

# O

THE OPRAH  
MAGAZINE

AN O EXTRAVAGANZA!

Let's  
Talk About

# HAIR!

Everything You Need to Know to

- Grow It • Blow It • Awesomely 'Fro It
- Boost the Bounce • Beat the Frizz
- Handle the Gray and...

*Have a Great  
Hair Day!*

**The  
Guilt-Free  
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Surprising News  
From Dr. Oz

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Smart Advice  
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She Smooches,  
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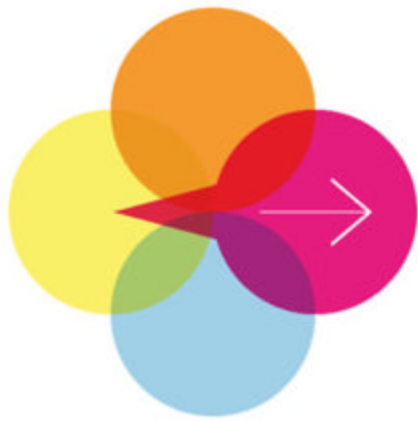
Life's short. Wear a mini.

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EST. 1978 | SAN FRANCISCO



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# September 2013

### Special

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**COVER CREDITS:** Oprah photographed by Ruven Afanador. **Fashion editor:** Jenny Capitain.

**Hair:** Andre Walker and Kim Kimble for Kimble Hair Studio. **Makeup:** Derrick Rutledge. **Set design:** Shawn Patrick Anderson/Acme Studio.

*On Oprah:* Dress, La Petite Robe di Chiara Boni. Headband, Deepa Gurnani. Earrings, de Grisogono. Bangles, Lorraine Schwartz. Ring, Cinta by John Hardy. *For details see Shop Guide.*

"In *The Butler*, both a nation and a family come undone—then begin to heal."



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# Contributors

## Letting Their Hair Down

Four writers and a photographer share their hair dos—and don'ts.



**AMY FINE COLLINS**  
Writer

“Behind Closed Doors”  
page 127



**My daily hair routine consists of...**wash and go. My cut is so perfect that everything falls into place.  
**The best hair advice I've received is...**to choose a cut based on your face shape. My stylist first told me that 25 years ago, and he's been cutting for my oval shape ever since.  
**My hair idol is...**my daughter, Flora. Her natural shade of strawberry blonde reminds me of a sunset.  
**My most memorable style was...**the superhigh, rockabilly pompadour I wore during a photo shoot for my book *The God of Driving*. It was a hair fantasy come true.



**ZOE DONALDSON**  
O assistant editor

“If You Give a Girl Computer Skills...”  
page 32



**My daily hair routine consists of...**showering and brushing. When I want waves, I spray on a concoction I make with lemon juice and salt water from the ocean at my family's beach house.  
**The best hair advice I've received is...**when in doubt, pull it back into a chignon. It's an easy way to look elegant.  
**My hair idol is...**actress Carey Mulligan. Her hair is always so chic and sophisticated.  
**My most memorable style was...**a mushroom cut. Picture it: a third-grade girl with a 5-year-old boy's hair. I didn't realize how bad it was until middle school.



**BRIDGE DAVIS**  
Writer

“She Stopped Relaxing—and She Was Fine!”  
page 149



**My daily hair routine consists of...**brushing all my curls into a puff on top of my head. Pebbles Flintstone **The best hair advice I've received from my mother, who always said:** “Hair is only It can't be good or all it can ever be healthy or unhealthy. **My hair idol is...**Janet Knowles. Her evocative styles are proof that black woman celebrities have more options than just weaves, wigs, Halle Berry coiff. **My most memorable style was...**the huge Afro that I wore in the '70s. It was so gigantic and unwieldy you couldn't even see my face.



**DIEGO UCHITEL**  
Photographer

“Suit Up!”  
page 162



**My daily hair routine consists of...**just a shower and towel-drying. When I'm clean, I'll throw on a little goop. **The best hair advice I've received is...**you actually don't have to shampoo every day. A little bit of Head & Shoulders goes a long way! **My hair idol is...**celebrity hairstylist Orlando Pita. I admire how creative he gets with his clients—and he's got a great head of hair himself.  
**My most memorable style was...**the slicked-back rock star ponytail that I used to sport in the '80s.



**MELINDA WENNER MOYER**  
Writer

“To Salt or Not to Salt?”  
page 118



**My daily hair routine consists of...**a quick shampoo; no conditioner needed.  
**The best hair advice I've received is...**don't be afraid of hairspray. I was used to the heavy-duty sticky stuff, but my stylist introduced me to lighter sprays that feel more natural.  
**My hair idol is...**Nicole Kidman. I envy her color and versatility—she's got everything I don't. The grass is always greener...  
**My most memorable style was...**the updo my hairdresser created for my wedding. I never knew my hair could hold volume and curl for more than ten minutes! ☹️

COLLINS: CHARLES ESHELMAN/GETTY IMAGES; DONALDSON: KRISTINE WOOD; DAVIS: ROB FIELDS; UCHITEL: COURTNEY OF MELINDA WENNER MOYER.



*“THIS IS AMAZING FOR SHINE!”*

- David Fabi, Stylist

*“It feels so light on my hair. I love it!”*

- Kimberlee Van Der Wall, Beauty Blogger

*“Moroccan argan oil is all the buzz.”*

- Susan Trumbour, Beauty Editor

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# Behind the Scenes

## 3.5 lbs.



Approximate weight of the wig (roughly the same as a small Chihuahua).



### THE EARS HAVE IT

With a statement-making wig like this one, the bling really has to sing. "You need dangly-dangly," Oprah says of the de Grisogono earrings she chose. "Otherwise they just get lost in the hair."



**SHOW OF SUPPORT** Adam helps Oprah stay balanced in her Jimmy Choos.

## Tressed to Impress

Oprah's bold cover look was all about the hair.

"CAN SOMEONE PUT ON THE SOUNDTRACK to *The Lion King*?" Gayle King cracked when Oprah donned the massive wig that stars on this month's cover. Though the team eventually decided on a mix of Mary J. Blige and Justin Timberlake for the shoot (which took place June 1 at Highline Stages in NYC), the faux hair certainly got the royal treatment: It was transported in Bubble Wrap and a custom-made, bright pink travel box with a built-in stand to keep it upright. "Your hair looks like Chaka Khan and Diana Ross combined," marveled *O* creative director Adam Glassman. Added Oprah: "And two other people!" —**CLARISSA CRUZ, FASHION FEATURES EDITOR**



Makeup artist Derrick Rutledge and hairstylist Andre Walker work their magic.

Right: The wig prep station.



## Q&A

**OPRAH'S LONGTIME HAIR GURU, ANDRE WALKER, TELLS ALL.**

**Q: How did you find the wig?**

**A:** It wasn't easy! I finally decided I'd have to make one myself. Two days later I was on the set of *The Voice*, talking to the stylist there, Kim Kimble [she's also Beyonce's mane woman]. When I told her about my predicament, she said she had created a wig I could borrow. Saved me a good bit of time!

**Q: What's Oprah's favorite hairstyle?**

**A:** Lately she's really having fun with more natural looks. She has very little relaxer in her hair now, so we've been exploring her natural texture, twisting or braiding and then setting it free! I've been using my new product line, the Gold System, on her because it's formulated for kinky and curly hair.

**Q: What does she do when she wants to look polished in a hurry?**

**A:** A ponytail or an easy hairpiece. And some Andre Walker Hair Q-Oil!

**Q: What would Oprah never do, hairwise?**

**A:** She'd never go too long without washing her hair. Women with dry hair sometimes think less washing is better. But water is moisture, and products like shampoos and conditioners rich in oils and nutrients add moisture. Dry hair needs big drinks.

**MANE EVENT:** For a video of Oprah trying on the enormous wig from this month's cover, download the *O* iPad app.





# THE REVIEWS ARE **GLOWING**

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— TERRI, KANSAS

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— AMY, WISCONSIN



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— KAY, ARIZONA

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— CYNTHIA, GEORGIA

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\* Source: A survey of 411 O, *The Oprah Magazine* subscribers age 40 to 60 with dry, normal, or combination/dry skin who reported having dull-looking skin and who had never used any facial oils who were provided a free sample of L'Oréal Paris Age Perfect® facial oil to use over a two-week period.

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# The Question

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

## If You Could Make Over Anything, What Would It Be?



All plastic would be biodegradable. The inventors clearly never asked themselves, "What happens next?"

**EILEEN FRANCISCO**  
*San Mateo, California*

The tube that toothpaste comes in. I've even tried different brands, and they always become a mess with goopy globs around the opening and then I can't close the tube again. Can't the manufacturers come up with a better packaging idea?

**GERALDINE TREACY**  
*Estes Park, Colorado*

The news. I am so tired of hearing "spin" and would love to separate politics from the news media and have only the

facts presented. We could use less rehashing of the same stories of war and violence and more inspiration for helping others.

**RUTH TODD**  
*Columbia, South Carolina*



The way we see women—so that every girl believes she has intrinsic worth and is free to grow into a courageous and passionate person. If we change our view of women, we can change our shared sense of humanity.

**LIZ FORKIN BOHANNON**  
*Portland, Oregon*

I believe our lack of communication is the greatest cause of so much

misunderstanding and pain. We can't express ourselves, so we say and do ugly things when we're hurt; maybe we should start teaching how to communicate at a younger age.

**JULIE DAVIS**  
*Willow Creek, California*



When I was growing up it always bothered me that suburban neighborhoods were prettier than urban areas. I'd create access to nature's beauty in all places—mandatory green spaces would instill community pride in all.

**PAT WILLIAMS**  
*Brooklyn*

Personal medical equipment—so it doesn't scream, "Look at me! I'm disabled or sick!" Why can't my wheelchair be covered in a bright floral fabric? I'd love it if my cane could be made of beautiful inlaid wood instead of aluminum and plastic.

**FRAN GARDNER**  
*Portland, Oregon*

I'd make art the core of our academic curriculum. Art isn't just about a pretty picture on a wall—it's the clothing we wear, the buildings that we live, work, and worship in, our public transportation, even the way our food is packaged. When will people get it? Artists design the world!

**JEN WASSMER**  
*Chester, New York*



The way we treat animals. No animal should have to spend its life locked in a cage. I would create a place where they could run free, be safe, and live peacefully.

**ANN MICHELE**  
*Philadelphia*

The oppressive heat and humidity on New York's subway platforms in the summer. While we're at it, let's go ahead and pipe in some jazz music down there!

**LISA MEDICI**  
*Brooklyn*

→ **OUR NEXT QUESTION:** If you could offer one piece of advice to the world, what would it be and why? Tell us at [oprah.com/question](http://oprah.com/question) or e-mail us at [thequestion@hearst.com](mailto:thequestion@hearst.com), and your response could be featured in our November issue.

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# We Hear You!

In July you rediscovered the joy of a great book.

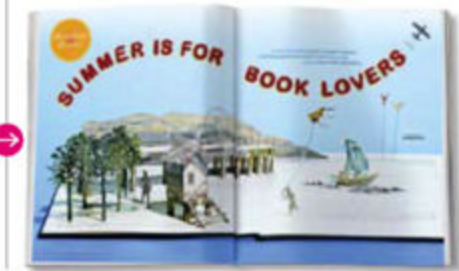
## Paging All Readers

I had so much fun with “Summer Is for Book Lovers”! Turning each page to see what I could add to my reading list reminded me of being back in English class, waiting to see which new book would be handed out. With *O* in one hand and my Kindle in the other, I downloaded lots of new reads based on your recommendations. What treasures reading can bring into our lives! I appreciate your sharing the work of so many amazing authors.

**JANE SCOTT**  
Manchester, Massachusetts

Not only were the book suggestions in the July issue interesting but the pop-up illustrations were also wonderful. As an artist myself, I was pleased to see original art shared with the rest of the reading world. I hope to see more of this type of creative work in the magazine in the future!

**DIANNA SITAR-SANDERS**  
Elmhurst, Illinois



As an avid reader and aspiring writer, I was so intrigued when I saw “The Best Books of Summer” on the cover of my fiancée’s copy of *O* that I picked it up. After getting a few ideas for my next trip to the bookstore (I can’t wait to read the memoir *I Dreamed I Was a Very Clean Tramp*, by Richard Hell), I ended up reading the entire issue—and I thoroughly enjoyed my first encounter with your magazine.

**DAVID GRAF**  
Plainsboro, New Jersey

## The Writing Life

“Put It in Words,” author Natalie Goldberg’s guide to writing, set me in motion. I’d worked on a book for seven years, but then I sat on it, afraid of self-publishing. After reading Goldberg’s article, I logged on to createspace.com and clicked the Submit button. I’m now a self-published author! Thank you for this piece and the great tips—I hope they motivated other writers, too.

**MICHELLE GUERRA**  
Port Clinton, Ohio

(continued on page 24)

## LIGHTENING THE MOOD



In the July issue, Martha Beck offered seven easy ways to brighten someone’s day (“Spread a Little Sunshine”). On Facebook, we asked you: What’s one little thing that made your day recently? Here are the pick-me-ups you shared.

When my daughter told me her son woke up looking for his Gagan and the DERAM ARGUEZ

When a new register lane opened at the grocery store, and the woman behind the counter offered me the spot.  
—KATHY W. JENSEN

When my son with autism looked in my eyes and said, “I love you, Mom.”  
—AMY DEARDORFF-HUDSON

While driving, I let a group of kids cross the road. Afterward, they smiled and waved. Manners and respect still exist!  
—MISSIE IMEL HOLMES

My neighbor put a few nails in my mailbox to keep it from falling down. I was so thankful!  
—CB MSBOOCH



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## We Hear You!

### The Perfect Read

Seeing Oprah on this month's cover and "Here We Go!" page holding *The Untethered Soul* [by Michael A. Singer], a book that had a profound impact on me, reminded me of the effect Oprah had on my mom. My mother first learned about Maya Angelou from *The Oprah Winfrey Show*; when I was in high school, she gave me Angelou's *I Know Why the Caged Bird Sings*, which influenced my love for reading. Oprah gave my mother many gifts, and my mother gave me the gift of books.

**SUZANNE BOURGEOIS**  
*Athens, Georgia*

### Planting a Seed

"In the Weeds," about how lawyer Tama Matsuoka Wong discovered edible plants in her garden, sent me on an adventure! I picked a flower I'd been admiring from my window and the next thing I knew, I'd spent hours reading about edible wildflowers. It wasn't long before I found one in my front yard that's a perfect match for my health needs. Wong's story inspired me on many levels and taught me that with insight and patience, a hobby can turn into a career—and that even weeds are valuable.

**NATASHA BORNO**  
*Tarpon Springs, Florida*

### Cover to Cover

I'm a new subscriber to *O*, and it has quickly become my favorite magazine—which says a



### SOMETHING BORROWED

When I read about the concept of Little Free Libraries in the April issue ["Open Books"], I was intrigued. I'm an educator, and the idea of a dollhouse-size wooden box with free books to borrow seemed perfect for our preschoolers, so I created one myself. Our students and the community love it: Parents drop by every day with their children, and in addition to encouraging a passion for books, it's a great conversation starter. We're proud to have the first Little Free Library in our town, and we hope that cities around us will follow!

**KAREN MARSHALL**  
*Livermore, California*

lot, considering I subscribe to more than 15! I read the entire July issue and found it filled with heartwarming stories, great advice, and useful tips. The summer book recommendations were spot-on, and the suggestions for finding joy in "O, Happy Day!" reminded me that happiness is contagious. I also liked the "O, Beautiful!" section's counsel, as well as "The World According to Gayle," because Gayle is so in the know.

**DEBRA ROSENBERG**  
*Linden, Michigan*



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# Hair We Go!



I

**I WISH I COULD SAY IT WAS ALL MINE.** In fact, though, it's borrowed. And it feels like carrying around an extra head.

My own hair is shorter, not quite so spherical, and a lot lighter. But that doesn't mean it never gives me grief. When it comes to hair, I'm in the same boat as most every other woman.

The way we feel about our hair is universal: We love it when it looks great, we can't stand it when it looks not so great, and we all want it to tell the world something about us. (First and foremost, that we're blessed with gorgeous hair.) Which is why we're going through the subject of what's on our heads with a fine-tooth comb, exploring why hair has such a hold on us, how to change it, dye it, lose it, buzz it, and grow it out, and everything you need to make yours the best it can be (page 140).

By the way, my hair isn't the only thing that's different this month. This issue is the first overseen by our new editor in chief, Lucy Kaylin, and already she's ushering in fabulous changes. You'll notice brand-new columnists—Dr. Brené Brown and Iyanla Vanzant (page 58)—as well as a new food section (page 175), the first installment of our monthly O Quiz (page 70), and a new Behind the Scenes page—which this time around is all about how my awesome Afro came into being (page 14).

Big changes, big hair, big ideas: Ladies, start your blow-dryers....

“We’re going through the subject of hair with a fine-tooth comb, exploring why it has such a hold on us.”

*Oprah*

Be fierce.  
Be vibrant.  
Be energized.  
Layer up.  
Fuel up.  
Get outside.  
Run.  
Visualize.  
Run.  
Take a new path.  
Sport a new color.  
Hit the gym.  
Hit your local barre.  
Get motivated.  
Get invigorated.  
Get out and discover.  
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# Live Life

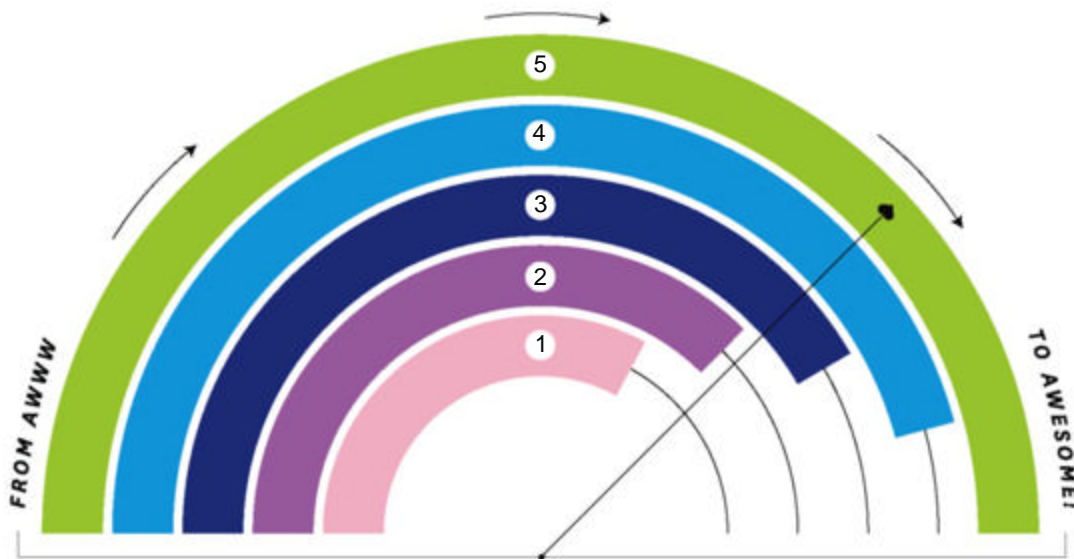


*"I am not  
an eccentric.  
It's just that  
I am more  
alive than  
most people."*

—DAME EDITH SITWELL

# The Gratitude Meter

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



1

## HUG IT OUT

Every Wednesday, 82-year-old retiree Anthony Cymerys keeps his skills and scissors sharp by offering haircuts to Hartford's homeless and down on their luck. Clients wait on benches in the city's Bushnell Park for a turn in his lawn chair. The price? One hug.



2

## MAN'S AWESOMEST FRIEND

And the Humane Society's annual Pets of Valor Award goes to—drumroll, please—Chilly! The 3-year-old English bulldog mix noticed her napping owner going into anaphylactic shock and whined, pawed, and licked her until she woke up. Chilly beat out stiff competition; read about the other furry finalists at humane.society.org.



3

## WELCOME, MATS!

If they were really magic, Magic Carpet Yoga Mats would help you master crow pose. But they will give you more motivation to hit up a class, if only to flaunt their bold, textile-inspired designs, hand drawn by Oakland-based artist Sophie Leininger. Get yours at magiccarpetym.com.



4

## HOST WITH THE MOST

Since helming the Emmys in 2009, Neil Patrick Harris has sharpened his shtick through four turns as host of the Tonys. On September 22 on CBS, he returns to center stage at the TV awards show; fingers crossed for a Broadway-style tribute to *Breaking Bad*.



5

## YOU'VE GOT NO JUNK MAIL!

Stem the endless credit card promotions and clothing catalogs with PaperKarma, a free app that stops paper junk mail. Once you've downloaded the app, simply snap a pic of the mail and click Unsubscribe me!; PaperKarma contacts the sender to remove you from the distribution list. Toss that!

—EMMA HAAK



O LIBS

## Gloria Estefan

The Latin pop icon—whose new album of American favorites, *The Standards*, is out this month—fills in the blanks.

» The first album I ever bought was...

*I Think We're Alone Now*, by Tommy James & the Shondells, because I was so enamored of that song. I was about 15, and I didn't get an allowance, but my grandmother would drop me some change here and there, so I saved up for months. I still have that record in storage.

» My hidden talent is...

plucking eyebrows. I do it for everybody—my friends, my housekeeper, my goddaughter. When I was a kid I had a giant unibrow, so I had to figure it out. Now I can pluck like nobody's business.

» If you walked into my house you'd be surprised to see...

that I have a ton of animals. Five dogs—four English bulldogs and a long-haired Chihuahua—plus birds, fish, and turtles. At one point I even had wallabies. It's a zoo.

» My backup career would be...

talk-show psychologist. I'd love to have a program like *Dr. Laura*. I studied psychology at the University of Miami, and when I rode the bus home from school, perfect strangers would strike up conversations with me and end up telling me their life stories. I think they could sense that I was studying to help people. That, or I have a face like a priest.

—AS TOLD TO ARIANNA DAVIS

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JOHNNY WRIGHT/CELEBRITY STYLIST

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\*\*When using oil moisturizer as part of the Amla regimen.

# Southern Charmer

With a sultry drawl (and some killer hair), musician Valerie June belongs on any fall playlist.

● **BACKSTORY** Her beautifully deep voice might be sexy now, but it didn't always hold such allure: "As soon as I could talk, I was bellowing at the top of my lungs," June says. "My parents couldn't get over how weird I sounded—like an old man when I was just a toddler! But no one was gonna shut me up." Growing up in Humboldt, Tennessee, June sang gospel at her church three times a week ("no instruments, just voices"). In her early 20s, when her first band broke up, she decided to become a one-woman show—finally picking up the guitar her grandfather had given her several years earlier. Learning was slow: "I was working like a dog as a housekeeper, barista, nanny, cook, so I could save enough money to really sit with my instruments," June says. "Whenever I had 20 minutes, I would practice a new chord or write a new verse."

TAKE NOTE



June performing in London, 2013.

