stores. Earrings, \$15.895; madyhafarooqui.com. Bracelets (from left), \$225; alexisbittar.com for similar styles. \$2,300; jhadleyjewelry.com. Shoes, Casadei, \$795; saks.com. **PAGE 152** Dress, Zac Zac Posen, \$1,290; select Neiman Marcus stores. Earrings, Joan Boyce, \$100; hsn.com. Bracelets (from left): \$14,000; davidyurman.com. Ash + Ames, \$4,200; ashandames.com. Ring (left), Meredith Marks, \$2,695; Debra's Boutique, Mobile, Alabama, 251-343-7463. **PAGE 153** Dress, \$688; tadashishoji.com. Coat, Donna Salyers' Fabulous-Furs, \$179; fabulousfurs.com. Rings (from left): Dionea Orcini Fine Jewelry, \$17,800; ikram.com. Mimi So, \$36,000; select Neiman Marcus. Ash + Ames, \$850; ashandames.com. Earrings, de Grisogono, price upon request; 212-439-4220. Brooch, Jarin K, \$1,065; jarinkjewelry.com. Bracelets (from top); CB Bronfman, \$4,500; 212-729-9072. \$5,900; jhadleyjewelry.com. \$585; freidarohtman.com. \$5,250; jhadleyjewelry.com. Tom Ford Beauty Flawless Powder/Foundation, \$80; tomford.com. CoverGirl Queen Collection 1-Kit Eye Shadow in Raisin, \$3; drugstores. Clinique Pretty Easy Liquid Eyelining Pen, \$19.50; clinique.com. Maybelline New York The Falsies Push Up Drama, \$9.50; drugstores. Lancôme Color Design Matte Lip Crayon in Berry Haute, \$24; lancome-usa.com. Sephora Collection Oil Infusion Color & Care in Fresh Berries, \$14; sephora.com. Chanel Le Vernis Nail Colour in Vamp, \$27; chanel.com. **PAGE 154** Dress, Marc Bouwer, \$4,880; made to order, 212-242-7510. Earrings, \$75; carolee.com. Bracelets (from left): Jarin K, \$939; jarinkjewelry.com. \$595; alexisbittar.com. **PAGE 155** Mizani Foam Wrap Fast Drying Foam, \$17; mizani.com for salons. L'Oréal Paris Advanced Hairstyle Lock It Clean Style Gel, \$5; drugstores. Pantene Pro-V Color Care CC Shine Spray, \$4; drugstores. **PAGE 156** Dress, Pamela Roland, \$8,620; Bergdorf Goodman, 800-558-1855. Earrings, \$195; miriamsalat.com. Ring



Earrings, Irene Neuwirth, price upon request; 323-285-2000.

FRESH DIRECT Oprah has a moment with a grapefruit-scented contender for this year's Favorite Things.

(left), Sandy Leong, \$5,000; sandyleongjewelry.com. Thin bracelet, Larkspur & Hawk, \$5,400; larkspurandhawk.com. Wide bracelet, \$6,300; jhadleyjewelry.com. Shoes, Kate Spade New York, \$350; katespade.com. Draped jacket, H&M, \$80; hm.com. Fresh Cocoa Body Exfoliant, \$45; fresh.com. Eucerin In-Shower Moisturizer, \$12.50; drugstores. Bobbi Brown Face Highlighter, \$35; bobbibrowncosmetics.com. **PAGE 157** Dress, Primavera, \$199; simplydresses.com. Coat, \$808; tadashishoji.com. Hat, \$390; eugeniakim.com. Earrings, Dani by Daniel K, \$450; danbydk.com. Necklace, \$499, and double ring, \$299; swarovski.com. Shoes, Kate Spade New York, \$350; katespade.com.



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What I Know for Sure



Here I am at my writing desk. The photo at left shows some of the precious letters I keep in a treasure box.



ALL THE FUN,

fab, and useful items on this year's Favorite Things list, my *favorite* Favorites are some one-of-a-kind stationery sets (see page 63).

They're the perfect tool to create the best gift ever, a gift whose value to both giver and receiver will be priceless.

It is the gift of words straight from the heart.

Over the years, I've received some amazing notes, letters, and messages. And I've found that they get even better with time.

Notes from Mike Nichols and Sidney Poitier and Barbara Walters. Nelson Mandela and Coretta Scott King. From the people closest to me: Stedman, Gayle, Bob Greene. And my daughters in South Africa. A niece and some cousins have shared words from their heart—about me, to me—that mattered.

All these words live in a treasure box of letters that I cherish.

What I know for sure: Words matter. And when they're written and not just spoken, they last forever.

It's an irresistible way to immediately connect: "I love you and appreciate you, and here's why."

The simpler the acknowledgment, the better. People pay more attention when they notice that you noticed the little things.

One example: I sprained my knee this summer while hiking. Every night, without being asked, Stedman prepared an ice pack to help ease the swelling.

It was such a sweet gesture. So I didn't just thank him—I wrote him a note.

"It's the thought that counts" carries such meaning and value when you actually take the time to share the thought. During the holidays, and all days.



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