● **BIG BREAK** At age 25, June hit the road full-time, playing small gigs across the country. After raising nearly \$16,000 through Kickstarter, June had enough to make her first studio album. Hoping to collaborate with Black Keys front man Dan Auerbach, she sent him music samples; he loved her funky blues-folk sound and signed on to coproduce the album and help write songs.

● **NEXT UP** With the release of *Pushin' Against a Stone*, June has embarked on her first major U.S. tour. Expect to see her performing with her latest string favorite: the ukulele. "It's my baby," she says. "As I try to get around with a guitar, a banjo, and a suitcase of high heels and dresses, I treasure that little ukulele." Check her schedule at [valeriejune.com](http://valeriejune.com). —LINDSAY FUNSTON

TRAILBLAZER

## If You Give a Girl Computer Skills...

With a visionary nonprofit, Reshma Saujani hopes to grow the next crop of tech superstars.



Saujani (without glasses) at a recruitment event for her nonprofit in New York.

▶▶ **WHEN RUNNING FOR CONGRESS** in 2010, Reshma Saujani campaigned in "some of the country's wealthiest zip codes and some of the poorest," she says. She eventually lost the race, but not before noticing the awfully small number of female students with access to computer science classes, no matter the neighborhood. "In America, girls typically don't score as high in math and science as boys," says Saujani, 37. "But in many other countries, that is not the case. I can still buy a pink T-shirt here that says MATH SUCKS."

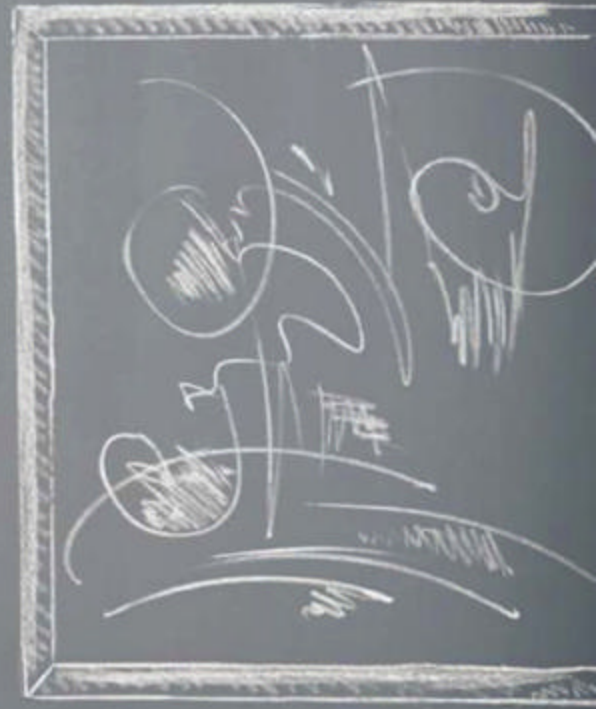
She knew that young women should be prepared to enter the tech industry, especially since IT jobs are forecast to jump about 22 percent by 2020. So in 2011 she founded Girls Who Code, asking: "If you give girls technology, how can they change the world?"

Last summer she got her answer. For eight weeks Girls Who Code hosted 20 New York City high schoolers, who learned robotics, HTML, and app design. She realized that with these tools, girls excel in computer science *and* tend to develop technology with an altruistic mind-set: an algorithm to detect cancer; a Web site to teach computer skills in 32 languages.

This summer the nonprofit—now partnered with tech giants like Google and Twitter—also held programs in San Francisco and Detroit, inching Saujani closer to what she dreams of: "a woman to build the next Facebook." Or, perhaps, her campaign Web site. Saujani is running for office again, this time for New York City public advocate. —ZOE DONALDSON



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# Steve Harvey

The comedian and TV host on marriage, baby back ribs, and one cool Cadillac.

**Best** **STYLE TIP**

To all the guys out there: You're not doing anyone a service with the shirt untucked and the pants sagging. Every woman loves a well-dressed man. You can never go wrong with a nice suit.

**Best** **SPLURGE**

My 1940 Cadillac Series 62 convertible. It's cream, with navy blue seats and a drop top. A few times a month I throw on a baseball cap, light a cigar, and spend a few hours driving around Chicago. That car sure is pretty.

**Best** **RELATIONSHIP ADVICE**

You can be happy, or you can be right. If you want to be part of a couple and win every argument, you're in trouble.

**Best** **REASON TO STAY UP ALL NIGHT**

I don't have much of an attention span for TV—I nod off during the basketball playoffs—but when I watch *Game of Thrones* on On Demand, I'm glued to the set. It's mystical and addictive. Tyrion Lannister, that's my man.

**Best** **RECIPE**

Baby back ribs. I put them in a smoker, throw on a delicious dry rub called W'ham, and let them go for at least an hour. Sometimes even I'm stunned by how flavorful they turn out.

**Best** **PICKUP LINE**

The first time I saw my wife, Marjorie, I was doing stand-up in Memphis, and she was sitting in the front row. Afterward, I walked up and said, "Ma'am, I'm going to marry you one day." And 15 years later, I did.

**Best** **MISTAKE**

My two failed marriages—the ones before Marjorie. They were challenging, but each taught me how to become a better husband, which inevitably taught me how to be a better man when I walk out the door every day.

—AS TOLD TO ARIANNA DAVIS

Tune in to the new seasons of *The Steve Harvey Show* and *Family Feud*, which he hosts, this month.



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# Playing with Her Food

Stylist Susan Spungen thinks movie-set food should look as gorgeous as its costars.



Spungen makes artful plates of the shaved fennel salad in her book *What's a Hostess to Do?*



Spungen gives Amy Adams cooking tips on the set of *Julie & Julia*.

## HER BACKGROUND

“As soon as I could read, I was flipping through my mom’s cookbooks,” says food stylist Susan Spungen. But it wasn’t until age 17, when she took a year off after high school to work the counter at Philadelphia hot spot the Commissary (“I got to do the fun stuff: charcuterie, salads, omelets”), that she discovered just how creative food prep could be. “I loved finessing,” says Spungen, 53. “For the perfect smoked salmon slice, I had to be able to

see the blade of my knife through the fish. When plating chocolate mousse cake, I had to slice it just so for it to look beautiful.” She went on to work as a pastry chef before styling and developing recipes for cookbooks and magazines.

## HER SUCCESS

In 2008 Spungen got an out-of-the-blue call from Nora Ephron, asking if she wanted to style the food for Ephron’s movie *Julie & Julia*. “I didn’t hesitate,” she says. Next came *It’s Complicated*

(in which Meryl Streep feeds Spungen’s flaky croissants to Steve Martin), followed by piles of pasta for *Eat Pray Love*.

Her next film project, *Labor Day*, stars Kate Winslet, Josh Brolin, and a peach pie—which actually means several hundred of them. “I baked cases upon cases of peaches, pounds upon pounds of dough,” says Spungen, who spent hours coaching Brolin on pie-making for his role. “Styling on movies is grueling, but worth it when the food gets a close-up.”

## HER POINTERS

Spungen’s schooling in fine arts impacts her plating style: “I go mad for color. Right now, not enough green or purple can find its way into my food.” She advises treating large white plates as a canvas: “Look at food like a painting. Think about the composition.” When plating a main course, she says, a good rule is to place the protein at 6 o’clock and then group the rest, with little negative space. Garnishes (herbs, microgreens) add freshness. Above all, she warns against getting too fussy. “Simplicity and elegance do go together,” Spungen says. “I’m a big fan of dishes that look effortless. That means relaxing your hands when plating. Don’t be afraid to gently toss food onto the plate, so it looks like it just landed there.” —**MARISA ROBERTSON-TEXTOR**

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**Bailey** | 12 |  
SHETLAND SHEEPDOG  
“He’s Mr. Social with riders on the early morning bus, but come 9 P.M., it’s bedtime.”



# Old Dogs, New Pix

Puppies, roll over: In Pauline Zonneveld’s photography project, the wise ones get the close-ups.

➤➤ **ON A WINTER DAY** in 2010, photographer Pauline Zonneveld recalls, she noticed her neighbor’s elderly Australian shepherd, Kali, “walking gingerly, with such a gentle expression.” She made a mental note to photograph her and surprise the neighbor with a portrait, but before she had a chance to do so, Kali died.

Recognizing that the clock is always ticking, Zonneveld, 53, set out to find more aging models—cockeyed teeth, grizzled smiles, graying beards, and all. “They might not be puppies,” she says, “but these dogs have real vitality.”

For the Good Old Dog Project, now in its third year, Zonneveld has photographed more than 188 canines, all of whom have reached or surpassed their expected life spans. (She charges owners only a retainer for prints.) The portraits are exhibited in her studio and in galleries and coffee shops around Zonneveld’s hometown of Portland, Oregon, but she plans to extend the project to Los Angeles, San Francisco, and Seattle this fall. As the dogs play their way through the shoot, their souls shine through. “In the studio I let them just be,” she says. “No matter how lethargic old dogs are, they become energetic and alert, and when I’m lucky, even their past goofy selves.” —**SUSAN HAUSER**

## In Their Owners’ Words...



**Franklin** | 10 | SAINT BERNARD-GERMAN SHEPHERD-GREAT DANE  
“A regal giant, like John Wayne wrapped in a fur coat—with a tongue as big as Texas.”



**Cubby** | 15 | POMERANIAN-SPITZ  
“He loves dressing up in his own tiny Santa suit every year. He’s always on his best behavior, never growls.”



**Arête** | 11 | RHODESIAN RIDGEBACK  
“Got food? Then you’re her best friend. She will follow you anywhere.”



**Lexie** | 14 | PUG  
“She loves men—hobbles over to them and gazes into their eyes until they pet her. Such a little flirt!”

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# THE WORLD ACCORDING TO *Gayle*



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



### I'M MAKING SPACE ON MY IPOD...

for new albums from three of my favorite artists this month: Cher, who's still got that torchy voice and great bod, is releasing *Closer to the Truth*; I already know I'll have the second volume of Justin Timberlake's *The 20/20 Experience* on permanent repeat; and I can't wait for the always polite Canadian rapper Drake—who once stopped midconcert at a show I was attending to say, "Sorry, Gayle," after some hard-core lyrics—to release his third album, *Nothing Was the Same*.



### WHAT DO YOU GET WHEN YOU...

mix the soft chewiness of a French croissant with the salty, crispy crunch of a New York pretzel? Here at *O*, we call them cretzels! My fellow carbohydrate lover Lisa Kogan found them at Manhattan's City Bakery and brought a box to the office. Instant hit! They remind me of the great crusty bread I used to get in Turkey as a kid.

Yep, that's me circa 1985!



### THIS IS THE HAIR ISSUE, SO I'VE DECIDED TO OUT MYSELF:

I spent the '80s getting blow-dried, teased, and sprayed within an inch of my life. It was a nasty period in news anchor hair history (I did the 5 o'clock news), but we all thought this was a good look at the time.

### EVEN WITH BAD KNEES, I LOVE A GOOD HIGH HEEL!

September 5 is the start of Shoe Week in New York City, and this midnight blue pair from Aldo is definitely worth celebrating. They're sexy without being skanky, and at \$90, you can't beat the price.

"Nobody needs credentials to do the right thing."



### —WAITRESS AMBER DEAHN,

who notified authorities when she saw a little girl behaving oddly with a man at her restaurant, recently said this on *Anderson Cooper 360°*. I love that she followed her gut and saved the girl from a kidnapper.

### I ALWAYS CONSIDERED SEX ADDICTION...

another excuse for cheating, but the painfully honest performances of Mark Ruffalo, Josh Gad, Gwyneth Paltrow, Tim Robbins, and Pink in *Thanks for Sharing* made me see just how crippling the condition actually is. This movie is for anybody in a 12-step program, anybody who's trying to support someone in a 12-step program, and anybody who wants to see a raw, heartbreaking, darkly funny film.



CHER: NBCU PHOTO BANK VIA GETTY IMAGES; GAYLE: COURTESY OF GAYLE KING; SHOE: COURTESY OF ALDO; DEAHN: ROBERT GALLAGHER; THANKS FOR SHARING: ROADSIDE ATTRACTIONS; PRETZEL CROISSANT: MORGAN SALVER.

“I like to be ahead of the fall trends,  
just **for the twill of it.**”

*Essie*

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fall  
collection  
2013**



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# Get Organized with Susan Hyatt

Create your ideal home by thoughtfully arranging your space. Having a well-organized space gives you the freedom to decorate creatively. These tips from Susan Hyatt will help you get started.

## A SPACE FOR EVERYTHING

Bookshelves aren't just for books anymore. They're a great way to showcase your favorite photographs and other decorative items.

## KEEP IT SIMPLE

Decorating a room can be overwhelming, but it doesn't have to be. Start with a great piece you just love and use that as a building block to create the room of your dreams.

## DECORATE WITH PURPOSE

Incorporate items such as bins, boxes, and trays, which are both functional and fun décor elements, to keep a room beautiful and organized. They will keep the space neat and look great!



*“Structure in your home allows you to be more spontaneous and flexible in life.”*

The IKEA Life Improvement Project offers ideas and inspirations to help you make positive changes in your home. Get inspired and share your life improvement project at [thelifeimprovementproject.com](http://thelifeimprovementproject.com).



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# May We Help You?

EXPERTADVICE,INSIGHT,REALLYSMARTMOVES



## What Makes You Tick

On the outside, you're perfectly lovely—but at the core, you're ready to self-destruct. Fortunately, *Martha Beck* has a plan for defusing explosive situations: Revisit the emotional triggers of the past.



May We Help You?



**E**VERYONE

knows Mary as a sunny optimist—until she starts talking about herself. Then she turns so bleak she makes Debbie Downer look like a motivational speaker. Angie routinely receives leadership awards at the office, but at home she's a shouting dictator whose husband and kids feel perpetually steam-rolled. Shauna is the kind of dependable friend you'd want by your side during a medical procedure or your ex's wedding. But when it comes to everyday conversation with people she doesn't know so well, she either clams up, overshares, or blurts irrelevant trivia until even passing strangers feel embarrassed.

Many of us know what it's like to be extremely emotionally intelligent in some areas and to display the social skills of a wounded badger in others. We go along seeming functional and well-adjusted, then suddenly find ourselves causing mayhem in social minefields. The good news is that these minefields can be cleared. Yes, it's a slow, painstaking process, but if you're tired of the badger life, it's worth the effort.

#### THE MAKING OF A MINEFIELD

Healthy relationships are created through a combination of observation, communication, and testing. As we get to know a new person or group, we watch their behavior, express our own perspectives, and notice the reactions that ensue. If we do this while maintaining a confident, secure, yet humble sense of self, bada bing, bada boom: functional relationships.

The problem is that no one feels confident and secure all the time; we all have fears, sometimes hidden even from ourselves. Social minefields are created whenever we ground our actions in some form of fear. Emotional "triggers" are set when we suffer trauma-dramas—experiences that wound us, and the stories we attach to those experiences.

It works like this: Our feelings can be hurt by almost anything—from horrific abuse to a comment we misunderstand as criticism. And once we feel wounded, we tend to reactivate the pain in any situation that resembles the original scenario. The resulting anxiety causes us to tense up in such situations, leading to odd or exaggerated responses. Soon we're walking through a minefield.

For example, Mary's mother narcissistically insisted on outshining everyone, even her own children. Whenever Mary attempted to succeed at anything, her mother killed her hopes with icy criticism. To avoid the painful

attacks, Mary became almost aggressively pessimistic about herself.

Angie's trauma came from a military father who raised children the same way he trained recruits. His shouted orders and emotional inaccessibility made Angie desperate to escape to school, where her teachers were kind and encouraging. Now she unconsciously models her professional behavior on that of her teachers and her parenting behavior after that of dear old Dad—hence her leadership awards and her frightened family.

Shauna was a bookish kid with a precocious vocabulary. Adults loved this, but her peers often mocked her as an egghead. She's still afraid that if she talks in the way that comes naturally to her, she'll be disliked. Any attempt at friendly conversation leaves her either tongue-tied or blurting.

All these minefields were once invisible to the women who dwelled in and around them. Mary didn't know why hoping made her nervous. Angie was horrified when her dad's harsh words blasted out of her own mouth, at her own kids. Shauna didn't know why conversation freaked her out. Most of us don't really see the specific dynamics of our emotional triggers. But we do know the general areas of our emotional lives where we tend to blow up or implode.

Try this: Briefly imagine the social situations you expect to encounter for the rest of this week. When you get to a minefield, just picturing it will cause physical tension in your body. It might be your jaw, your shoulders, your throat, whatever, but something will tighten. If nothing you imagine creates this reaction, congratulations: You have no land mines to contend with this week. But if you're now fixating on an upcoming event like a soldier being sent into enemy territory, this may be a good time to take action.

#### DE-MINING YOUR LIFE

In real life, de-mining can be horrifically dangerous, costing limbs and lives. But these days, a small army of particularly effective de-miners is helping get the job done more safely. I mean an *extremely* small army. As in, each soldier weighs only a couple of pounds. They are giant African pouched rats, and please stop (*continued on page 48*)

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making that face; they're way cuter than they sound. Wearing jaunty little zip-line harnesses, paid only in bananas, they sniff out mines without detonating them. They're called HeroRATs, which is convenient for our purposes: RAT is an acronym that will help you remember how to defuse your own emotional land mines.

## R IS FOR RECOGNIZE

We often mistake our emotional triggers for something that's wrong with the world, not with our own thinking. But you can't fix an error if you don't recognize it for what it is. If Mary had never seen how unreasonable her pessimism really was, she would have continued believing her future was utterly bleak. If Angie hadn't realized she was being dictatorial, she'd probably be blaming her family for their hypersensitivity. If Shauna had never identified her conversational awkwardness as an acquired behavior she could modify, she'd never have learned to relax and relate.

Fortunately, even though we rarely understand what's really happening in our minefields, we often have some awareness that they exist. If you find yourself wondering, "Why do I always [talk too much at parties/snap at my sister/scream at other drivers even though it never helps and often gets me arrested]?" you've probably got psychological explosives hidden just below conscious awareness. Recognizing this, you can get down to dealing with dangerous emotional triggers.

## A IS FOR ANALYZE

Analyzing unwanted behavior uncovers the emotion that triggers it in certain situations or relationships. Therapy is a great way to get help understanding your triggers, but you can help yourself in a pinch. First, remember the last time you found yourself doing that thing, that stupid or cruel or embarrassing thing you always do. Then, slowing the memory way, way down, ask yourself these questions:

### 1. What was I feeling right before I began acting badly?

Give this some time, and be honest. You were probably experiencing an emotion you devalue, such as anger or fear. Be kind to yourself, and let the emotion surface.

### 2. What thoughts do I associate with that feeling?

For Mary, feeling hopeful brought on waves of anxiety, and thoughts like *Don't get a big head!* and *Look at Miss Too-Big-for-Her-Britches!* Angie felt a rigid anger at home, along with thoughts like *Harden up, dammit!* *Don't be so weak!* When Shauna thought about engaging in conversation, she felt despair and thought, *Nobody likes me* and *People think I'm weird.*

## Emotional "triggers" are set when we suffer trauma-dramas—experiences that wound us, and the stories we attach to them.

### 3. When did these thoughts begin?

You may remember a specific trauma-drama, or you may have so many painful memories that they all blend together. But you'll remember the general social context—what was happening, who was there, and how you got hurt.

### 4. Do I want to keep re-creating that trauma?

Honestly, do you really want the meanest, ickiest people in your history to keep dominating your life? Your narcissistic mother, your pompous father, the mean girls at your high school? I didn't think so.

## T IS FOR TRANQUIL EYES

Because all our destructive triggers are fear-based, reducing fear—in other words, tranquilizing—is always necessary for clearing minefields. Though chemical tranquilizers can do the trick, it's easier on your liver just to revise the thinking around your triggers. Then you can regard formerly alarming situations with tranquil eyes, which work even better than drugs.

To begin the tranquil-eyes-ing process, imagine your present self walking into an early trauma-drama. If there's a bully present, like Mary's mother, Angie's father, or

Shauna's classmates, shoo them away. Then imagine sitting down with your wounded self and saying what you'd say to a dear friend who'd been hurt in a similar way. The right words are the ones that bring you tranquility. Keep searching until you find them. Then repeat them mentally, often. It helps to write them down.

Once you feel somewhat calmer, examine the situations that trigger negative emotions in your current life, and begin listing differences between those dramas and the traumas that originally wounded you. There will be similarities. Refuse to focus on them. Put all your attention on the differences. Again, I'd advise making a written list.

Finally, imagine yourself walking through a potential minefield with no fear whatsoever. No anxiety, no apprehension, no dread, no tension. Just tranquillity. Picture a potential situation several times, stopping as often as necessary to relax and release all fear. No one said de-mining is quick or easy. But it's so worth it to have a life free from emotional triggers.

## TAKING IT TO THE REAL WORLD

If you repeatedly recognize, analyze, and tranquil-eyes your emotional minefields, you'll gradually find that you don't create as many trauma-dramas or react so explosively. Your negative behaviors will occur less frequently and lose intensity. It's working for Mary, who's becoming more hopeful about her future. At Angie's house, de-mining has led to less shouting and more smiling. And Shauna, with her therapist's help, is gradually becoming downright chatty.

One day you, too, will watch yourself hit a familiar trigger—and calmly choose a wiser reaction. Eventually you may even become an expert at disarming explosive situations before anyone gets hurt. At that point, pat yourself on the back and have a banana. You'll be making the world a safer place. ☺





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## It's a Matter of Trust

*Suze* helps a couple take advantage of their very good fortune.

**WE'VE ALL THOUGHT,** *Gee, if only I had X number of dollars, my problems would be solved!* Yet Ben, 28, and Lynne, 27, prove otherwise. The couple—who've been together six years and plan to marry—will soon have more riches than they'll ever need, yet their finances have become a wedge in their relationship. I understand if you're rolling your eyes right now—who wouldn't want to worry about having a lot of money? But far from being

spoiled rich kids, Ben and Lynne strike me as lovely people so focused on making the right choices that they're scared to think about their money at all. Their story illustrates a universal theme: It's our attitude toward money—not how much we have—that causes problems.

### BE HONEST WITH YOURSELF

When I first spoke to Ben and Lynne, I had no idea about the real state of their finances. Their take-home pay is just shy

of \$7,000 a month. Ben, who works for a market research firm, asked for my help because he and Lynne had a \$220 monthly shortfall. I found a few ways to close the pair's spending gap, but something didn't add up. Though Ben earned less than Lynne, he paid more of their shared expenses. He also said that he had \$32,000 in savings, while Lynne had just \$600.

Ten minutes into our talk came the big reveal: Ben will be a multimillionaire by age 40. He recently received \$200,000 from a family trust, \$100,000 of which he's tucked away and doesn't even look at. "I don't want to live off that money," he said. "I want to make it on my own."

Just as I insist that people who have \$10,000 of credit card debt embrace their reality, my initial advice to Ben was to accept his wealth. ("Stop pretending you don't have money," I told him.) It's a gift to treasure.

### PLAY AS A TEAM

Lynne pays \$635 a month toward \$60,000 in student loans. She also has a \$445 car payment (her balance is \$15,000). The \$3,840 she earns working nights as a nurse and at a part-time job covers her debt and her share of the rent (yes, she and Ben rent). But with so little savings, she told me she's "terrified."

Talk about a disconnect: Lynne holds down two jobs while her boyfriend is sitting on \$132,000 in cash. Ben should use some of his savings to pay off Lynne's debt. Why would I say that when she can clearly take care of herself? Regardless of their marital status, they're

in a long-term committed relationship and sharing expenses. Remember what I always say: people first, then money, then things. Whether you can give your partner \$50 a month to reduce a credit card balance or \$80,000 to wipe it away entirely, there's no better use of wealth than to ensure that everyone in your household feels financially secure.

After a little prodding, Lynne agreed to accept Ben's help. To make her more comfortable with the idea, I asked her to take the \$1,080 a month she would have spent on debt repayment and deposit it in a joint savings account (she'll still come out ahead by not having to pay interest on her debts). The couple could then use the funds to pay shared expenses. (Partners should always maintain individual accounts, too.)

### TAKE IT SLOW

Other than splurging on a car, Ben hasn't touched his trust fund. "I'm in the dark about what to do with it," he told me.

I encouraged him, along with Lynne, to talk to his mom and dad (who came into money late in life) to find out how they handle their wealth. Then I told the pair to work with his parents' financial adviser, with one caveat: It's fine to seek professional help, but I urge everyone—no matter how big their portfolio—to truly understand every suggestion they're given before acting. **D**

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

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Lowell, OH

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– ANGELA D., 43  
North Andover, MA

“ I tried the product fully expecting not much difference from my daily product; however, I was, and continue to be, very happy! Visible Lift CC Cream makes my skin **softer and gives it a more even tone**. I'm hooked! ”

– MAUREEN M., 57  
Binghamton, NY



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– DR. GERVAISE GERSTNER, L'Oréal Paris Consulting Dermatologist

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## Relationship Reboot: How to Forge Stronger Connections



**THINK ABOUT THE TEN** most important people in your life, and then ask yourself: *Do I get what I want and need from my interactions with them? And am I investing enough time and effort to make sure my bond lasts?* Answering these questions is a starting point for freshening up a relationship—and believe me, just about every relationship could use a tweak. Luckily, it's

in your power to break a bad pattern, even one that seems entrenched. Try these simple techniques to transform your dealings with your partner, coworkers, and friends.

**The Issue:** THE THRILL IS... GOING.

**The Redo:** CHANGE THE VIBE. At the beginning of our marriage,

my wife, Robin, and I got into the habit of griping about the day's frustrations as soon as we got home from work. After a while, though, I realized that if you discuss only problems with your partner, there's a good chance you'll develop a problem relationship. I'd read that the initial moments of an interaction can set the tone for the rest of the encounter. That's why Robin and I have instituted the First Four Minutes Rule, which prohibits us from complaining until we've spent a few moments together. Even if our house was on fire, we'd probably let 240 seconds elapse before allowing ourselves to mention it. I suggest you take the same approach with your partner. Before you say anything else, tell a funny story, or talk about how much you missed each other. Your first words don't have to be romantic or earth-shattering—just positive.

**The Issue:** YOU AREN'T GETTING ALONG WITH A COWORKER OR BOSS.

**The Redo:** REASSERT YOUR RIGHTS.

Interpersonal conflict often arises when one of two parties doesn't feel valued, appreciated, or respected. If that's your situation, it's your responsibility to teach the other person to treat you better. Start by being up-front about your needs. Back in graduate school, I had a professor who was condescending, missed appointments, and assigned ridiculous last-minute projects, all the while telling me I'd never succeed. One day I

decided to share how I felt: I wanted her to appreciate that my time was as valuable as hers, and that I was taking her class to learn, not for her to browbeat me. I promised to represent our program well, but in exchange, I needed her to treat me with respect—and ultimately, she did.

**The Issue:** A FRIENDSHIP FEELS LIKE AN OBLIGATION, NOT A PLEASURE.

**The Redo:** MAKE SURE YOU TRULY CONNECT.

Maybe you have a pal who expects to talk or text with you daily, and you just don't have the time or energy to do so. The next time you meet in person, make an effort to show you're concentrating on her. Sustained direct eye contact fosters a level of intimacy that's lacking in so many interactions today, especially between friends. We hang out together but apart—all of us peering at our smartphones and glancing only occasionally at one another. Think about it: When you don't look someone in the eye, you're telling her she's not worthy of your full attention. The more focused you are on your friend when you're together, the less likely it is that she'll demand more of your time when you aren't. You'll get the space you want, without sacrificing the closeness every friendship needs. **Q**

*Dr. Phillip C. McGraw's daily talk show is entering its 12th season. He has written seven best-selling books; his latest is Life Code: The New Rules for Winning in the Real World (Bird Street). Have a question for Dr. Phil? Go to [oprah.com/omagazine\\_talk](http://oprah.com/omagazine_talk).*




# TODAY WE CELEBRATE SHANTEL

Shantel Gibson knows the definition of hard work. Holding down both a full-time position as an accountant and a part-time job with the Georgia Air National Guard, Shantel is still striving for more. She is currently taking online classes at night to complete her master's degree. In addition to juggling her career and education, Shantel is a single mom to three children, all under the age of 10.

Shantel's dedication to her family, passion for her career, and drive to always strive for more makes her one hard-working woman. Whenever she gets a rare moment to herself, she loves a long soak in the tub with a really good book!



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## Good News for Bad Habits

These surprising health updates turn so-called vices into virtues.

→ **IN MY 27 YEARS AS A** doctor, one thing has remained constant: Most people won't let me out of their sight until I give them unequivocal answers to questions about their health habits—do eat this, don't do that. Of course, there are some indisputable rules (smoking is bad, sunscreen is good), but many of the health choices we make every day fall into a gray area where the advice can change, sometimes for the

better, as research evolves. Here, five recent findings put a positive spin on habits that aren't so bad after all.



**Habit:** SKIPPING THE GYM WHEN YOU'RE SHORT ON TIME

**Good News:** You can work out less—if you move more. In one 2013 study, people who stood for a total of two hours and walked for four hours daily had

greater insulin sensitivity (which reduces the risk of diabetes and heart disease) than people who completed an intense workout for one hour but were mostly sedentary for the other 23. This may be because muscle contractions from more sustained movement stimulate the production of an enzyme that helps regulate glucose.



**Habit:** DOWNING CUP AFTER CUP OF COFFEE

**Good News:**

In recent years, a wealth of research has shown that java may be just what the doctor ordered. A 2013 study of more than 23,000 people found that those who drank coffee daily were shown to have a 4 percent lower risk of developing heart disease, type 2 diabetes, and cancer.



**Habit:** SLEEPING LATE ON WEEKENDS

**Good News:**

Though going to bed at the same time and waking at the same time every day is the best way to feel rested, that's easier said than done. And it turns out there's a more realistic solution to combat the consequences of sleepless nights: A study in the journal *Sleep* suggests that "sleep banking"—clocking more hours of shut-eye in anticipation of a sleep-deprived night—may lessen fatigue. When subjects snoozed ten hours per night the week before they could squeeze in only three hours of sleep, they

experienced fewer impairments in cognitive performance and alertness than those who clocked a steady seven hours prior to sleep deprivation.



**Habit:** PLAYING VIDEO GAMES

**Good News:**

If you pass the time in line at the grocery store or bank playing games on your phone, you may be doing your memory a big favor. According to a study in the journal *PLOS ONE*, people who played games that required them to find objects hidden in complex scenes one hour a day, five days a week for four weeks improved their performance on tests that measured spatial memory.



**Habit:** SCARFING DOWN CARBS

**Good News:**

For decades refined carbohydrates have been maligned as empty calories, but not all carbs deserve the negative rep. Resistant starch—a type that can be created when foods like pasta and potatoes are cooled after cooking—doesn't break down in your small intestine like other starches. It arrives intact in the large intestine, where it produces fatty acids that may prove useful in the prevention of colorectal cancer by protecting cells from DNA damage. And one study done on animals found that a diet high in resistant starch even helped **shrink breast cancer tumors.**

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

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# Brené Brown



## Dare to Set Boundaries

If autumn finds you harried and spent, *Brené Brown* has one word for you: No.



**IN MANY WAYS**, September feels like the busiest time of the year: The kids go back to school, work piles up after the summer's dog days, and Thanksgiving is suddenly upon us. But as our calendars swell with obligations, it's important to recommit to one thing that can help keep us sane: boundaries.

The moment someone asks you to do something you don't have the time or inclination to do is fraught with vulnerability. "Yes!" often seems like the easiest way out. But it comes at a price: I can't tell you how many times I've said "Sure!" in my squeaky, I-can't-believe-I'm-doing-this voice, only to spend hours, even months, feeling angry and resentful. For women, there's a myth that we're supposed to do it all (and do it perfectly). Saying no cues a chorus of inner shame gremlins: "Who do you think you are?" "You're not a very caring [mother/wife/friend/colleague]."

Daring to set boundaries is about having the courage to love

ourselves, even when we risk disappointing others. We can't base our own worthiness on others' approval (and this is coming from someone who spent years trying to please everyone!). Only when we believe, deep down, that we *are* enough can we say "Enough!"

### THE DARE

• **Make a mantra.** I need something to hold on to—literally—during those awkward moments when an ask hangs in the air. So I bought a silver ring that I spin while silently repeating, "Choose discomfort over resentment." My mantra reminds me that I'm making a choice that's critical for my well-being—even if it's not easy.

• **Keep a resentment journal.** Whenever I'm marching around muttering cuss words under my breath, I grab what I lovingly refer to as my Damn It! Diary and write down what's going on. I've noticed that I'm most resentful when I'm tired and overwhelmed—i.e., not setting boundaries.

• **Rehearse.** I'll often say, to no one in particular, "I can't take that on" or "My plate is full." Like many worthwhile endeavors, boundary setting is a practice.

*Brené Brown, PhD, researches vulnerability, shame, courage, and worthiness at the University of Houston Graduate College of Social Work.*

# May We Help You?



## Iyanla, Fix My Life!

Five steps forward, from problem-solving pro *Iyanla Vanzant*.

### Q How Do I Make a Big Change?

**1. Have a vision.** You can't achieve something if you don't know what it is! Maybe you want to start thinking more positively. The vision will give you something to focus on and writing it down will help you stay on track.

**2. Give yourself permission to be different**—from how you've been in the past, and from what you think is expected of you. Answer the call from within to connect to what's true for you.

**3. Begin where you are, with what you have.** When you start a workout, a trainer will tell you, "If you can't touch your toes, reach for your knees. If you can't reach your knees, go for your hips." So do what you can. And then...

**4. Push.** When your mind says, "No!" you say, "Yes." (No, you can't think positively about that plane delay? Yes—two hours to yourself!—yes, you can.)

**5. Lighten up your enlightenment.** Transformation doesn't have to be deep, dark, and mysterious. If you screw up, fine—laugh at yourself, learn, and move on.

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

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you indestructible.”* –Jackson, 6 yrs old

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“One of the best bras I have ever worn, it smoothed everything out. **Comfortable and high quality.** I would replace every bra in my dresser with this bra.”

-CHANTAL, GEORGIA

“I love how **much smoother** my back is through my t-shirts and sweaters!”

-M.N., GEORGIA

“**No bumps or lumps!** Made my figure look better than it has in a long time and **gave me confidence.**”

-DIANE, KENTUCKY

**9 out of 10** readers who tried Vanishing Back with LYCRA® fiber agreed it provided a comfortable, long lasting fit!

*O, The Oprah Magazine* readers who tried Vanishing Back love it!\*

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\*Source: A survey of 266 O, The Oprah Magazine DevOtee panelists age 25-55, who typically wear underwire bras were provided 2 free Soma Vanishing Back bras, a front-closure and a back-closure, to try over a 2-week period.

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Boutiques and Soma.com



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[merlenorman.com](http://merlenorman.com)

# The List

A few back-to-school things we think are just great!



## ▲ Wheel Deal

Go green, get healthy, and look fabulous all at once on this superstylish, monochrome, lightweight bicycle, featuring a built-in basket, Duomatic gear-shifting, and Lucite pedals. **(Gramercy bike, \$899; martonecycling.com)**



### ▲ A Ray of Light

Perfect for small work spaces, this sleek sliver of a lamp (with adjustable head and touch strip for dimming) uses only seven watts of electricity, and its LED bulbs last 50,000 hours. **(Z-Bar Mini LED Lamp, originally \$265 each, now 20 percent off with code OPRAH; [koncept.com/oprah](http://koncept.com/oprah))**



### ◀ Berry Nice

This model not only lets you type and swipe with equal ease, it also offers supercrisp photo capabilities and a new processor, which means browsing speeds that make navigating through apps and e-mails a breeze. **(Q10 Smartphone, starting at \$200 with contract; [blackberry.com](http://blackberry.com))**

### ▼ Cash and Carry

Here's hoping these leather wallets with needlepoint renditions of university logos are filled with enough cash to repay your favorite student's loans. **(\$119 each; [pbdorm.com](http://pbdorm.com))**

### ▼ Busy Beaver

This little chrome-plated guy holds down two jobs: pencil sharpener and paperweight. **(Rodrigo Torres for Alessi, \$65; [lumens.com](http://lumens.com))**



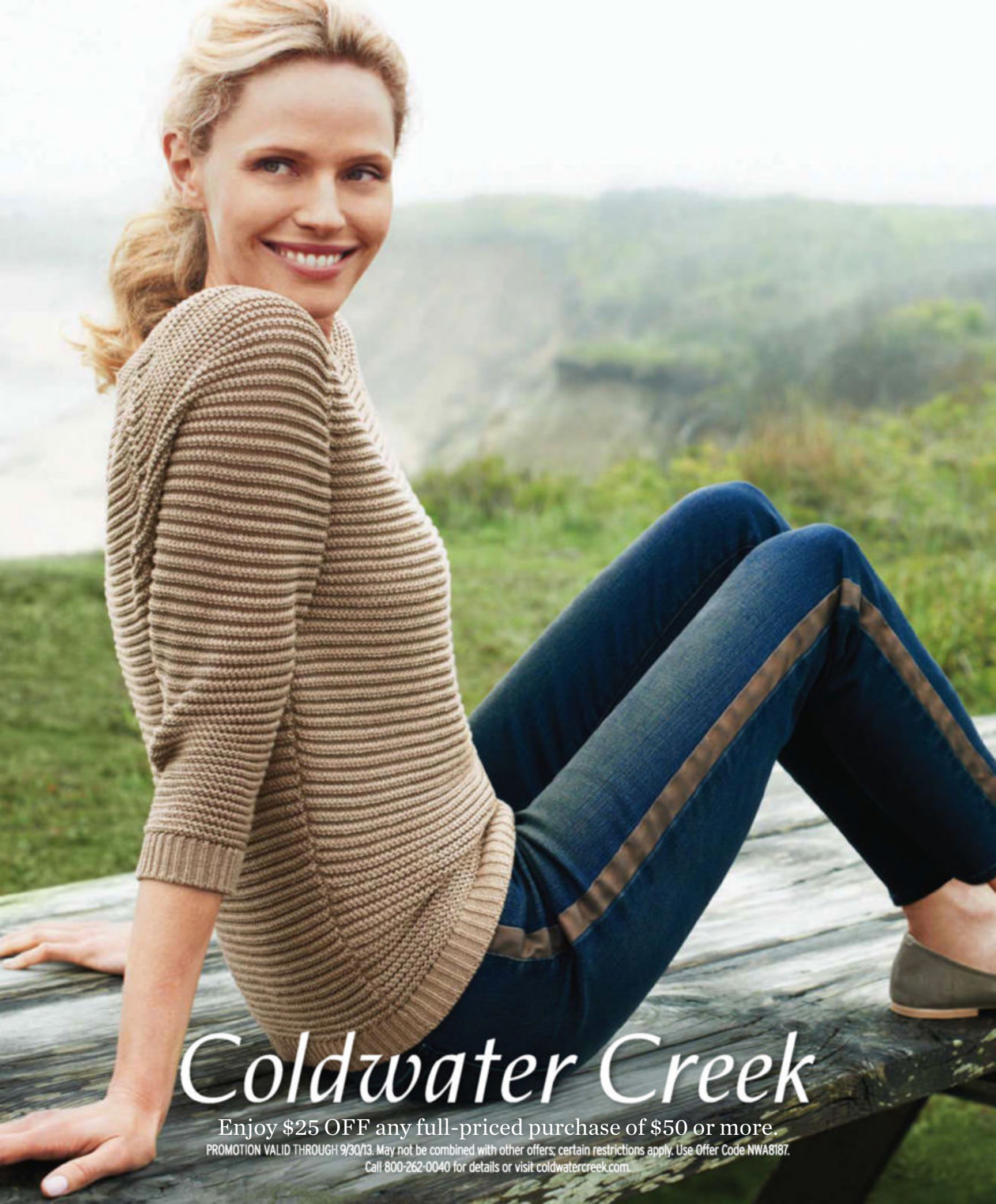
### ▲ Study Break

Desperate caffeine needs call for desperate measures. This machine, which processes disposable K-Cups, lets you brew your favorite coffee, tea, or cocoa anywhere in under two minutes. **(Keurig K10 Mini-Plus, \$100; [bedbathandbeyond.com](http://bedbathandbeyond.com))**

### ▶ You Rule!

A translucent acrylic ruler brightens up any desk and helps you keep an eye on whatever you're measuring. **(Originally \$7 each, now 20 percent off with code OPRAH; [poppin.com](http://poppin.com))**





# *Coldwater Creek*

Enjoy \$25 OFF any full-priced purchase of \$50 or more.

PROMOTION VALID THROUGH 9/30/13. May not be combined with other offers; certain restrictions apply. Use Offer Code NWA8187.

Call 800-262-0040 for details or visit [coldwatercreek.com](http://coldwatercreek.com).



### ▲ In the Bag

It may look like a chic little cross-body purse, but this sleek organizer contains seven credit card slots, three zipped pockets, a cash holder, and a roomy pouch—giving you no excuse for losing your ID. (Mywalit Travel Organizer, originally \$179 each, now 20 percent off with code OPRAH; [terrestra.com](http://terrestra.com))



### ▲ Screen Gem

The ingenious swivel screen makes this computer a true multitasker: Flip it up and it's a traditional notebook PC; push it flat and it's a touchscreen tablet; fold it backward and it's a mini movie screen (without the keyboard getting in the way). Bravo! (Acer Aspire R7, \$1,000, includes Microsoft Office with purchase using code OPRAH; [acer.com](http://acer.com))



### ▲ Shoe Shine

The classic loafer gets a thoroughly modern makeover with a little help from jewel-toned patent leather. (Originally \$128 a pair, now 20 percent off with code OPRAH; [ghbass.com](http://ghbass.com))

### ▼ A Pressing Matter

This sandwich maker, great for dorm rooms, has extralarge cooking plates that seal in the ingredients and cut the bread, so your only job is to eat. (The Original, \$100; [brevilleusa.com](http://brevilleusa.com))



### ▼ Leader of the Pack

This dorm trunk, made with heavy-duty nickel-plated latches, hardware, hinges, and removable wheels, is water-resistant, scratch-resistant, dent-resistant, and, we suspect, rowdy-party-proof, too. (\$198; [dormco.com](http://dormco.com))



### ► Pencil Me In

There's nothing like this ultrachic leather pencil roll (which comes with 18 pencils) to put you in touch with your inner artist. It will make even writing your grocery list more inspiring. (\$148; [coach.com](http://coach.com))



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# BACK-TO-COLLEGE head-to-toe

**1. VENUS SENSITIVE DISPOSABLE RAZOR**

A lubricated moisture strip for a super-close shave and silky-smooth confidence.

**2. NEW SCOPE TO GO**

Give your college-bound kids the confidence that comes from minty-fresh breath—anytime!

**3. VIDAL SASSOON REPAIR SHAMPOO & CONDITIONER**

Rich, repairing care for healthy-looking hair all semester long.

**4. SIMPLY OLAY REFRESH BODY WASH**

Back-to-school escape with a rejuvenating clean and twice the lather.\*

**5. SECRET OUTLAST CLEAR GEL PROTECTING POWDER**

48-hour odor protection stops odor before it starts.

Sending your kids off with these trusted back-to-college essentials will make them feel confident. (And you feel good.)

\*Simply Olay Body Wash vs. the leading female body wash



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TEETH FEELING  
**SQUEAKY  
CLEAN!**”

[Crest Pro-Health Toothpaste]  
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toothpastes are

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Quote from real Crest Pro-Health user. Model portrayal.

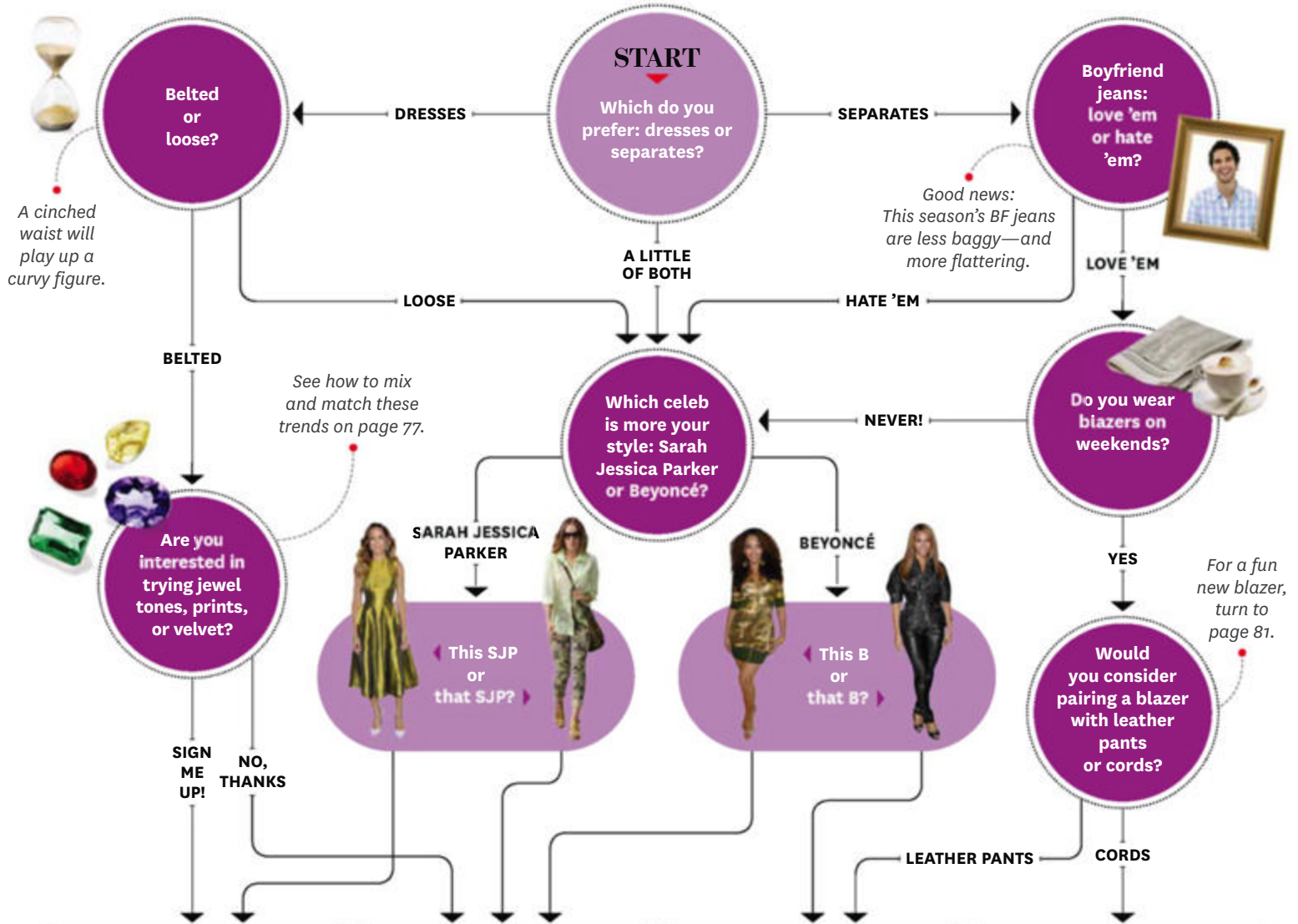
life opens up when you do

**Crest + Oral-B**

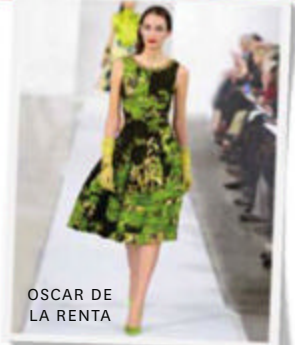
**PRO-HEALTH**

# FIND YOUR FALL FASHION TREND

Answer a few questions to choose your new look, then turn the page for more inspiration.



**NEW ROMANTIC**



OSCAR DE LA RENTA

If dresses are your go-to, it's time for an update, with rich colors, pretty patterns, and lush fabrics. Find these looks on page 74.

**MILITARY CHIC**



3.1 PHILLIP LIM

Like unfussy pieces and layered looks? Try versions in army green and camo, jazzed up with orange and metallics. For ideas turn to page 74.

**ROCKER GLAM**



SAINT LAURENT

The keys to this trend: adding gold hardware, leather, and a judicious smattering of studs to your wardrobe. See page 78 for more.

**GUYWEAR**



RAG & BONE

These borrowed-from-the-boys pieces (oxford shoes, tweed trousers, button-down shirts) look great in the office—and out. Shop styles on page 81.

HOURGLASS: STEVE WISBAUER/GETTY IMAGES. FRAME: PHOTONICA/GETTY IMAGES. BOYFRIEND: PANDO HALL/GETTY IMAGES. JEWELS: DON FARRALL/GETTY IMAGES. NEWSPAPER: ANDY CRAWFORD/GETTY IMAGES. COFFEE: GALLO IMAGES/GETTY IMAGES. PARKER: FROM LEFT: CHINAFOTOPRESS/GETTY IMAGES. IGNAI/BAUERGRIFFINONLINE.COM. BEYONCÉ, FROM LEFT: THEO WARGO/WIREIMAGE. MARCEL THOMAS/FILMAGIC. RUNWAY, FROM LEFT: FAIRCHILD PHOTO SERVICE/CONDÉ NAST/CORBIS. SLAVEN VLASIC/GETTY IMAGES. VICTOR VIRGILE/GETTY IMAGES. CATWALKING/GETTY IMAGES.

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Love That!

# O's

# FALL FASHION

# Look Book

It's officially fall—time to shelve those flip-flops and sundresses. Which new bag will instantly upgrade your look? Is it possible to wear velvet without looking like a slipcover? Can you still pull off studs? O creative director **Adam Glassman** is here to school you on all this and more.

KNIT JACKET, \$188; NICANDZOE.COM.  
DRESS, \$328; TRINATURK.COM.  
BAG, COACH.  
TIGHTS, DONNA KARAN EVOLUTION.  
SHOES, ELIE TAHARI.



**INDEX** *Page 74:* Atten-shun! The freshest way to wear the military trend. *Page 76:* Inspired by fine art: clothes and accessories with a golden touch. *Page 78:* Great Buys Under \$100! Channel your inner rock star. *Page 80:* The pants guaranteed to fit all figures. *Page 82:* Reversible pieces that really work. And cute animal alert! **PLUS:** New launches, hot watches, and the magic dress that will make you look ten pounds thinner.

**TRENDING NOW:**  
FALL 2013  
RUNWAY  
LOOKS.

MODELS: PETER ROSA/STUDIO D. HAIR: SHALOM SHARON FOR ORIBE AT ARTISTS BY TIMOTHY PRIANO. MAKEUP: LEA SIEGEL AT NEXT ARTISTS USING SMASHBOX. MANICURE: ROSEANN SINGLETON FOR CHANEL AT ART DEPARTMENT. RUNWAY: GETTY IMAGES.



# From Runway to O-Way

## Military Chic

Camo is one of my favorite prints: It matches nothing yet goes with everything. Which is why I'm loving these at-ease weekend pieces in army colors with hits of orange and camo, camo, camo. Luxurious details (like gold chain links) keep the vibe more brunch than barracks.



**JACKET, \$98;** LOFT.COM. **SWEATER, \$79;** JOEFRESH.COM FOR STORES. **SCARF, ARIZONA, \$15;** JCP.COM.



**VEST, \$30;** OLDNAVY.COM. **TUNIC, DKNY, \$355;** BLOOMINGDALES.COM. **BELT, \$17;** TARGET.COM.



**BAG, M MISSONI, \$595;** 212-431-6500.



**SKIRT, MYRTLEWOOD, \$58;** MODCLOTH.COM. **BELT, \$40;** EXPRESS.COM.

**PANTS, MARISSA WEBB, \$535;** ELIZABETH-CHARLES.COM.



**WATCH, VICTORINOX SWISS ARMY, \$650;** NORDSTROM.COM.

**TIP: Camo functions as a neutral, so don't be afraid to pair it with brights.**



**SHOES, W\$309;** PRETTY LOAFERS.US.

## New Romantic

Part *The Royal Tenenbaums*, part vintage glam, this look is flattering for most, with longer hemlines and forgiving silhouettes. To avoid looking like the Olsen twins in their bag lady phase, make sure all the colors in the outfit are of similar intensity, i.e., brights with brights or pastels with pastels.



**FAUX FUR!**



**TURTLENECK, OASIS, \$62;** OASIS.ANOTHERBRANDS.COM. **VEST, \$98;** VICTORIASSECRET.COM. **BELT, \$10;** LULUS.COM.



**DRESS, FERVOUR, \$80;** MODCLOTH.COM.



**SKIRT, CALVIN KLEIN, \$110;** MACYS.COM.



**Mixed-media clothes and accessories (like this leather bag with semiprecious stones) are a big trend.**

**NECKLACE, \$128;** CHLOEANDISABEL.COM.



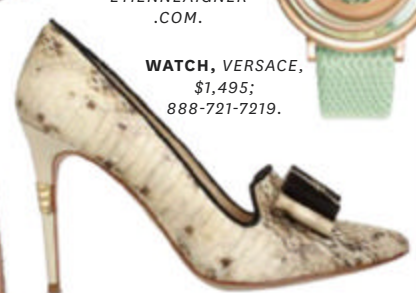
**CLUTCH, \$495;** ETIENNEAIGNER.COM.



**SWEATER, SPARROW, \$88;** ANTHROPOLOGIE.COM. **BLOUSE, \$89;** VINCECAMUTO.COM.



**WATCH, VERSACE, \$1,495;** 888-721-7219.



**SHOES, VC SIGNATURE, \$250;** VINCECAMUTO.COM.

MILITARY: MARKO METZINGER/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. PROPER: BEN GOLDSTEIN/STUDIO D. STYLIST: PHYLLIS EVANS BAKER/ANYWAY MGMT. GREEN BAG: COURTESY OF MISSONI. HUNTER GREEN WATCH: COURTESY OF SWISS ARMY. LOAFERS: COURTESY OF PRETTY LOAFERS. LITTLE GREEN WATCH: COURTESY OF VERSACE. RUNWAY: CATWALKING/GETTY IMAGES (2).

A woman with long, wavy brown hair is posing against a black background. She is wearing a black, textured bra and high-waisted black shorts. Her arms are raised, and her hair is blowing in the wind. She has a confident expression and is looking slightly to the side.

“ More than 130 years  
of expertise  
to achieve perfection...  
One second  
to experience it. ”

Chantelle  
PARIS



**TREND ALERT**

# GOING FOR THE GOLD

I'm crazy about this trend. With rich, burnished golds like these, you can pull off metallics long before sundown. Just limit yourself to one showstopping piece per outfit, and balance the dressiness with casual elements like flats, a white tee, or gray flannel pants.

**Staff favorite!**

**TOP, \$995; TORYBURCH.COM.**

**SKIRT, NOVIS, \$465, STUDIO SEBASTIAN; 214-360-9001.**

**CLUTCH, WHITING & DAVIS, \$200; WHITINGANDDAVISBAGS.COM.**

**NECKLACE, SEQUIN, \$256; 212-398-7363.**

**HEELS, JESSICA SIMPSON, \$79; MACYS.COM.**

**EARRINGS, \$310; MONIKAKNUTSSON.COM.**

**PANTS, \$398; KATESPADE.COM.**

**CARDIGAN, L'WREN SCOTT, JEFFREY NEW YORK; 212-206-1272.**

**GUSTAV KLIMT, PORTRAIT OF ADELE BLOCH-BAUER I, 1907.**

**I could stare at this Klimt painting for hours. Tory Burch and L'Wren Scott were inspired by the artist for their fall collections.**

**GREAT BUY!**



## **HOT LAUNCH:** *Mawi for Bruno Magli*

These shoes just put a smile on my face. They're the dazzling result of a collaboration between London-based jewelry house Mawi and the classic Italian shoe brand Bruno Magli. The capsule collection also includes other jewel-encrusted pumps in pony hair, along with matching bags and accessories. Consider them a modern version of Dorothy's ruby slippers: Click your heels and get ready to party.

\$1,100 A PAIR; MODAOPERANDI.COM.

MARKO METZINGER/STUDIO D.; STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS; EARRING: COURTESY OF MONIKA KNUTSSON; PANTS: COURTESY OF KATE SPADE; SHOES: COURTESY OF MAWI FOR BRUNO MAGLI; ART: NEUE GALERIE NEW YORK/ART RESOURCE, NY.

# Velvet Revolution

The key to wearing velvet without looking like an extra from *Downton Abbey* is to choose clothing in clean silhouettes and vivid colors and pair it with modern pieces like leather pants.

JACKETS: BEN GOLDSTEIN/STUDIO D. STYLIST: PHYLLIS EVANS BAKER/ANYWAY MGMT. SHOE AND BAG: MARKO METZINGER/STUDIO D. STYLIST: ANITA SALERNO FOR R.J. BENNETT REPRESENTS.



COOL

CREATIVE

◀ **TOP**, DIANE VON FURSTENBERG, \$345; 646-486-4800. **PANTS**, \$975; KELLYWEARSTLER.COM. **BAG**, CHRISTOPHER KON. **SHOES**, KURT GEIGER.

◀ **BLAZER**, \$475; MAGGYFRANCES.COM. **TOP**, TRIBUNE STANDARD, \$395; SPACE519.COM. **PANTS**, \$325; TORYBURCH.COM. **BAG**, TOMMY HILFIGER. **SHOES**, IVANKA TRUMP.

## THE LONG AND SHORT OF IT

The ladies I meet usually fall into one of two camps: those who love hip-length jackets and those loyal to longer versions (and the resulting derriere coverage). Both groups will be happy this season.

### THE TRENCH



GRYPHON,  
\$1,095;  
212-764-3059.



TOMMY HILFIGER,  
\$429;  
212-223-1824.

### THE MOTORCYCLE



RAG & BONE,  
\$1,395;  
NEIMANMARCUS.COM.



FRENCH CONNECTION,  
\$215; LORDAND TAYLOR.COM.

### THE BOMBER



MACKAGE,  
\$675;  
MACKAGE.COM.



IRIS & INK,  
\$350;  
THEOUTNET.COM.

### TREND ALERT!

## PONY HAIR ACCESSORIES

The hot-to-trot material for shoes and bags this season? Pony hair (technically calf hair), which I'm seeing everywhere. It's an easy way to add luxurious texture to your fall basics.



**BAG**, \$1,200; COACH.COM. **SHOES**, \$425; ETIENNEAIGNER.COM.

Love  
That!

## GREAT BUYS UNDER \$100! ROCKER GLAM



J. Mendel

**\$90** Good girl gone bad: A faux-leather bodice adds toughness to a sweet lace dress. (Dress, [shop.mango.com](http://shop.mango.com). Belt, \$17, Foreign Exchange; [feclothing.com](http://feclothing.com))

**\$60** There's nothing stuffy about a sweater-vest with crisscross metallic accents. ([shop.mango.com](http://shop.mango.com))

From top: \$98, \$68, and \$58. Choose one spiky bangle, or pile on three if you're having a more-is-more day. ([cwonder.com](http://cwonder.com))

**\$25** Faux-leather side panels make a tweed skirt cocktail-ready. ([kmart.com](http://kmart.com))

Gold touches are more sophisticated than silver ones.

**\$84** The new way to wear painted-on jeans? Gold-brushed fabric with motorcycle details. ([asos.com](http://asos.com))

**\$25** With chain links, a black clutch is more bold than basic. (H&M; [hm.com](http://hm.com) for stores)

**\$54** Gold hardware adds zip to a simple crewneck sweater. ([s25america.com](http://s25america.com))

**\$46** The oxford gets punked (and shoelaceless!). ([BeaAshe.com](http://BeaAshe.com); [shoedazzle.com](http://shoedazzle.com))

TREND ALERT!

### GREEN HANDBAGS

Green is the new black: Trade your go-to purse for one in olive, lichen, or hunter instead. These muted shades pair equally well with colorful and neutral outfits—and black or brown shoes.



▲ \$228; [COACH.COM](http://COACH.COM).



▲ IVANKA TRUMP, \$150; [MAPLEANDWEST.COM](http://MAPLEANDWEST.COM).



▲ \$1,150; [TIFFANY.COM](http://TIFFANY.COM).



▲ \$298; [VINCECAMUTO.COM](http://VINCECAMUTO.COM).



▲ \$67; [ASOS.COM](http://ASOS.COM).

GREAT BUY!

**“You can wear heavy metals, even if you worked them the first time around in the '80s. Here's a grown-up way to pull it off.”**

THIS SEPTEMBER

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A MONTH OF GAME-CHANGING SOCIAL TELEVISION

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THOUGHT-LEADERS  
COME TO THE  
#LIFECCLASS  
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DR. BRENÉ BROWN



BISHOP T.D. JAKES

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AND  
ENTERTAINING”**

-ESSENCE.COM

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**OWN**  
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Love That!



HAS INNER POWER MESH

### Crazy for It!

I put this stretchy number on Gayle King and Lisa Kogan, and it instantly sucked them in and made their waists look tiny—er, even tinier.

INSTANTLY SLIMMING DRESS, \$160; WHBM.COM.

### The Little Black Pant

An inner front panel tucks your tummy, and the stretch fabric slenderizes all over.

PERFECTLY SLIMMING PANT, \$72; RAFAELLA SPORTSWEAR.COM.

SKINNY PANTS!



# We Promise They'll Fit!

Your search for the perfect pants is over. After surveying 10,000 women, Loft has created an ingenious new collection that guarantees you'll find the right pair. In a feat of fashion engineering, all the pants have been redesigned: The back pockets were adjusted so the **butt is visually lifted**; the side seams were moved forward and extra fabric removed so **thighs look leaner**; the knee breaks were lowered to make **legs appear longer**; and the waistband was widened (and interior lining added) to **flatten and smooth the stomach area**. But wait, there's *more*—the line is offering three versions tailored to specific body types.

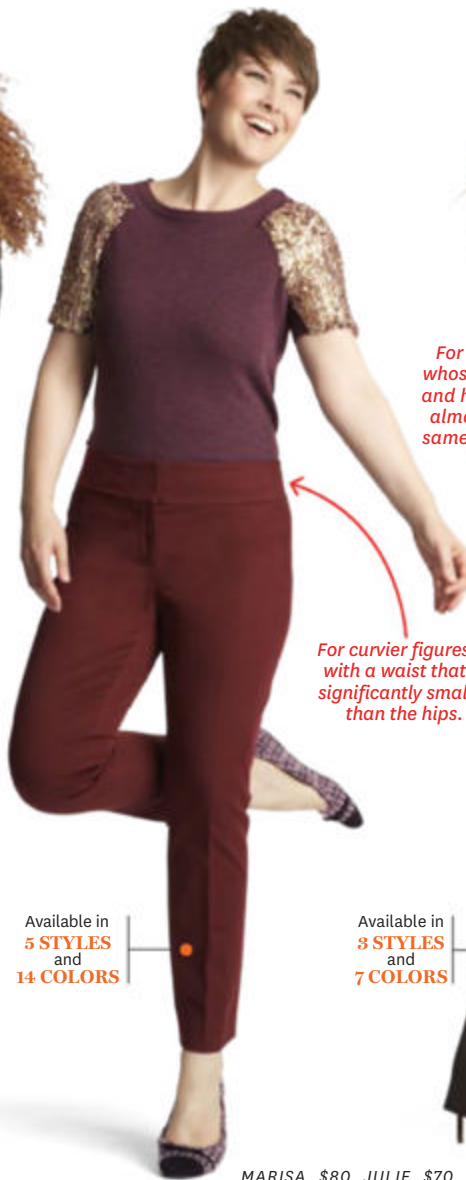
## THE MARISA



For women who don't usually have a problem finding pants that fit both waist and hips.

Available in 9 STYLES and 25 COLORS

## THE JULIE



For curvier figures— with a waist that is significantly smaller than the hips.

Available in 5 STYLES and 14 COLORS

## THE ZOE



For those whose waist and hips are almost the same width.

Available in 3 STYLES and 7 COLORS

MARISA, \$80, JULIE, \$70, AND ZOE, \$75; LOFT.COM.

## HOT LAUNCH: Minnetonka x Wren

I have always loved Minnetonka moccasins, and now Wren has joined forces with the brand to update its classic mocs with luscious deerskin and metallic beads.



MINNETONKA X WREN, \$65 EACH; NORDSTROM.COM.

DRESS: MARKO METZINGER/STUDIO D. STYLIST: ANITA SALERNO FOR R.J. BENNETT REPRESENTS. PANTS: BEN GOLDSTEIN/STUDIO D. STYLIST: PHYLLIS EVANS BAKER/ANYWAY MGMT. SHOES: COURTESY OF MINNETONKA.



**CHRISTINE RUBIN, 46**  
LICENSED MASTER SOCIAL WORKER

**3-YEAR PLAN:**  
SHIFTING FROM NONPROFIT SOCIAL  
SERVICES INTO PRIVATE PRACTICE

GO-GETTERS WHO INVEST EVERY DAY WITH PASSION. And know savvy strategies can help them invest today—and retire tomorrow—with confidence. They're **THE INVESTIGETTERS**—like social worker **CHRISTINE RUBIN**.

After completing her degree in 2008 (and four years working with cancer patients and their caregivers), she's looking forward to the earning potential that comes with private clients. Until then, she's looking to **TD Ameritrade** for savvy strategies to supplement her income.

“ I’ve used a growth and income account to supplement my income, because social workers do great work, but don’t always get paid for it. ”

—Christine

# *the* INVESTI- GETTERS

**GO-GETTERS WHO GET THE MOST OUT OF LIFE & INVESTING.**



# the INVESTIGGETTERS

**TD Ameritrade Investment Consultant:**

So, you're looking for a short-term conservative strategy for this investment, correct? Not the long-term growth of your 401(k). And trying to achieve more stable returns, and generate some income from your investment?

**CHRISTINE:** Yes, I'll start working with private clients soon. My time horizon is anywhere from one to three years.

**TD Ameritrade:** So, we take a diversified approach, spreading your risk among all the major asset classes and also taking into account your specific risk tolerance. We can help you build a strategy designed to guard against taking on too much risk in the event there is a market pullback.

**CHRISTINE:** OK, that's good to hear. I can always change once I have more consistent income, and since we can't predict what is going to happen.

**TD Ameritrade:** And any strategy we help you set up can adapt. It can change because, first of all, your goals are going to change. Your life is going to change. So if you're way down here on your risk tolerance and all of a sudden things go well and you can afford to take more risk, we can always help you adjust your strategy.

**CHRISTINE:** I understand that there are risks, but I can always hope things are going to improve. That is my goal.

“ Any strategy we help you set up can change over time. It can change because, first of all, your goals are going to change. Your life is going to change. ”

— TD Ameritrade  
Investment Consultant



**WHAT'S YOUR 3-YEAR PLAN?**

Visit [www.investiggetters.com](http://www.investiggetters.com) for more life strategies—and find the one that works for you.

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# PATTERN RECOGNITION

Minimalists, skip this story. For everyone else, this is the season of the print—pretty patterns are on clothes and accessories at every price. Here are the freshest of the bunch.

**IF YOU LIKE...**  
**Spring Florals**

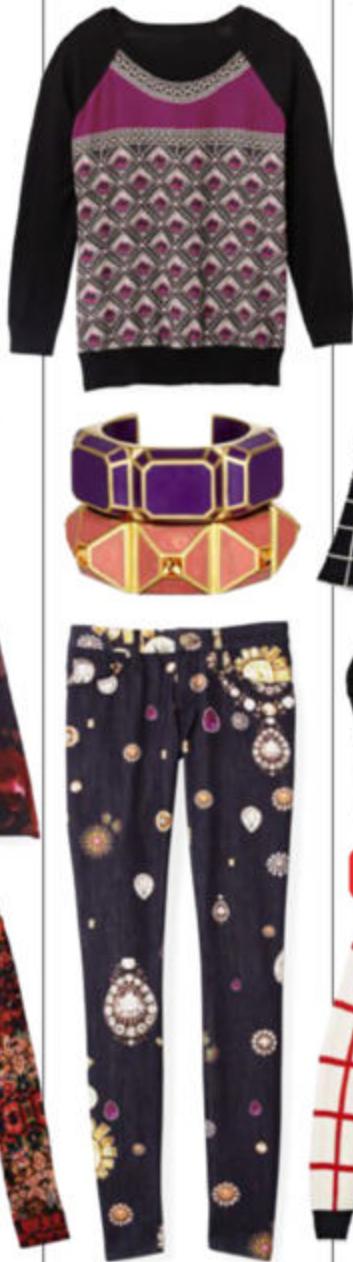
**TRY...**  
**Winter Florals**, darker (and more slimming) than warm-weather pastels.



**SHOES**, AERIN, \$268; SAKS.COM. **DRESS**, \$108; THELIMITED.COM. **TOP**, \$158; LAVENDERBROWN.COM.

**IF YOU LIKE...**  
**The Baroque Trend**

**TRY...**  
**Jewel Prints**, which offer embellishment in a cheeky, trompe l'oeil way.



**TOP**, \$68; AUGUSTSILK.COM. **BRACELETS**, FROM TOP, \$198 AND \$218; ISHARYA.COM. **JEANS**, \$275; MOTHERDENIM.COM.

**IF YOU LIKE...**  
**Graphic Prints**

**TRY...**  
**Windowpane Prints**, a cleaner, less in-your-face look than the bolder patterns of last season.



GREAT BUY!

**DRESS**, OHNE TITEL, \$675; BARNEYS.COM. **SHOES**, GIANVITO ROSSI, \$895; BARNEYS.COM. **SWEATER**, \$40; GAP.COM.

**IF YOU LIKE...**  
**Menswear-Inspired Looks**

**TRY...**  
**Tie Patterns**, which offer the traditional prints in unexpected silhouettes.



**TOP**, \$98; NYDJ.COM. **BLAZER**, CHARLOTTE RONSON, \$630; SHOPBOP.COM. **LOAFERS**, \$268; JCREW.COM.



**HOT LAUNCH**

3.1 Phillip Lim for Target

The dresses in Target's designer collaborations are so well-made for the money: Check out this flattering sequined number. 3.1 PHILLIP LIM FOR TARGET, \$75; TARGET.COM.

**TREND ALERT**

**DRESSED-UP FITFLOPS**

Yes, they may look odd. But if you put them on, you will not want to take these ultra-comfortable shoes off. And in this new oxford-inspired style, you can get away with wearing them at the office. \$275 A PAIR; FITFLOP.COM.



FLORALS AND LIM: MARKO METZINGER/STUDIO D. STYLIST: ANITA SALERNO FOR R.J. BENNETT REPRESENTS. JEWEL AND FITFLOP: BEN GOLDSTEIN/STUDIO D. STYLIST: PHYLLIS EVANS BAKER/ANYWAY MGMT. WINDOWPANE AND TIE: MARKO METZINGER/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. THE PATTERN REPRESENTS: BEN GOLDSTEIN/STUDIO D. STYLIST: PHYLLIS EVANS BAKER/ANYWAY MGMT.



# GREAT TRANSFORMERS

What's better than a two-for-one deal? These fabulous reversible pieces save you money and closet space. Here's how to style them.



Balance a bold graphic print with a plain top.

One side is Uptown Girl while the other is Mod Squad.

JACKET, \$1,695, AND SKIRT, \$995, LISA PERRY; LISAPERRYSTYLE.COM.



The deliciously soft knit is as comfortable as a worn-in hoodie but so much more polished.

The belt is included—wear it to work, lose it for the weekend.

KNIT JACKET, NIC + ZOE, \$188; NICANDZOE.COM.

## TREND ALERT

### ANIMAL MOTIFS

I love animals of all kinds, which is why I'm happy to see so much clothing and accessories featuring cute critters in stores now. (I grew up with dachshunds, so I'm partial to the flats.)



BAG, \$478; KATESPADE.COM.



SWEATER, \$118; USA.FRENCHCONNECTION.COM.



SHOES, \$138; CWONDER.COM.

## SLAP ON THE WRIST

Want an alternative to the ubiquitous boyfriend watch? Here are some timely new options.



THE BRACELET WATCH

TISSOT SWISS WATCH, \$425; US.TISSOTSHOP.COM.



THE BLUE FACE WATCH

\$195; MICHAEL KORS.COM.



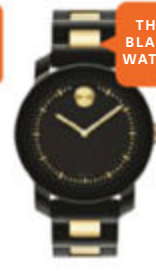
THE TEXTURED STRAP WATCH

BULOVA, \$1,150; MACYS.COM.



THE MESH WATCH

CALVIN KLEIN, \$355; MACYS.COM.



THE BLACK WATCH

\$795; MOVADO.COM.



THE DECO WATCH

\$4,990; MICHELE.COM.

ANIMAL PRINTS: FROM TOP: COURTESY OF KATE SPADE, BEN GOLDSTEIN/STUDIO D. STYLIST: PHYLLIS EVANS BAKER/ANYWAY MGMT (2). WATCHES: COURTESY OF COMPANIES. MESH WATCH: DEVON JARVIS.

# ODOR PROTECTION ISN'T JUST FOR UNDERARMS

ALWAYS ULTRA ABSORBS LEAKS AND ODORS IN SECONDS.



*always* ultra thin

# MARY KAY® SMOKY EYE DRAMA

Celebrity Makeup Artist Luis Casco always comes back to his signature smoky eye look because it works on every woman and for virtually every occasion!



Mary Kay® Cream Eye Color, Glacier Gray, \$14  
Mary Kay® Cream Eye Color/ Concealer Brush,† \$10



Luis Casco

**“What I love about Mary Kay® color is that it’s right on-trend, it’s in fashion, and it’s wearable.”**

– Luis Casco

Mary Kay Celebrity Makeup Artist, Los Angeles

## STEP 1

Apply *Mary Kay® Cream Eye Color* in Glacier Gray across the eyelids, up to the creases and at the bottom of the lashlines.

## STEP 2

Apply *Mary Kay® Eyeliner* in Black along top and bottom lashes. (Don’t worry about being too perfect.) Smudge the eyeliner into the lashlines and blend out into the Glacier Gray cream eye color. For more drama, apply *Midnight Star* mineral eye color onto the eyelids. Apply *Crystalline* mineral eye color at inner corners of the eyes and under the brow bones for a party look.

## STEP 3

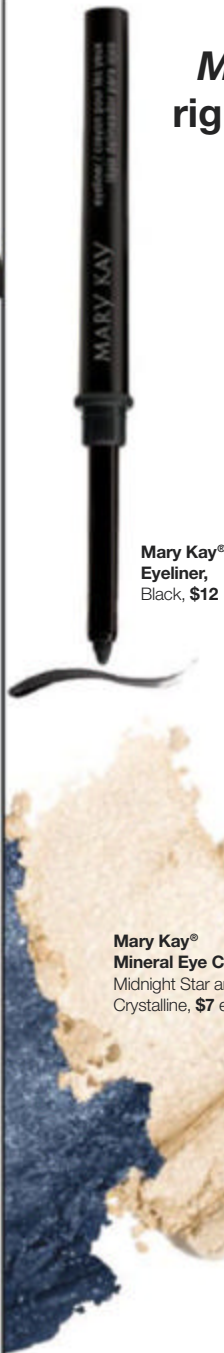
Prime the lashes with *Mary Kay® Lash Primer*. Then sweep on *Mary Kay® Ultimate Mascara™* in Black.

## STEP 4

Brush cheeks with *Mary Kay® Mineral Cheek Color* in Citrus Bloom.

## STEP 5

Apply *Mary Kay® True Dimensions™ Lipstick* in Natural Beauté.



Mary Kay® Eyeliner, Black, \$12

Mary Kay® Mineral Eye Color, Midnight Star and Crystalline, \$7 each



Mary Kay® Lash Primer, \$15  
Mary Kay® Ultimate Mascara,™ \$15



Mary Kay® Mineral Cheek Color, Citrus Bloom, \$12  
Mary Kay® Cheek Brush, \$14



Try a FREE sample of Mary Kay® True Dimensions™ Lipstick in Natural Beauté.

Mary Kay® True Dimensions™ Lipstick, Natural Beauté, \$18

**TEXT “MKTRUE” TO 467467 TO GET YOUR FREE SAMPLE!**  
Message and data rates apply. Text **STOP** to quit and **HELP** for info.

Mary Kay Text2Sample Promotion. Sponsored by Hearst Communications, Inc. To receive a free sample from Mary Kay® text “MKTRUE” to 467467. 5,000 samples; available only while supplies last. Each sample includes: one full-size True Dimensions™ Lipstick in Natural Beauté. Samples are not for resale. By texting, you consent to receive a further text message to notify if you are a recipient, or to receive a response that the Sponsor has fulfilled all the samples and there is no longer a chance to receive a sample. Sponsor’s order of receipt requests is final. Entrants will be charged standard text messaging rates for all text messages sent and received. Shop Text has a NO-SPAM promise. Contact your carrier for pricing plans and details. As soon as Sponsor has received the last eligible request, Sponsor will post a notice on omagonline.com so that all consumers are notified that all samples have been exhausted. Open to legal residents of the 50 United States or of the District of Columbia who have reached the age of majority in their state of residence at time of entry. Void in Puerto Rico and where prohibited by law. Limit one request per person, household or mobile phone.

†For hygienic reasons, it is recommended to dedicate one brush for use with cream eye color and one brush for use with concealer. All prices are suggested retail.



MARY KAY

## SMOOTHsation!

Mary Kay® True Dimensions™ Lipstick

It's like a color-infused fountain of youth for your lips.

Contact your Mary Kay Independent Beauty Consultant or connect with one at [marykay.com](http://marykay.com).

Shades shown clockwise from top:  
Firecracker, Mystic Plum,  
Color Me Coral, Pink Chérie  
and Natural Beauté



ADAM'S

# STYLE SHEET



## Poppy Love

This zesty red extends your summer wardrobe into fall, flattering all skin tones (orange-reds are easier to wear than blue-reds) and mixing with brights and neutrals alike.

### RED PEACOAT



SUMMER STAPLE: White skirt

**HOW TO WEAR IT** The peacoat works now with a tee and knit dickey (which adds coverage without bulk) and later with a heavy sweater; the pop of red warms up a black-and-white palette.  
**Coat, \$675; mackage.com.**

### RED PANTS



SUMMER STAPLE: Bright pants

**HOW TO WEAR IT** The pants that looked so chic with a tank and flats this summer can also mix with a leather jacket, scarf, and top in autumnal reds.  
**Pants, Worthington, \$36; jcp.com.**

### RED SHEATH



SUMMER STAPLE: Nude shoes

**HOW TO WEAR IT** This richly colored dress—which features stretch fabric, a flattering square neckline, and super-slimming seaming—makes summery accessories work for fall.  
**Dress, \$140; bananarepublic.com.**

### ADAM SAYS:

“These flirty yet polished pieces make layering fun.”

—O CREATIVE DIRECTOR  
ADAM GLASSMAN



◀ I'm crazy about this embellished bib. Wear it under a jacket or with a shirt unbuttoned at the top. Gorgeous! \$56; hautehippie.com.



◀ Dress up a top by slipping one of these long tanks underneath—the silk chiffon or lace bottom will peek out prettily. Bonus: The pieces are made with fabric that smooths lumps and bumps. \$60 each; nicolemiller.com.

For details see Shop Guide.

Have a topic or trend you'd love to see Adam cover? Go to [oprah.com/omagazine\\_talk](http://oprah.com/omagazine_talk).

I used artificial tears often, like when watching movies.  
**So I saw my doctor—after all, these are my eyes.**  
And she said I have a disease.

My eye doctor said I have reduced tear production caused by inflammation due to a disease called Chronic Dry Eye. That's a big deal.

She told me I can use artificial tears for temporary relief. But to make more of my own tears, she prescribed RESTASIS® (Cyclosporine Ophthalmic Emulsion) 0.05% for continued use, twice a day in each eye, 12 hours apart, every day.

#### Approved Use

RESTASIS® Ophthalmic Emulsion helps increase your eyes' natural ability to produce tears, which may be reduced by inflammation due to Chronic Dry Eye. RESTASIS® did not increase tear production in patients using anti-inflammatory eye drops or tear duct plugs.

#### Important Safety Information

Do not use RESTASIS® Ophthalmic Emulsion if you are allergic to any of the ingredients. To help avoid eye injury and contamination, do not touch the vial tip to your eye or other surfaces. RESTASIS® should not be used while wearing contact lenses. If contact lenses are worn, they should be removed prior to the use.

#### Important Safety Information (cont'd)

The most common side effect is a temporary burning sensation. Other side effects include eye redness, discharge, watery eyes, eye pain, foreign body sensation, itching, stinging, and blurred vision.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see next page for the Brief Summary of the full Product Information.

Individual results may vary.

Available by prescription only.



Talk to your eye doctor about RESTASIS® today.

16 MILLION RESTASIS® PRESCRIPTIONS WRITTEN SINCE 2003

For a free information kit and long-term savings,  
go to [restasis.com](http://restasis.com) or call 1-866-271-6242.



## RESTASIS® (Cyclosporine Ophthalmic Emulsion) 0.05%

**BRIEF SUMMARY—PLEASE SEE THE RESTASIS® PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.**

### INDICATIONS AND USAGE

RESTASIS® ophthalmic emulsion is indicated to increase tear production in patients whose tear production is presumed to be suppressed due to ocular inflammation associated with keratoconjunctivitis sicca. Increased tear production was not seen in patients currently taking topical anti-inflammatory drugs or using punctal plugs.

### CONTRAINDICATIONS

RESTASIS® is contraindicated in patients with known or suspected hypersensitivity to any of the ingredients in the formulation.

### WARNINGS AND PRECAUTIONS Potential for Eye Injury and Contamination

To avoid the potential for eye injury and contamination, be careful not to touch the vial tip to your eye or other surfaces.

### Use with Contact Lenses

RESTASIS® should not be administered while wearing contact lenses. Patients with decreased tear production typically should not wear contact lenses. If contact lenses are worn, they should be removed prior to the administration of the emulsion. Lenses may be reinserted 15 minutes following administration of RESTASIS® ophthalmic emulsion.

### ADVERSE REACTIONS

#### Clinical Trials Experience

Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice.

In clinical trials, the most common adverse reaction following the use of RESTASIS® was ocular burning (17%).

Other reactions reported in 1% to 5% of patients included conjunctival hyperemia, discharge, epiphora, eye pain, foreign body sensation, pruritus, stinging, and visual disturbance (most often blurring).

#### Post-marketing Experience

The following adverse reactions have been identified during post approval use of RESTASIS®. Because these reactions are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or establish a causal relationship to drug exposure.

Reported reactions have included: hypersensitivity (including eye swelling, urticaria, rare cases of severe angioedema, face swelling, tongue swelling, pharyngeal edema, and dyspnea); and superficial injury of the eye (from the vial tip touching the eye during administration).

### USE IN SPECIFIC POPULATIONS

#### Pregnancy

##### Teratogenic Effects: Pregnancy Category C

Adverse effects were seen in reproduction studies in rats and rabbits only at dose levels toxic to dams. At toxic doses (rats at 30 mg/kg/day and rabbits at 100 mg/kg/day), cyclosporine oral solution, USP, was embryo- and fetotoxic as indicated by increased pre- and postnatal mortality and reduced fetal weight together with related skeletal retardations. These doses are 5,000 and 32,000 times greater (normalized to body surface area), respectively, than the daily human dose of one drop (approximately 28 mL) of 0.05% RESTASIS® twice daily into each eye of a 60 kg person (0.001 mg/kg/day), assuming that the entire dose is absorbed. No evidence of embryofetal toxicity was observed in rats or rabbits receiving cyclosporine at oral doses up to 17 mg/kg/day or 30 mg/kg/day, respectively, during organogenesis. These doses in rats and rabbits are approximately 3,000 and 10,000 times greater (normalized to body surface area), respectively, than the daily human dose.

Offspring of rats receiving a 45 mg/kg/day oral dose of cyclosporine from Day 15 of pregnancy until Day 21 postpartum, a maternally toxic level, exhibited an increase in postnatal mortality; this dose is 7,000 times greater than the daily human topical dose (0.001 mg/kg/day) normalized to body surface area assuming that the entire dose is absorbed. No adverse events were observed at oral doses up to 15 mg/kg/day (2,000 times greater than the daily human dose).

There are no adequate and well-controlled studies of RESTASIS® in pregnant women. RESTASIS® should be administered to a pregnant woman only if clearly needed.

### Nursing Mothers

Cyclosporine is known to be excreted in human milk following systemic administration, but excretion in human milk after topical treatment has not been investigated. Although blood concentrations are undetectable after topical administration of RESTASIS® ophthalmic emulsion, caution should be exercised when RESTASIS® is administered to a nursing woman.

### Pediatric Use

The safety and efficacy of RESTASIS® ophthalmic emulsion have not been established in pediatric patients below the age of 16.

### Geriatric Use

No overall difference in safety or effectiveness has been observed between elderly and younger patients.

### NONCLINICAL TOXICOLOGY

#### Carcinogenesis, Mutagenesis, Impairment of Fertility

**Carcinogenesis:** Systemic carcinogenicity studies were carried out in male and female mice and rats. In the 78-week oral (diet) mouse study, at doses of 1, 4, and 16 mg/kg/day, evidence of a statistically significant trend was found for lymphocytic lymphomas in females, and the incidence of hepatocellular carcinomas in mid-dose males significantly exceeded the control value.

In the 24-month oral (diet) rat study, conducted at 0.5, 2, and 8 mg/kg/day, pancreatic islet cell adenomas significantly exceeded the control rate in the low dose level. The hepatocellular carcinomas and pancreatic islet cell adenomas were not dose related. The low doses in mice and rats are approximately 80 times greater (normalized to body surface area) than the daily human dose of one drop (approximately 28 mL) of 0.05% RESTASIS® twice daily into each eye of a 60 kg person (0.001 mg/kg/day), assuming that the entire dose is absorbed.

**Mutagenesis:** Cyclosporine has not been found to be mutagenic/genotoxic in the Ames Test, the V79-HGPRT Test, the micronucleus test in mice and Chinese hamsters, the chromosome-aberration tests in Chinese hamster bone-marrow, the mouse dominant lethal assay, and the DNA-repair test in sperm from treated mice. A study analyzing sister chromatid exchange (SCE) induction by cyclosporine using human lymphocytes *in vitro* gave indication of a positive effect (i.e., induction of SCE).

**Impairment of Fertility:** No impairment in fertility was demonstrated in studies in male and female rats receiving oral doses of cyclosporine up to 15 mg/kg/day (approximately 2,000 times the human daily dose of 0.001 mg/kg/day normalized to body surface area) for 9 weeks (male) and 2 weeks (female) prior to mating.

### PATIENT COUNSELING INFORMATION

#### Handling the Container

Advise patients to not allow the tip of the vial to touch the eye or any surface, as this may contaminate the emulsion. To avoid the potential for injury to the eye, advise patients to not touch the vial tip to their eye.

#### Use with Contact Lenses

RESTASIS® should not be administered while wearing contact lenses. Patients with decreased tear production typically should not wear contact lenses. Advise patients that if contact lenses are worn, they should be removed prior to the administration of the emulsion. Lenses may be reinserted 15 minutes following administration of RESTASIS® ophthalmic emulsion.

#### Administration

Advise patients that the emulsion from one individual single-use vial is to be used immediately after opening for administration to one or both eyes, and the remaining contents should be discarded immediately after administration.

#### Rx Only



Based on package insert 71876US15

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Patented. See [www.allergan.com/products/patent\\_notices](http://www.allergan.com/products/patent_notices)

Made in the U.S.A.

## FILL A RESTASIS® (CYCLOSPORINE OPHTHALMIC EMULSION) 0.05% PRESCRIPTION AND WE'LL SEND YOU A REBATE CHECK FOR \$20!\*

▶ IT'S EASY TO GET YOUR REBATE. JUST FILL OUT THIS INFORMATION AND MAIL.

### Follow these 3 steps:

1. Have your prescription for RESTASIS® filled at your pharmacy.
2. Circle your out-of-pocket purchase price on the receipt.
3. Mail this certificate, along with your original pharmacy receipt (proof of purchase), to **Allergan RESTASIS® Ophthalmic Emulsion \$20 Rebate Program, P.O. Box 6513, West Caldwell, NJ 07007.**

- Enroll me in the *My Tears, My Rewards*® Program to save more!
- I am not a patient enrolled in Medicare, Medicaid, or any similar federal or state healthcare program.

Last Name	First	MI
Street Address		
City	State	ZIP

For more information, please visit our website, [www.restasis.com](http://www.restasis.com).

**\*RESTASIS® Rebate Terms and Conditions:** To receive a rebate for the amount of your prescription co-pay (up to \$20), enclose this certificate and the ORIGINAL pharmacy receipt in an envelope and mail to Allergan RESTASIS® Ophthalmic Emulsion \$20 Rebate Program, P.O. Box 6513, West Caldwell, NJ 07007. Please allow 8 weeks for receipt of rebate check. Receipts prior to December 30, 2012 will not be accepted. One rebate per consumer. Duplicates will not be accepted. See rebate certificate for expiration date. **Eligibility: Offer not valid for prescriptions reimbursed or paid under Medicare, Medicaid, or any similar federal or state healthcare program including any state medical or pharmaceutical assistance programs. Offer void where prohibited by law, taxed, or restricted. Amount of rebate not to exceed \$20 or co-pay, whichever is less.** This certificate may not be reproduced and must accompany your request for a rebate. Offer good only for one prescription of RESTASIS® Ophthalmic Emulsion and only in the USA and Puerto Rico. Allergan, Inc. reserves the right to rescind, revoke, and amend this offer without notice. You are responsible for reporting receipt of a rebate to any private insurer that pays for, or reimburses you for, any part of the prescription filled, using this certificate.

THE HIT COMEDY SERIES  
HAS A NEW HOME ON OWN!

*Tyler Perry's*  
FOR  
**BETTER**  
OR  
**WORSE**



ALL NEW SEASON PREMIERES  
WEDNESDAY SEPT 18 9|8c

**OWN**  
OPRAH WINFREY NETWORK



Love That!

# Why It's Worth It

## THE WORKMANSHIP

About a dozen people are involved in the construction of each shoe, which is “cut, stitched, and assembled by hand in a little town outside Milan,” says Manolo Blahnik

USA president George Malkemus. The attention to detail combined with fine materials make it less likely that the heel will break off or that you’ll need to get it resoled every year.

## THE HEEL

It’s slim enough to be elegant but not so skinny that you wobble. This BB is 4.5 inches tall; the shoe is also available in 2-, 2.75-, 3.5-, and 4-inch versions.

## THE SHAPE

Inspired by Brigitte Bardot, the BB is cut high in the back and low in the front (just enough for tasteful toe cleavage). There’s also a dip in the inside corner that ups the sexy factor and visually elongates legs.

## THE MATERIAL

This shoe is made of reflective *specchio* leather, but the BB also comes in high-quality suede, satin, pony hair, snakeskin, and kid leather.

## THE COMFORT

A 100 percent leather interior is more breathable than a synthetic lining.

“The BB is versatile and seasonless—and makes you look like you have legs for miles.”

—O CREATIVE DIRECTOR ADAM GLASSMAN

## THE BOTTOM LINE

If you can swing it, the BB’s superior construction and trendproof silhouette (it goes everywhere from work to weddings) make it worth the expense. Here’s the rough cost per wear,\* which shows that buying a \$75 shoe you’ll keep for just a single season may not be such a bargain after all.



\*Assuming you step out in the shoes about three times a week.

If you’re going to splurge on a classic pump, make it the **MANOLO BLAHNIK BB**.

Here’s the return on your investment.

MANOLO BLAHNIK BB, \$595; 212-582-3007.

STYLIST: NICOLE SOFER FOR CA1 CA2 CORNELIA ADAMS

new



BEFORE IN AN INSTANT

\*In a clinical study after 4 weeks. ©2013 Garnier LLC.

GARNIER BB INNOVATION

# INSTANT PERFECTION

## ANTI-AGING MIRACLE

PATENTED PRO-XYLANE + MINERAL PIGMENTS



### 1 APPLICATION

- evens tone
- hydrates
- protects

### IN JUST WEEKS

- fewer wrinkles
- firmer skin

CLINICALLY TESTED

ANTI-WRINKLE ACTION\*

Take care.  
**GARNIER**

 This test paper behaves like the surface of your skin



Soap strips your skin



Dove® is different

This test paper proves how Dove is different. After a few minutes soap strips the paper just like it strips your skin. With  $\frac{1}{4}$  moisturizing cream, Dove doesn't strip your skin like soap.

Put your bar to the test at [dove.com](http://dove.com)





# O, Beautiful!

STYLISH MAKEUP | SPECIALTY SERUMS | SPF ADVICE

## Power Play

Proving once again that he knows how to show a girl a good time, fashion icon Marc Jacobs has come out with a new, abundantly creative collection, **Marc Jacobs Beauty**. Just begging you to fool around: densely pigmented eyeshadows, moisture-drenched glosses and lipsticks, no-fade blushes, powder and gel foundations, liquid eyeliner, and a mascara in blackest black. Oh, and 24 brilliant shades of high-shine nail polish. Let the fun begin!

LOOK  
WHAT WE  
FOUND!

STYLIST: MARISSA GIMENO FOR HALLEY RESOURCES



O, Beautiful!



SEASON'S BEST

# SERIOUS SERUMS

We're all for keeping it simple, but serums are a skincare add-on with impressive payoffs. Packed with high concentrations of complexion-transforming ingredients, these silky potions penetrate your skin in seconds. Wear one under sunscreen (in the morning) and moisturizer (before bed). Any of these five standouts will elevate your skincare arsenal.



\$48; clinique.com

### THE SMOOTHER

**Clinique Repairwear Laser Focus Smooths, Restores, Corrects** Glucosamine and clary sage exfoliate to reveal softer skin and minimize crepiness.



\$65; dermalogica.com

### THE MULTITASKER

**Dermalogica Multivitamin Power Serum** Retinol speeds cell turnover; vitamins A, C, and E protect against free radical damage.



\$98; lancome-usa.com

### THE ILLUMINATOR

**Lancôme DreamTone Ultimate Dark Spot Corrector** Three formulas—in light, medium, and dark—instantly brighten skin with tinted optical diffusers.



\$98; algenist.com

### THE FIRMER

**Algenist Retinol Firming & Lifting Serum** Retinol stimulates collagen production; algonuronic acid prevents inflammation.



\$225; elizabetharden.com

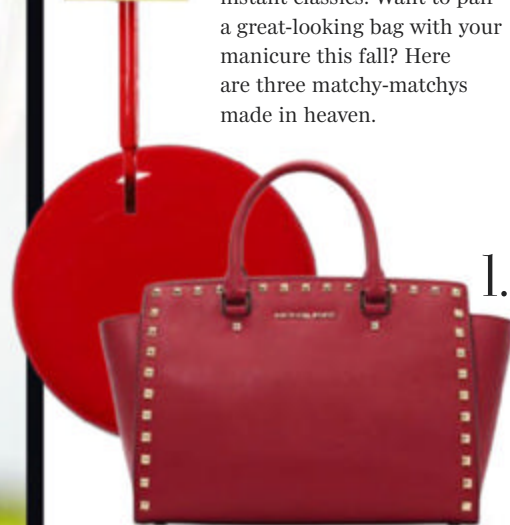
### THE DEFENDER

**Elizabeth Arden Prevue Anti-Aging + Intensive Repair Daily Serum** Antioxidants protect against environmental damage that dulls skin.

LOOK  
WHAT  
WE  
FOUND!

# Twin SETS

Like fashion designer Michael Kors's gorgeous leather accessories, the six nail shades in his new makeup line (\$18 each; macys.com) are instant classics. Want to pair a great-looking bag with your manicure this fall? Here are three matchy-matchys made in heaven.



1.



2.



3.

1. Sensation Nail Lacquer; Selma Stud Satchel, \$348.

2. Envy Nail Lacquer; Selma Satchel, \$358. 3. Hint Nail Lacquer; Selma Satchel, \$358. (michaelkors.com)

WOMAN: CHRIS CRAYMER/TRUNK ARCHIVE. PRODUCTS: MARKO METZINGER/STUDIO D. BAGS: COURTESY OF MICHAEL KORS.



N

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PANTENE PRO-V



CURL today



SMOOTH tomorrow

DARE TO HEAT UP STYLE TO 450°

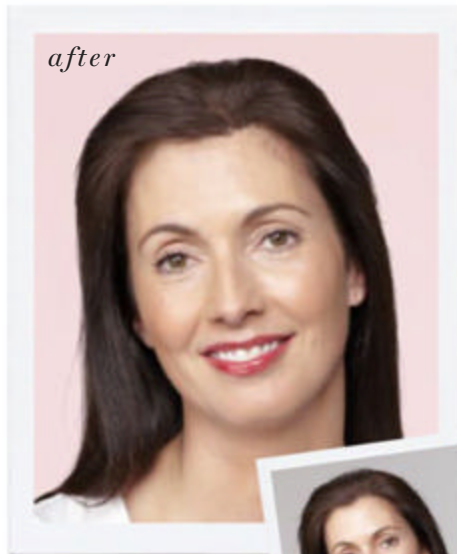
HEAT POTION SERUM  
Defend against heat damage before it starts with insulating Pro-V formulas.



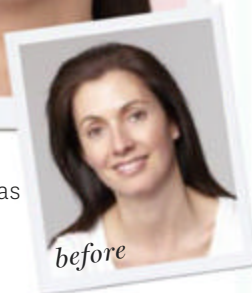
O, Beautiful!

AM I DOING THIS RIGHT?

# Natural Makeup



after



before

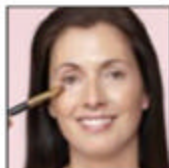
When Nicole Quiroga, 44, toned down her makeup, the effect was more than subtle—it was nonexistent. Makeup artist Andrew Sotomayor shows her five simple steps to a low-key but polished look.

1



A light moisturizing serum smooths away flakes and rough spots so makeup glides on easily and lasts all day. Blend several drops over clean, dry skin and let it sink in for several minutes. With a damp makeup sponge, apply a BB cream or tinted moisturizer. Start with your nose, chin, and cheeks, then move on to your forehead and jawline (where you need less coverage). Tap and press the sponge over your skin.

2



Use a small, flat brush to dab a creamy stick concealer over undereye circles (focus on the inner corners of the eyes, where shadows are darkest) and any blemishes.

3



After curling your lashes, apply two coats of mascara. A volumizing formula gives you the most payoff, so you can skip eyeliner. Get the wand as close to the lashline as possible and wiggle it as you move from roots to ends, to prevent clumps and maximize volume.

4



Bright, translucent lipcolor adds polish to the simplest makeup look. A tinted crayon or sheer bullet imparts the right balance of intensity and sheen. This raspberry shade instantly brightens Nicole's whole face.

5



When you're wearing lipcolor, you need only a little blush to enliven your complexion. For the most natural effect, apply a cream formula with a short, round, flat-topped brush. Dab the color on the apples of your cheeks and blend it in with circular motions.

HAIR PRODUCT OF THE MONTH



### Kérastase Forme Fatale Voluptuous Blow Dry Gel

(\$35; [kerastase-usa.com](http://kerastase-usa.com)) **WHY WE LOVE IT:** Like most gels, this formula offers texture and hold. Unlike most gels, it smells of peach, rose, and peony, and doesn't leave hair sticky. Comb a pea-size amount from roots to ends before a blowout to create volume and keep flyaways at bay.

# PANTENE<sup>PRO-V</sup>

**DARE**  
TO DO THE STYLE NOT THE DAMAGE

**NEW**

**HEAT SHIELD COLLECTION**

Now, help defend against heat damage up to 450°.  
Experience the total treatment including  
Heat Potion Serum.

**HAIR SO HEALTHY IT SHINES™**

Love these looks?  
[#WantThatHair@Pantene](#)

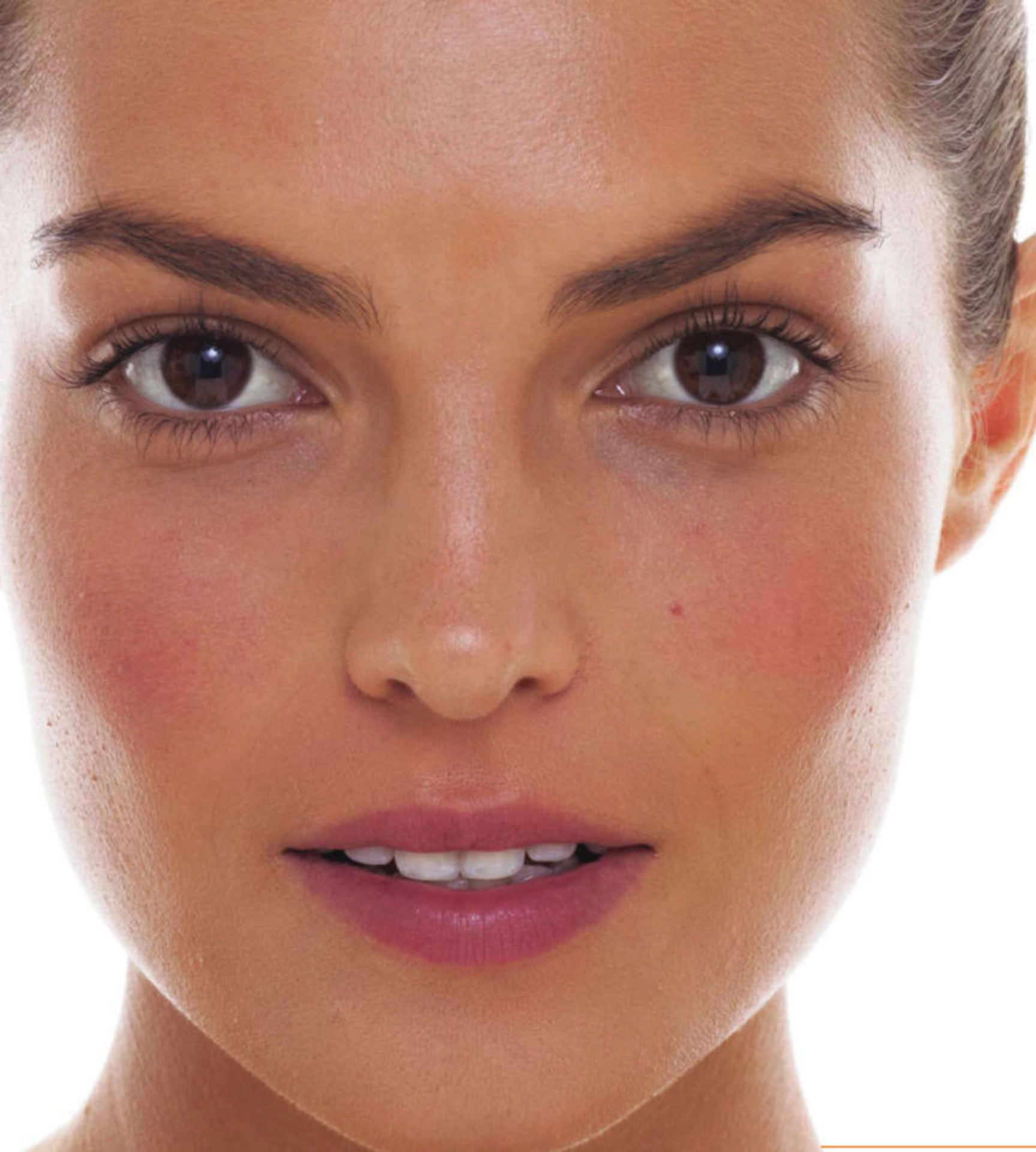


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No. 1  
HAIRCARE  
BRAND\***



ZOEY DESCHANEL

\*Based on worldwide 2012 volume sales data. ©2013 P&G



This is Mia and a non-retouched image of her skin after using Clarisonic.

To hear stories from real users and learn about the Clarisonic guarantee, go to [clarisonic.com](http://clarisonic.com).

Can you visibly shrink your pores after just one use? See for yourself.

## New Clarisonic Deep Pore Detoxifying Solution.

Now the power of sonic technology is combined with specially designed formulations to reduce pore appearance with unprecedented sonic results.

**25%**

reduced pore appearance after just one use with full regimen.

**94%**

removal of dirt, oil and excess sebum.

**93%**

of users saw increased skin clarity within 3 days.



trust your skin to  
**clarisonic**



*O, Beautiful!*



# Val's BEAUTY BUZZ



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



## ONE-SENTENCE REVIEW

### *Boots No7 Perfect Light Loose Powder in Translucent*

I'm a sucker for anything that makes my face look poreless, which is why I love this powder (\$12; target.com)—so finely milled it's imperceptible on the skin, yet covers flaws superbly.



## Bouquet of Brushes

It really is a lot easier to apply makeup with the right brush. More fun, too, when your tools are as pretty as the new *Sonia Kashuk Fall Brush Up 10Piece Brush Set* (\$27; target.com). The collection includes everything from the common (blush brush) to the curious (angled crease brush for eyeshadow). With glossy black-and-gold handles and rich magenta bristles, these tools are too good-looking to hide in a drawer; in fact, set on my bathroom counter, they remind me of a fall bouquet.

## Handpicked

I collect hand creams the way some people collect fine wine. My current infatuation is a British import: *Figs & Rouge Hand Cream in Cherry Blossom, Coco Rose, and Mocha Orange* (not shown), all infused with cocoa butter and organic essential oils. The creams are rich but not greasy and—best of all—are quickly absorbed. (\$10; beautyhabit.com)



Now that beach season is over, is it okay to rely on the SPF in my daily moisturizer?

Yes, says Jeffrey Benabio, MD, physician director of healthcare transformation at Kaiser Permanente in San Diego—so long as your moisturizer contains a broad-spectrum sunscreen with at least SPF 30 to protect against both UVA and UVB rays.

If you have a question about makeup, skincare, or haircare, e-mail [askval@hearst.com](mailto:askval@hearst.com). For details see Shop Guide.

MONROE: GREG KESSLER; MAKEUP: CASSANDRA GARCIA FOR BOBBI BROWN COSMETICS. SHOT ON LOCATION AT THE CHATWAL, A LUXURY COLLECTION HOTEL, NEW YORK CITY. WWW.THECHATWALNY.COM, 212-764-6200. FLOWERS: NGOC MINH MGO. PRODUCTS: MARKO METZINGER/STUDIO D.

# Pores beware. 25% will be gone after just one use. New Clarisonic Deep Pore Detoxifying Solution.

Now the miracle of sonic technology joins forces with the power of our most advanced  
 WQ D H LQO H HV O HP VHI IHQ V Q S H H L Q H Q O H H  
 HD H NQLVΘI D ΘW D IDQ P \* DDQHH

**Step One. Cleanse.**  
 Sonic technology and the Deep Pore Brush Head generate S H I O L I HV activating the Deep Pore Daily Cleanser to gently remove surface debris and help control excess sebum.



**Step Two. Detoxify.**  
 Specially designed Detoxifying Clay Mask rids the pores of DP D LQ S H O LQ toxins and softens skin.



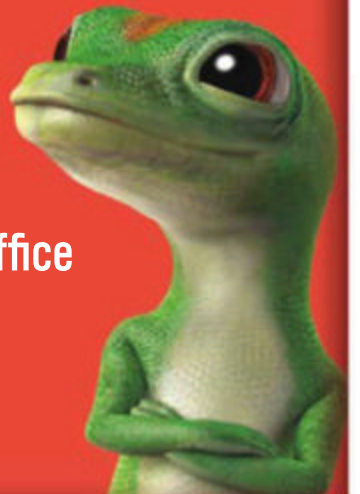
trust your skin to  
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Who's there?  
Woo.  
Woo who?

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# Feeling Good

A NEW CANCER CURE?

5 RULES FOR HEALTHY SNACKING



## Pop a Pill or See a Doc?

Nearly 45 percent of older adults take over-the-counter medication daily or weekly to treat common ailments. If you're one of them, are you doing the right thing? *By Jessica Girdwain*

**NO ONE HAS** time to run to the doctor for every stuffy nose or aching muscle, but relying on over-the-counter (OTC) drugs for seemingly minor health problems sometimes does more harm than good. In certain cases, medication can make symptoms worse or mask more complicated conditions. Read this, then decide which route—a pill or an appointment—is best for you.

**The Problem:** You woke up with congestion, a runny nose, and a phlegmy cough.

**Pill or Doc?** Pill. For up to one week while you ride out a cold, take a cold medicine that contains an antihistamine (to dry out passages) and a decongestant (to open airways), says Marc Leavey, MD, an internist at Mercy Medical Center in Baltimore. And don't forget to drink plenty of fluids. Though doctors may prescribe Z-Paks (six tablets of azithromycin, the most commonly prescribed antibiotic in the United States) to treat cold viruses, they're effective only against bacterial infections. "Some physicians may recommend antibiotics before they receive a patient's test results," says Leavey. "The intention is to get a jump on a smoldering infection, but in many cases, the drugs simply aren't necessary." ▶

Kellogg's  
**Nutri Grain**

Sink your fangs  
into our  
**chocolatey**  
new granola bar.



*Feeling Good*



**The Problem:** You've been taking OTC acid reflux meds for weeks, but with every meal the burn returns.

**Pill or Doc?** Doc. If proton pump inhibitors (PPIs)—drugs that reduce the production of stomach acid—are no match for your heartburn after two weeks, continuing to take them could decrease your body's ability to absorb calcium, potentially putting you at risk for bone fractures. According to the label, nonprescription PPIs should be taken no more than 14 days straight within a four-month span; however, a 2011 study found that more than 60 percent of consumers take PPIs incorrectly or more than necessary. Have your primary doctor refer you to a gastroenterologist, who can get to the bottom of what's causing your persistent heartburn; she may suggest stronger prescription meds or dietary changes (fried foods, coffee, and alcohol are all common heartburn triggers). The problem could also be linked to a more serious condition—like gastroesophageal reflux disease (GERD), which, over time, can damage your esophagus and put you at increased risk for cancer.

**The Problem:** You're signed up for a spin class tonight, but your legs are aching from yesterday's challenging workout.

**Pill or Doc?** Neither. If you're tempted to pop an OTC painkiller to power through your next exercise session, know this: A

study in the journal *Brain, Behavior, and Immunity* found that runners who took ibuprofen before and during a race to reduce muscle soreness actually experienced an increase in inflammation. The study was done on ultramarathoners, but "this can happen to anyone who exercises," says coauthor David Nieman, director of the Human Performance Laboratory at Appalachian State University. "Our research suggests that the best medicine is fruits, vegetables, and fish. These foods are rich in compounds like flavonoids and omega-3s, which are naturally anti-inflammatory." For immediate relief, icing three times a day for 15 to 20 minutes can help reduce soreness. If discomfort lasts more than a week, head to your doctor to rule out serious injury.

**The Problem:** You get headaches almost daily. They aren't as bad as migraines, but you can't remember the last time you didn't take something to ease the throbbing.


**Pill or Doc?** Doc. Taking OTC pain meds at least 15 days a month for more than three months can increase the risk of chronic headaches, because overuse of medication can lead to changes in the pain-processing regions of the brain. Laying off the painkillers will likely lead to more intense pounders for a few days, but getting the meds out of your system should put an end to the vicious cycle. **Q**



So wholesome, it can make a morning person out of anyone.

The one and only crunchy granola bar made with 20 grams of whole grains and baked with real fruit. It's a crunchy way to love the morning.

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**Nutri-Grain fruit crunch™**

Start your day right with us on 



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NEED TO KNOW ABOUT IT)

Today, most Americans are making an effort to eat healthier. But working lunches, eating in cars, food allergies and more make it tough to get your recommended daily fiber. Most of us only get half! **FiberChoice® Fruity Bites** are the delicious NEW gummies that can change that, packed with the 100% natural fiber found in the fruits and veggies you love.



**1**  
SERVING  
=  
**3**  
GRAMS  
OF FIBER

HOW MUCH  
FIBER DO YOU  
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**25-30**  
grams\*

and **FiberChoice®**  
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## FIBER SEEKERS' GO-TO FOODS:



**FiberChoice®** contains **100% NATURAL FIBER**—found in these fruits and vegetables!

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**2 TO 1**



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\*USDA Daily Recommendation; \*\*Significant preference vs. 2 other leading fiber gummy products at the 95% confidence level or higher (two-tail test), based on a consumer taste test conducted in November/December 2012 among 200 U.S. adults age 25-44; †This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

When it comes to your fiber choices,  
get picky.



\*Based on a consumer taste test of leading brands. ©2013 Prestige Brands Holdings, Inc.



fiberchoice.com



Chosen as best tasting fiber gummies.\*  
100% natural fiber found in fruits & veggies.



# The Vaccine That Could Save Your Life

A string of promising studies has found a surprisingly simple way to help fight cancer.

By Cheryl Platzman Weinstock



**“ONCE I FELT** the tiny lump, I knew it was cancer,” says Debra,\* remembering the day, four years ago, when she noticed the pea-size tumor in her neck. A trip to the oncologist confirmed it: At the age of 40, Debra had stage IV non-Hodgkin’s lymphoma. As a busy physician living in Los Angeles with three children under the age of 9, she was horrified when her doctor told her she’d likely be so sick from chemotherapy she wouldn’t be able to

get out of bed—and in any case would probably be dead within four years.

Debra is one of more than 79,000 Americans diagnosed each year with some form of lymphoma. Chemotherapy remains one of the first lines of treatment, but Debra, now 44, wanted to try something—anything—else. “I feared the chemo would be a temporary solution until the cancer killed me,” she says. “I had to live, for my family.”

At a colleague’s recommendation, Debra

enrolled in a small clinical trial at Stanford University in 2010—and became one of the first 60 patients to test a new cancer vaccine for lymphoma. The vaccine would introduce into her body a small piece of synthetic DNA that looked and acted like a virus; if all went well, her immune system would be fooled into thinking the tumor was an infection and spring into action to target and destroy the cancer cells.

Decades ago cancer immunotherapy was considered by some to be voodoo medicine. “Initial studies were not very effective, and many doctors thought it was a lot of hype with very few results,” says James Gulley, MD, PhD, director of the clinical immunotherapy group at the National Cancer Institute (NCI). All that began to change in 2010, when the FDA approved the cancer vaccine Provenge to treat metastatic prostate cancer. The results from the clinical trials on Provenge were remarkable, giving patients an extra four *(continued on page 110)*

#WishGranted



The 2013 RAV4 with available adjustable power liftgate.

**Wish Granted.**



Let's  
Go  
Places

Prototype shown with options. ©2013 Toyota Motor Sales, U.S.A., Inc.

months, on average, to live. And they didn't just live longer; they felt better, too. The findings were early proof that the body's own immune system could be a powerful weapon against cancer. Today potentially more effective and longer-lasting vaccine immunotherapies are being tested in more than 600 clinical trials as treatments for many of the deadliest cancers, including those of the ovaries, lungs, and breast.

Debra is one compelling reason why scientists believe they may be onto something big: After ten weekly injections of the lymphoma vaccine, more than half of the tumors surrounding her kidneys and other organs had disappeared. One year after her last injection, there was no evidence of disease at all, and three years later she remains in re-

oncologist Drew Pardoll, MD, PhD, director of the cancer immunology program at the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins School of Medicine, where the vaccines were invented. "Until now, we expected people with inoperable pancreatic cancer to succumb quickly to the disease."

Of course, it's still too early to know the long-term benefits of the vaccines currently being tested, but doctors remain hopeful that some of the new drugs will earn FDA approval. "Immunotherapy has led to responses that have never been seen with chemotherapy in patients with advanced cancer," says Pardoll. And while increased survival is the ultimate goal, the vaccines have another appealing upshot: minimal side effects. Soreness




**"Not only has the vaccine bought me extra time but I'm well enough to enjoy it."**



mission. Other patients have had similarly impressive results with the vaccine, and a new version of the drug is now being tested at the Icahn School of Medicine at Mount Sinai to see if it could in fact be a cure for certain types of lymphoma.

Vaccines' ability to lead to remission is still rare, but in many cases they seem to slow the progression of the disease. In a 93-patient study presented in June at the annual meeting of the American Society of Clinical Oncology, when people with inoperable pancreatic cancer received a combination of two vaccines, they survived, on average, 50 percent longer than those who didn't receive both vaccines, with some still alive more than a year after entering the trial. "Surviving that long with this type of cancer is virtually unheard of," says

at the injection site and short-term flu-like symptoms pale in contrast to the collateral damage chemotherapy can cause. "Immunotherapy has been easy compared with everything else I've been through," says Judith Gaffney, 65, of Avon, Connecticut, who has participated in two vaccine trials after undergoing rounds of chemo when her pancreatic cancer metastasized to her lungs in 2011. "Not only has the vaccine helped buy me extra time but I'm well enough to enjoy it." 

*Cheryl Platzman Weinstock is a science writer who specializes in women's health issues.*

**For info on joining clinical trials using vaccine immunotherapy, visit [clinicaltrials.gov](http://clinicaltrials.gov).**



## THIS WOMAN WANTS YOUR DNA

*Lateefah Simon is on a mission to save her husband's life—and she just might save yours, too.*

When Lateefah Simon's husband, Kevin Weston, was diagnosed with a rare and aggressive type of leukemia last year, she learned that his best chance for survival hinged on a bone marrow transplant that would replenish his body with new, healthy blood stem cells. Yet finding the right match can be tricky: The ideal donors are often people with an ethnic background similar to the recipient's, but Weston's half-siblings were less-than-optimal matches, and African Americans account for just 7 percent of donors in the National Marrow Donor Program's registry ([bethematch.org](http://bethematch.org)). Miraculously, two matches did turn up, but as luck would have it, neither donor was available for a transplant.

Simon knew she had to do something to help save Kevin and others like him. (It wasn't the first time in her life she'd faced a daunting challenge. She'd worked her way out of poverty in San Francisco to run a nonprofit for at-risk young women, earning a MacArthur "genius" fellowship at the age of 26—and landing on *O's* Power List in 2009.) Since January she has organized 27 drives with the help of friends, registering roughly 1,600 potential donors, 91 percent of whom are black. (Joining is as easy as swabbing your mouth for DNA.) Though a match still hasn't materialized for Weston, doctors are now planning to use stem cells from donated umbilical cord blood, which can work as well as those from a full bone marrow match. But that hasn't stopped Simon's campaign—so far, three donors who signed up have been matched to people in need of transplants. Says Simon, "If someone you don't know can save your life, that's truly an amazing gift."

—LAUREN SMILEY

THIS SEPTEMBER

THE TERRIBLE TWOS  
HAVE NEVER LOOKED SO  
ADORABLE



SEASON PREMIERE  
SATURDAY SEPT 7 9|8C



# Tech Support

They've been called "Big Mother"—gadgets designed to help you sit up straighter, breathe deeper, and slow down at mealtime. *O* editors test-drive three of the latest devices.



**HeartMath Inner Balance Trainer**  
(\$99; innerbalanceapp.com)



**Hapifork**  
(\$99, available in October; hapilabs.com)



**Lumoback**  
(\$149; lumoback.com)

**THE GADGET**

**GOAL**

**HOW IT WORKS**

**REAL-LIFE ROAD TEST**

**GOOD IDEA OR BAD IDEA?**

Dial down stress.

A sensor clips to your earlobe to track your heart rate.

I attached the sensor to my ear while at the office (luckily, my hair covered it or I might have felt weird wearing it at work). When a few last-minute tasks made me late for an after-work event, the app picked up on my increasing heart rate and a message on my phone prompted me to inhale and exhale along with the onscreen breath pacer. Three minutes later, my anxiety had dissipated, leaving me feeling more energized than frantic.

More good than bad. I appreciated the reminders—"Breathe just a little deeper"—when the program sensed I was entering stress mode before I did.

—ASHLEY WILLIAMS, SENIOR EDITOR

Curb mindless eating.

The fork buzzes when you take bites quicker than ten seconds apart.

As *O*'s health editor, I know that study after study has shown that mindless eating can lead to weight gain (the faster you eat, the more you eat). Could a high-tech fork fix that? After making stir-fry, I used the fork for the first time, and even though I was primed to expect the vibrations, I was surprised by how fast I ate. With every subsequent meal, it became easier to pace myself—and realize I didn't need as much food to fill me up.

Good—for a little while. It's impractical to use only one fork, but when I reverted to normal silverware, I still waited a few more beats between bites.

—JIHAN THOMPSON, HEALTH EDITOR

Stop slouching.

A sensor worn around your lower back vibrates when you slouch.

Whenever I catch a glimpse of myself in a mirror while sitting, I'm horrified by how hunched over I am. Sitting up straight wouldn't be so hard if only I could remember to do it. However, once I strapped on the sensor, the constant vibrations were impossible to ignore! A color-coded stick figure appeared on my phone so I could see how I looked. When the little guy was green, I was good; when he was orange, I knew I needed to readjust.

Good. The sensor hid easily under my clothes, and while I mostly wore it at work, I naturally started sitting up straighter even when I didn't have it on.

—EMMA HAAK, ASSISTANT EDITOR

## A SMARTER SNACK

To choose the healthiest between-meal pick-me-up, look for these key numbers on the label.

**200**

**CALORIES**

Any more and you're venturing close to meal territory; any less and you may not feel satisfied.

**0-10**

**GRAMS ADDED SUGAR**

No added sugar is best, but if it's on the ingredients list, just make sure it's not in the top three, says dietitian Julie Upton.

**5**

**GRAMS PROTEIN**

That's enough to give you a feeling of fullness—so you won't be ravenous by the time your next meal rolls around.

**0-2**

**GRAMS SATURATED FAT**

No more than 10 percent of your diet's calories should come from saturated fat, according to the USDA.

**3+**

**GRAMS FIBER**

The more, the better. Like protein, fiber aids in satiety to help curb overeating. —E.H.

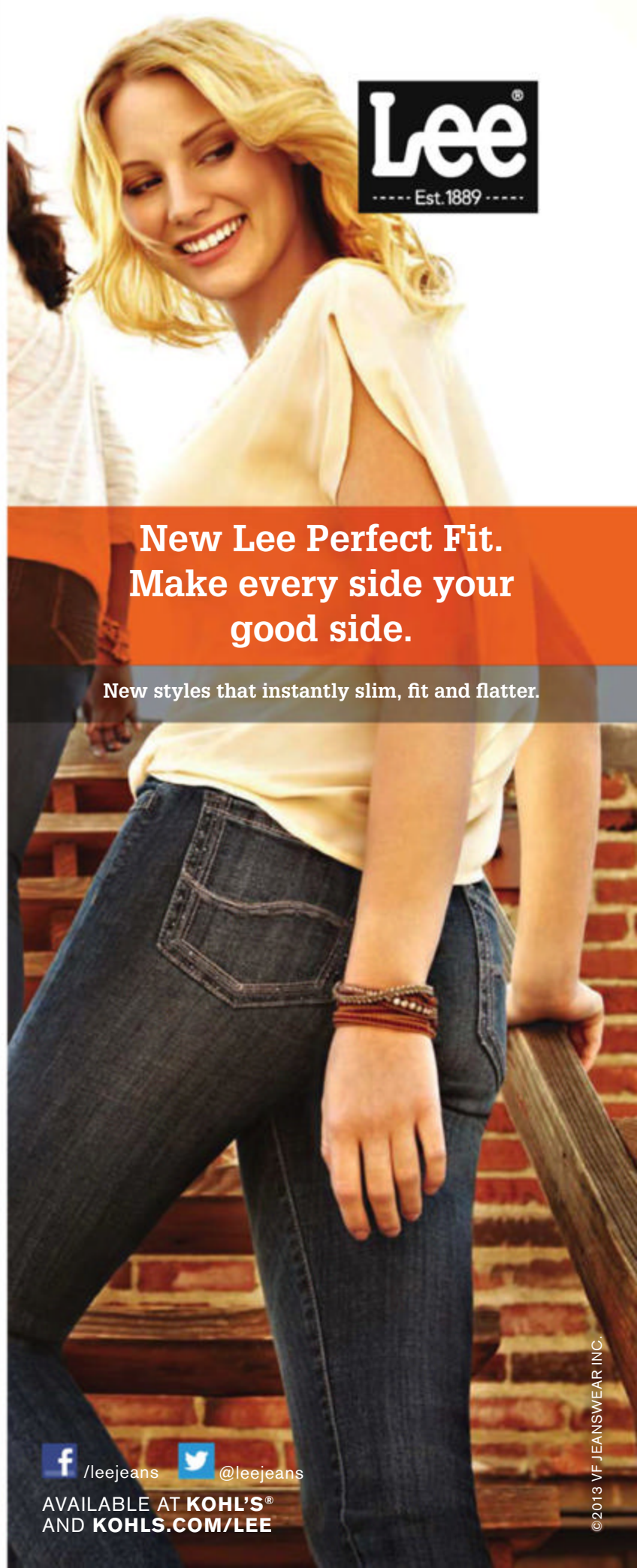


## A park is a gift.

(Pass it on.)

SOMEWHERE, not far from where you live, The Trust for Public Land is protecting the places that make your community special—from neighborhood playgrounds, gardens, and trails to vast wilderness escapes.

Visit [tpl.org](http://tpl.org) today and preserve the gift of parks for generations to come.



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Make every side your  
good side.**

New styles that instantly slim, fit and flatter.

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AND **KOHL.COM/LEE**



# The Mighty Power of Mini Greens

These seedlings prove that good things can come in extremely small packages.



**EVERY FEW YEARS** it seems like a new leafy veggie becomes the darling of the farmers' market—first Swiss chard, then kale, and now...microgreens. Harvested when they're just seven to 14 days old, these pint-size leaves can be far more nutrient dense than their full-grown counterparts, according to a recent study done in collaboration with the U.S. Department of Agriculture and published in the *Journal of Agricultural and Food Chemistry*. "Plants use stored nutrients to grow, so plucking the tiny seedlings early means they still have high levels of vitamins and minerals," says study coauthor Zhenlei Xiao. Keep in mind, though, that these mini-me's lack the fiber found in mature plants, so they should supplement the greens you already eat, not replace them. The best part? Thanks to the concentrated flavor of these five diminutive standouts, they elevate meals in taste as well as nutrition. —**LESLIE GOLDMAN**

## **MICRO CILANTRO**

This fragrant green contains 11 times more lutein and zeaxanthin (nutrients that can



XUMMINESS

reduce the risk of cataracts and age-related vision loss) than the same amount of mature cilantro.

**Best with...Latin dishes.**

Nicolas Bour, executive chef at Rancho Bernardo Inn in San Diego, suggests a twist on guacamole: Mix 3 ripe avocados with 1 chopped heirloom tomato, ½ chopped red onion, and the juice of 2 limes. Add 4 Tbsp. micro cilantro, 8 tsp. olive oil, and 4 ounces chilled baby shrimp. Salt to taste; top with ¼ ounce micro cilantro and serve with chips. **SERVES 4.**

**MICRO RED CABBAGE**

These slightly bitter, heart-shaped leaves outshine full-grown cabbage with roughly 260 times the beta-carotene (a precursor to vitamin A that can help protect eyesight) and more than 40 times the vitamin E.

**Best with...sweet side dishes, like this simple slaw from Bour.**

Combine 2 cups each julienned napa cabbage, red endive, and Fuji apple with a generous dash each of grapeseed oil and

sherry vinegar. Sprinkle with ¼ cup micro red cabbage. **SERVES 4.**

**MICRO PURPLE MUSTARD GREENS**

Just 4 ounces of these greens meet your recommended dietary allowance (RDA) of vitamin C (75 milligrams). Another perk: “These greens are among the tastiest, due to their spicy zing,” says Xiao.

**Best with...bold-flavored meat that can stand up to spice.**

Dan Marquis, executive chef of Quay Restaurant in Chicago, suggests baking 4 pork chops, seasoned with salt and pepper, for 15 minutes at 375 degrees. Top with ½ ounce micro mustard greens and serve with a dollop of mustard and roasted potatoes. **SERVES 4.**

**MICRO GREEN DAIKON RADISH**

These sharp, spicy leaves are vitamin E superstars, boasting 165 percent of your RDA per ounce—and helping to shore up your immune system and protect tissues and organs from damage caused by free

radicals. By contrast, mature leaves contain only trace amounts of the antioxidant.


**Best with...Asian-inspired meals.**

Try these Thai noodles from Marquis: Sauté 4 bunches baby bok choy, ½ ounce grated ginger, 6 ounces shiitake mushrooms, and 4 chopped garlic cloves in olive oil. Once the bok choy softens, add 12 ounces cooked rice noodles and 1½ cups peanut sauce. Top with ¼ ounce micro green daikon radish. **SERVES 4.**

**MICRO GARNET AMARANTH**

Light red with an earthy, floral flavor, micro garnet amaranth ranks highest in vitamin K among micro greens (with more than 3½ times the amount in mature amaranth). Vitamin K is essential for blood clotting and may reduce the risk of bone fractures.

**Best with...grains.**

Bour’s recipe: Combine 3 cups cooked quinoa with 2 minced shallots and 3 chopped mint leaves in a bowl. Add 1 Tbsp. olive oil. Stir in 2 diced, ripe peaches. Top each serving with ⅓ ounce micro amaranth and drizzle with balsamic vinegar. **SERVES 4.** 



# GOODNESS


Kids and moms love V8 V-Fusion® 100% juice for totally different reasons. Kids because the fruit makes it taste great. Moms because it has 1 full serving of fruits and 1 full serving of vegetables\* with no sugar added. A family favorite for a reason. (Or two.)

\* serving = ½ cup



# To Salt or Not to Salt?

You may not need to limit your sodium intake as much as you think.  
*By Melinda Wenner Moyer*

 Salt has long been one of the great villains of the American diet, and the rules of engagement have come down to one rather bland pronouncement: Eat less of it. This, of course, is easier said than done. On average, adults consume 3,463 milligrams of sodium per day—50 percent more than the recommended maximum of 2,300 milligrams for adults 50 and younger and more than twice the 1,500 milligrams suggested as the upper limit for roughly half of the adult population (including everyone over 50; all African Americans; and people with diabetes, chronic kidney disease, or hypertension). But now comes a splashy report by the Institute of Medicine (IOM),

commissioned by the Centers for Disease Control and Prevention, concluding that scaling back to 1,500 milligrams may not be necessary. Is the war on salt ending? Here's what you should know.

## NO NEED TO GO SO LOW

"There's no data—none—showing that curtailing sodium intake below 2,300 milligrams provides better health outcomes," says Brian Strom, MD, chair of the IOM's report committee. The report looked at 34 studies and four clinical trials that tracked the health of people consuming different amounts of salt over the course of up to 18 years. The conclusion: There isn't enough convincing evidence that people—even those in high-risk groups—who consume less than 2,300 milligrams of sodium a day have fewer heart attacks or strokes than those who consume higher amounts.


## LOW-SALT DIETS MAY EVEN BE HARMFUL

Many people forget that sodium is an essential nutrient serving a multitude of functions in the body, including helping control heart rate and aiding the transmission of signals in the brain. And too little salt may pose surprising health risks. One 2011 study, which tracked 28,880 people with heart disease or diabetes, found that those who consumed less than 2,000 milligrams of sodium a day were 37 percent more likely to die of heart disease than those who consumed 4,000 to 6,000 milligrams. As sodium intake drops, blood levels of cholesterol and fat can increase, escalating cardiovascular issues.

## BUT...WHAT ABOUT BLOOD PRESSURE?

For years studies have repeatedly shown that a low-sodium diet can reduce blood pressure, but the IOM's findings looked beyond risk factors. "No one disputes that lowering sodium intake has a modestly positive effect on blood pressure," says Michael Alderman, MD, a professor emeritus at the Albert Einstein College of Medicine. "But that one benefit doesn't offset consequences, including increased cholesterol and insulin resistance, that can come with cutting almost all the salt from our diet."

## BOTTOM LINE: WE NEED A HAPPIER MEDIUM

The fact remains that too many Americans are consuming well above 2,300 milligrams of sodium, and the consequences can be serious: Prehypertensive people who consumed 3,600 milligrams or more per day for up to 18 months were about twice as likely to have heart attacks, strokes, or heart surgeries 15 years later than people who reduced their consumption to 2,300 milligrams, according to a study in the journal *BMJ*. Ultimately, everyone should meet in the middle. Most people should still cut back, says Strom, but a more realistic guideline could help us reap the health benefits that salt has to offer, too. 

## THE SALTY

# 7

These foods have high levels of sodium.



**1,622 mg**  
Chicken noodle soup, 1 can



**1,280 mg**  
Pizza, 2 slices



**1,106 mg**  
Canned spaghetti sauce, 1 cup



**913 mg**  
Chicken lunch meat, 4 slices



**798 mg**  
Fast food cheeseburger



**Up to 660 mg**  
Low-cal frozen dinner



**Up to 295 mg**  
White bread, 2 slices

*As much protein as an egg,  
now found in a bowl.*

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*There's a surprising way to get protein at breakfast: Kashi® GOLEAN® cereals. With protein, plus fiber, they help keep you full all morning. Try GOLEAN, and find out even more about protein at [kashi.com](http://kashi.com)*



**7 whole grains on a mission™**

KASHI® GOLEAN® cereals contain 13-20% DV of protein per serving; one large egg contains 13% DV of protein. GOLEAN helps increase fiber and protein intake as a part of a healthy, nutritious lifestyle. Diets high in protein (30% of total daily calories from protein) have been shown to help you feel full.

## Clearer skin is possible.

In clinical trials, 7 out of 10 adults with moderate to severe chronic plaque psoriasis saw 75% skin clearance, and the majority of people were clear or almost clear in just 4 months. Your results may vary.

### Who is HUMIRA for?

HUMIRA is a prescription medicine used to treat adults with moderate to severe chronic plaque psoriasis who are ready for systemic therapy or phototherapy, and are under the care of a doctor who will decide if other systemic therapies are less appropriate.

### Important Safety Information<sup>1</sup>

#### What is the most important information I should know about HUMIRA?

- **Serious infections.** HUMIRA can lower your ability to fight infections. **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and check you closely for signs and symptoms of TB during treatment with HUMIRA.

- **Cancer.** For children and adults taking TNF blockers, including HUMIRA, the chance of getting lymphoma or other cancers may increase. There have been cases of unusual cancers in children, teenagers, and young adults using TNF blockers. Some people have developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. If using TNF blockers including HUMIRA, your chance of getting two types of skin cancer (basal cell and squamous cell) may increase. These types are generally not life-threatening if treated; tell your doctor if you have a bump or open sore that doesn't heal.

#### Tell your doctor about all of your health conditions, including if you:

- Think you have an infection or are being treated for infection. You should not start HUMIRA if you have any kind of infection unless your doctor says it is okay.
- Have symptoms of an infection, such as: fever, sweats, chills, muscle aches, cough, shortness of breath, blood in phlegm, weight loss, warm, red or painful skin, sores on your body, diarrhea, stomach pain,

burning when you urinate, urinating more often than normal, or feeling very tired.

- Get a lot of infections or infections that keep coming back.
- Have diabetes.
- Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB.
- Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis.
- Have or have had hepatitis B.
- Are scheduled for major surgery.
- Have or have had cancer.
- Have numbness or tingling or a nervous system disease, such as multiple sclerosis or Guillain-Barré syndrome.
- Have or had heart failure.
- Have recently received or are scheduled to receive a vaccine. HUMIRA patients may receive vaccines, except for live vaccines.
- Are allergic to rubber, latex, or any HUMIRA ingredients.



Illustration of 75% skin clearance at 4 months. Results may vary.

- Are pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed.
- Take any other medicines. You should not take HUMIRA with ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol), or SIMPONI® (golimumab). Tell your doctor if you have ever used RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (mercaptopurine, 6-MP).

**Call your doctor right away if you have an infection or any symptoms of an infection while on HUMIRA.**

**HUMIRA can cause other serious side effects, including:**

- Hepatitis B infection in carriers of the virus.

- Allergic reactions.
- Nervous system problems.
- Blood problems.
- Heart failure (new or worsening).
- Immune reactions including a lupus-like syndrome.
- Liver problems.
- Psoriasis (new or worsening).

**Common side effects of HUMIRA include** injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections (sinus infections), headaches, rash, and nausea.

**These are not all of the possible side effects with HUMIRA. For more information, talk to your health care provider.**

**HUMIRA is given by injection under the skin.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1.800.FDA.1088.

If you cannot afford your medication, contact: [www.pparx.org](http://www.pparx.org) or call the toll-free phone number (1.888.4PPA.NOW) for assistance.

With the HUMIRA Protection Plan your co-pay could be as low as \$5 a month.\*

\*Eligibility restrictions apply. See card for details.

**HUMIRA is the #1 Prescribed Biologic Medication by Dermatologists<sup>2†</sup>**

†Based on IMS NPA data: Total HUMIRA prescriptions written by dermatologists from 10/28/11–1/4/13 vs Enbrel®, Stelara®, and Simponi®.

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Take a moment to learn more at [HUMIRA.com](http://HUMIRA.com) or call **1.800.4HUMIRA**

Ask a dermatologist if HUMIRA is right for you.

**HUMIRA**<sup>®</sup>  
adalimumab

Please see additional Patient Information on the following pages.

# HUMIRA® (Hu-MARE-ah) (adalimumab)

CONSUMER BRIEF SUMMARY  
CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

## Patient Information

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

### What is the most important information I should know about HUMIRA?

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of your immune system to fight infections. **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some people have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should check you closely for signs and symptoms of TB during treatment with HUMIRA.

You should not start taking HUMIRA if you have any kind of infection unless your doctor says it is okay.

#### Before starting HUMIRA, tell your doctor if you:

- think you have an infection or have symptoms of infection such as:
  - fever, sweats, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting

certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use HUMIRA. Ask your doctor if you do not know if you have lived in an area where these infections are common.

- have or have had hepatitis B
- use the medicine ORENCIA® (abatacept), KINERET® (anakinra), RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (6-mercaptopurine, 6-MP).
- are scheduled to have major surgery

**After starting HUMIRA, call your doctor right away** if you have an infection, or any sign of an infection.

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

#### Cancer

- For children and adults taking TNF-blockers, including HUMIRA, the chances of getting cancer may increase.
- There have been cases of unusual cancers in children, teenagers, and young adults using TNF-blockers.
- People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.
- If you use TNF blockers including HUMIRA your chance of getting two types of skin cancer may increase (basal cell cancer and squamous cell cancer of the skin). These types of cancer are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Some people receiving TNF blockers including HUMIRA developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. Most of these people were male teenagers or young men. Also, most people were being treated for Crohn's disease or ulcerative colitis with another medicine called IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine, 6-MP).

**See the "What are the possible side effects of HUMIRA?" section.**

### What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used:

- To reduce the signs and symptoms of:
  - **moderate to severe rheumatoid arthritis (RA) in adults.** HUMIRA can be used alone, with methotrexate, or with certain other medicines.
  - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA) in children** 4 years and older. HUMIRA can be used alone, with methotrexate, or with certain other medicines.
  - **psoriatic arthritis (PsA) in adults.** HUMIRA can be used alone or with certain other medicines.
  - **ankylosing spondylitis (AS) in adults.**
  - **moderate to severe Crohn's disease (CD) in adults** when other treatments have not worked well enough.
- In adults, to help get **moderate to severe ulcerative colitis (UC)** under control (induce remission) and keep it under control (sustain remission) when certain other medicines have not worked well enough. It is not known if HUMIRA is effective in people who stopped responding to or could not tolerate TNF-blocker medicines.
- **To treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps) in adults** who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

### What should I tell my doctor before taking HUMIRA?

HUMIRA may not be right for you. Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See **"What is the most important information I should know about HUMIRA?"**
- have or have had cancer.
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.

- have recently received or are scheduled to receive a vaccine. You may receive vaccines, except for live vaccines while using HUMIRA. Children with juvenile idiopathic arthritis should be brought up to date with all vaccines before starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.
- are pregnant or planning to become pregnant. It is not known if HUMIRA will harm your unborn baby. HUMIRA should only be used during a pregnancy if needed.
- breastfeeding or plan to breastfeed. You and your doctor should decide if you will breastfeed or use HUMIRA. You should not do both.

**Tell your doctor about all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

**Especially tell your doctor if you use:**

- ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol) or SIMPONI® (golimumab), because you should not use HUMIRA while you are also taking one of these medicines.
- RITUXAN® (rituximab). Your doctor may not want to give you HUMIRA if you have received RITUXAN® (rituximab) recently.
- IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine, 6-MP).

**Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.**

**How should I take HUMIRA?**

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than you were prescribed.**
- See the **Instructions for Use** inside the carton for complete instructions for the right way to prepare and inject HUMIRA.
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or

1-800-4HUMIRA (1-800-448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection after he/she has been shown how to prepare and inject HUMIRA.

- **Do not** try to inject HUMIRA yourself until you have been shown the right way to give the injections. If your doctor decides that you or a caregiver may be able to give your injections of HUMIRA at home, you should receive training on the right way to prepare and inject HUMIRA.
- Do not miss any doses of HUMIRA unless your doctor says it is okay. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. In case you are not sure when to inject HUMIRA, call your doctor or pharmacist.
- If you take more HUMIRA than you were told to take, call your doctor.

**What are the possible side effects of HUMIRA?**

HUMIRA can cause serious side effects, including:

**See “What is the most important information I should know about HUMIRA?”**

• **Serious Infections.**

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. People who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)

• **Hepatitis B infection in people who carry the virus in their blood.**

If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use HUMIRA. Your doctor should do blood tests before you start treatment, while you are using HUMIRA, and for several

months after you stop treatment with HUMIRA. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:

- muscle aches
- clay-colored bowel movements
- feel very tired
- fever
- dark urine
- chills
- skin or eyes look yellow
- stomach discomfort
- little or no appetite
- skin rash
- vomiting

• **Allergic reactions.** Allergic reactions can happen in people who use HUMIRA. Call your doctor or get medical help right away if you have any of these symptoms of a serious allergic reaction:

- hives
- swelling of your face, eyes, lips or mouth
- trouble breathing

• **Nervous system problems.** Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.

• **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.

• **New heart failure or worsening of heart failure you already have. Call your doctor right away** if you get new worsening symptoms of heart failure while taking HUMIRA, including:

- shortness of breath
- swelling of your ankles or feet
- sudden weight gain.

• **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may improve when you stop HUMIRA.

• **Liver Problems.** Liver problems can happen in people who use TNF-blocker medicines. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

- **Psoriasis.** Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

**Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.**

**Common side effects with HUMIRA include:**

- injection site reactions: redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. Call your doctor right away if you have pain, redness or swelling around the injection site that does not go away within a few days or gets worse.
- upper respiratory infections (including sinus infections)
- headaches
- rash
- nausea

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

**General information about HUMIRA**

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals. For more information go to

www.HUMIRA.com or you can enroll in a patient support program by calling 1-800-4HUMIRA (1-800-448-6472).

AbbVie Inc.  
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Content revised 05/2013

Ref: 03-A830-Revised May, 2013

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# In The Know

PRODUCTS, PROMOTIONS, EVENTS



The Life Improvement Store™

## *IKEA® The Life Improvement Store*

We want to help you improve your life, and there is no better place to start than in the home! *O, The Oprah Magazine* is partnering with IKEA for The Life Improvement Project, a program offering inspiration and ideas to help you make positive changes in your home.

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NO PURCHASE NECESSARY TO ENTER OR WIN. Norwegian Cruise Line "Summer Getaway Contest." Sponsored by Hearst Communications, Inc. Beginning July 16, 2013, at 12:01 AM (ET) through September 17, 2013, at 11:59 PM (ET), go to [omagonline.com/Getaway](http://omagonline.com/Getaway) and complete and submit the entry form pursuant to the on-screen instructions, including an essay (1,000 words or less) on why you need to take a vacation. One (1) winner will receive one (1) minimum category oceanview stateroom cabin for two (2) people on a seven-day cruise (ARV: \$3,219). Winner must choose the travel destination from a list of the current available cruises/itineraries provided by Norwegian Cruise Line. If you wish, you can mail your entry by including your name, age, complete address, telephone number, and email address on a 3X5 card, as well as your essay, to: *O, The Oprah Magazine*, Attn: Summer Getaway Contest, 300 West 57th Street, 36th Floor, New York, NY 10019. Mail-in entries must be postmarked by September 17, 2013, and received by September 24, 2013. Must be a legal resident of the 50 United States, District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Contest is subject to complete official rules available at [omagonline.com/Getaway](http://omagonline.com/Getaway).

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# SEASON PREMIERE SEPTEMBER 10



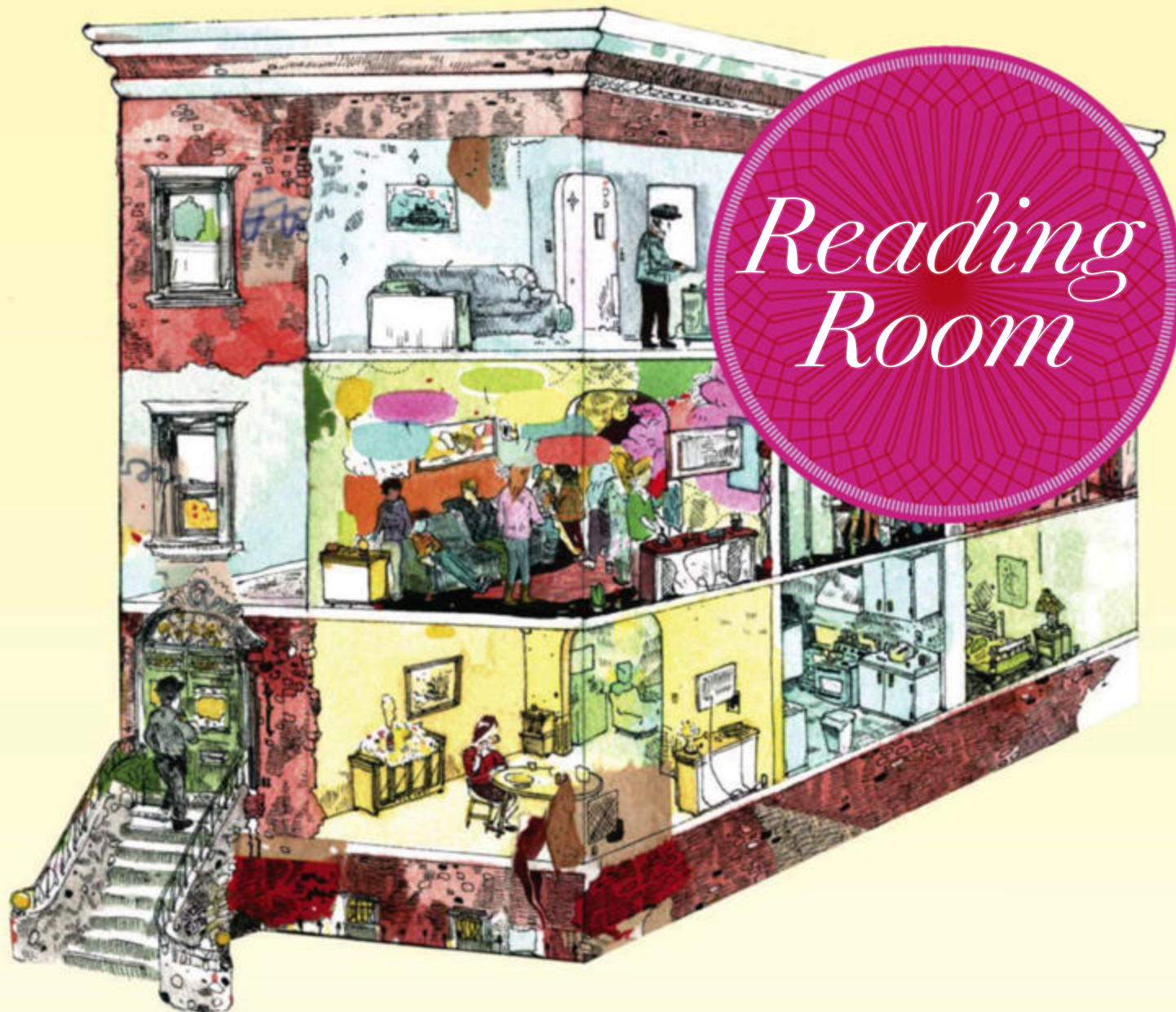
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# Reading Room

## Behind Closed Doors

A DEBUT NOVELIST'S LITERARY PEEP SHOW.

**FOR FIRST-TIME NOVELIST** Amy Grace Loyd, an apartment building is not simply housing. It is also a metaphor for the paradoxical isolation and proximity we feel among others, especially in congested urban settings. In a bid for the order she craves, Celia, the young widowed narrator of *The Affairs of Others* (Picador), has bought a subdivided Brooklyn brownstone and serves as its live-in landlady. Prudent Celia selects unobtrusive tenants, most of whose best years, like hers, seem largely behind them: a retired ferry captain, a single schoolteacher, a humorless activist. But their neatly compartmentalized existence is destabilized when, against her better judgment, Celia allows the teacher to sublet his flat to an unnervingly beautiful woman with the fraught name of Hope. Hope's disorderly, highly



sexualized presence “rattle[s]” the “bones of the place.” The captain disappears, the activist’s husband bolts, and Celia rouses herself from her melancholic, tranquilizer-fueled reveries and begins snooping through her tenants’ apartments, “jeopardizing the privacy that is so necessary...in a city like ours.” Celia proves an unapologetic voyeur, hardly the paragon of abstemious bereavement she appeared to be. Under the spell of Hope, the once cloister-like building becomes the setting for messy scenes of lust, animalistic acts of violence, and eruptions of abundance and contentment. With forceful, sensual

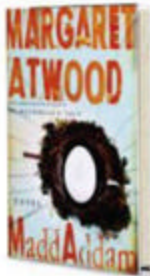
prose (the author is captivated by the scents of people and places), Loyd allows Celia to discover that “life had as many gains as losses as long as we were willing to tally them.” —**AMY FINE COLLINS**



# Lady Oracle



Fiction master **Margaret Atwood** wields a mighty pen.



**THERE IS NOTHING DEMURE** or understated about Margaret Atwood’s writing—her literary roots are more H.G. Wells than Jane Austen. The author of more than 50 books (including the provocative best-seller *The Handmaid’s Tale*), Atwood is a legendary creator of dystopic universes in which the Earth has been ravaged, mostly by humans who can’t help messing with nature and each other.

Her new novel, **MaddAddam** (Nan A. Talese), completes the trilogy begun with *Oryx and Crake*, using “speculative fiction” to explore cosmic “What if?” questions. The books are set in a world that’s been devastated by a pandemic, leaving the survivors to fight it out—will the MaddAddamites, the Crakers, the Painballers, et al., find a way to coexist, or will they self-destruct?

In real life, Atwood is as committed to protecting this planet as her characters are to saving imagined ones. Her environmental passions include the Pelee Island Bird Observatory in Canada, which she helps fund through an eponymous blend of organic coffee. The publication of her latest work gave *O* books editor Leigh Haber the chance to ask the iconic author how she keeps it all percolating.

**Q** *Your books are often social critiques of human behavior, but they can also be read simply as great yarns.*

**MA:** That’s what novels are meant to do—that’s certainly what Charles Dickens and George Eliot did. You can’t subtract society from the long prose narrative. It’s pretty much impossible.

**Q** *Were there a lot of books around you when you were growing up?*

**MA:** Yes. I spent much of my childhood in northern Quebec, and often there was no radio, no television—there wasn’t a lot to entertain us. When it rained, I stayed inside reading, writing, drawing. I’m told I learned to read early so I could read the funny papers.

**Q** *When did you start writing in earnest?*

**MA:** When I was 16 I started publishing all kinds of things in school magazines. My main feedback came from my English teacher, Miss Bessie B. Billings, who said, “I can’t understand this at all, dear, so it must be good.” If I were starting out today, I would create an anonymous Web site where you can call yourself “Flaming Wings of Steel” and put up a steamy vampire novel—no one would know it was me writing.



ATWOOD in Toronto, 2013.

**Q** *Where do the scary sci-fi themes in your work come from?*

**MA:** I was warped early by Ray Bradbury and Edgar Allan Poe. I was very fond of Franz Kafka. And I was watching all those B movies, like *Village of the Damned*.

**Q** *There is a lot of violence in the new book.*

**MA:** Yesterday I read a piece about someone in Syria tearing open a dead enemy and eating his heart—on video—and announcing that this was his plan for all his foes. There’s violence in the world. Do we add to it if we depict it? That’s an ongoing debate.

**Q** *Speaking of violence, I found an online video of you giving a tutorial on being a hockey goalie. How did that happen?*

**MA:** It was for a Canadian comedy show. I was asked to do a sketch on how to stop a puck. I put black socks over my figure skates so they’d look like hockey skates. My high moment was when I was passing the puck back and forth with some pros who said, “Hey! You can skate!” I said, “Well, yes, I can skate—I’m Canadian!”

**Q** *You’ve said that what sets writing apart from the other arts is its “democracy.” What do you mean?*

**MA:** It’s cheap to do. It’s portable. You don’t need sets or lighting or a crew, as you do with theater, film, or a symphony orchestra. Writers and books are cheap dates, especially when you compare the cost of a book with a ticket to the opera—or an NHL game.

Crystal Light Invites You to

# Shake THINGS UP!

Back-to-school doesn't have to mean back-to-boring—thanks to **Crystal Light**. With over 20 delicious flavors for every shade of you, each sip's a refreshing change. To refresh your workout, wardrobe and get-togethers even more, circle your answers below for tips from our experts!



Circle A, B or C:

**ON SATURDAYS, I'M:**

- A. Surfing for recipes online
- B. Shopping, of course!
- C. In spin class (with **Crystal Light On The Go Packets!**)

**THIS FALL:**

- A. I'm trying more global flavors!
- B. I'm rocking red flats
- C. My workout gets a jump start!



**MY FALL ESSENTIAL IS:**

- A. Comfort food!
- B. Graphic boots
- C. An evening run

**MY NEW FALL CLASSIC:**

- A. Gourmet mac 'n'cheese
- B. Colored denim
- C. A pulse-moving remix

**MY FAVORITE NIGHTS ARE SPENT:**

- A. Chilling with friends (And chilled pitchers of **Crystal Light**)
- B. Clothes shopping online!
- C. Soaking in a bath



**I INDULGE IN:**

- A. Artisanal breads
- B. Purple handbags (and pink lemonade)
- C. Massages



*Crystal Light.*

**ANSWER MOSTLY A?**

You eat up surprising menu ideas. **LITERALLY.**  
(Turn page over to find some.)

**ANSWER MOSTLY B?**

You're up for adding color to your water **AND** wardrobe!  
(Turn page over to find out how.)

**ANSWER MOSTLY C?**

You make every workout **OUT OF THE ORDINARY.**  
(Turn page over for expert how-to's.)



## LIFE OF THE PARTY

Back-to-school demands can cut into fall's party-prep time. Luckily, **Crystal Light Pitcher Packs** easily quench a whole party's thirst. And **celebrity caterer Mary Guiliani's** menu ideas for effortless entertaining will have guests thinking you slaved all day!

### KEEP IT SIMPLE

Replace time-consuming finger foods with a trio of simple soups, like wild mushroom, spicy tomato and ginger carrot. "Served in shot glasses, they're fun and festive!"

### KICK UP A CLASSIC

For a super-easy spin on mac 'n' cheese, "add bacon, chives, Parmesan—then bake in cupcake tins for a restaurant-worthy presentation!" Shake up your grilled cheese go-to "with brie, honey and rustic whole-grain bread."

**ENTERTAIN LIGHTER—AND ENTERTAIN EVERY SHADE OF YOU—WITH CRYSTAL LIGHT. (AS DECADENT-TASTING AS YOUR MENU.)**

## ADD A SPLASH OF COLOR

With 20 delicious flavors, **Crystal Light** indulges every shade of you. And with fall just around the corner, it's also time to indulge in some of the hottest color trends to shake up your warm-weather wardrobe! For **television style and beauty expert Jenn Falik**, "it's all about mixing neutrals with vivid accessories."

### STEP OUT IN STYLE

Bright patterns are big—and especially wearable on your feet. Step out in floral or mod-printed pumps, "or opt for pointy-toe flats in fun yellows, pinks and oranges."

### FALL IN LOVE WITH COLOR

Give your little black dress a big splash of color with "an oversized bright clutch, multicolored gemstone necklace or chunky tribal bracelet." And invest in new colored jeans, maybe a slim-fit ankle-length style in an exotic print, bright blue or purple." (Just make sure to pair with a muted top.)

**CRYSTAL LIGHT IS A GUILT-FREE SPIN ON WATER—WITH A SPLASH OF COLOR TO MATCH ANY OUTFIT.**

## PACK A PUNCH

Is your commitment to fitness cooling with the weather? "Just move it inside," suggests **Certified CrossFit Coach Angela Salveo**. **Crystal Light On the Go Packets** and her easy fitness strategies can help you stay hydrated AND active.†

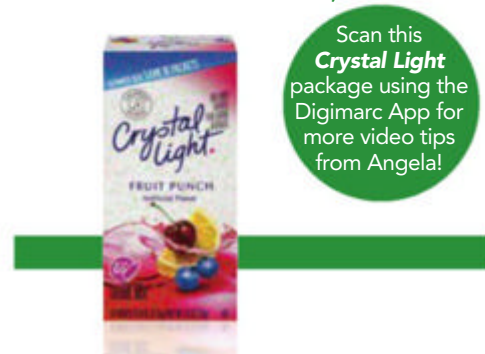
### MAKE MORNINGS MATTER

You don't need a big gym or a lot of time to be fit—just a little commitment, notes Angela. Adding in just two different exercises to your mornings (for example: two sets of 20 squats and 10 pushups or 20 lunges and 10 dips) can give you a better jolt to your day than a cup of coffee!

### TEAM UP FOR RESULTS

Joining a local sports team or CrossFit Community is a great way to stay dedicated to your training (and make new friends—bonus!). "The important thing is to have fun and keep the workouts short and intense."

**RUNNING SHOES OR DANCING SHOES—JUST MAKE SURE TO HYDRATE WITH REFRESHING CRYSTAL LIGHT (AND SKIP SPORTS DRINKS' EMPTY CALORIES).**



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†Check with your health care professional before beginning any type of exercise program.



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## LITTLE GIRL LOST

Raw, dark, poetic—Edwidge Danticat at the top of her game.



**EDWIDGE DANTICAT'S *Claire of the Sea Light*** (Knopf) is set in the fishing village of Ville Rose, “crammed between a stretch of the most unpredictable waters of the Caribbean Sea and an eroded Haitian mountain range.” There we meet 7-year-old Claire Limyè Lanmè, named for her mother (who died in childbirth) and the luminous effect of the sunlight striking the ocean. Claire

lives with her father, a poor fisherman working waters that, on occasion, rise as a wall “from the depths of the ocean, a giant blue-green tongue, trying...to lick a pink sky.” Even if the sea doesn’t take him, he knows he cannot provide his daughter with a bright future, so for years he’s pressed a prosperous local woman (whose own daughter died in an accident) to adopt Claire. On Claire’s seventh birthday, when the woman finally agrees, Claire runs away. Danticat has created a pulsing world of fictional characters—among them a radio talk-show host with ulterior motives; an undertaker turned mayor; and Madame Gaëlle, who agrees to care for Claire as her replacement child. Their haunting stories make up a web of relationships, coincidences, misunderstandings, and ambitions—a multifaceted Haitian love story in which the shimmering Caribbean is both friend and foe. Danticat is expert at subtly exploring such themes as the far-reaching consequences of poverty and the powerful bonds between parent and child. On these pages, the human heart is laid open and the secret contents of its chambers revealed in all their beauty and agony. —TAYARI JONES

## Hungry for More

A short-fiction phenom serves up a surreal smorgasbord.

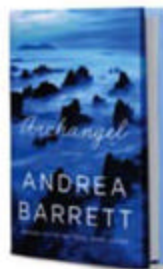
**IN THE LIVELY PAGES** of Aimee Bender’s dazzlingly dreamlike new story collection, ***The Color Master*** (Doubleday), Asian tigers split their skins and are mended by specially trained seamstresses; a woman who is “ugly, by human standards,” falls in love with a man-eating giant she meets in a tavern; and random gifts, including cans of lobster bisque, materialize out of thin air, perhaps delivered by ghosts. These fantastical elements season the soup of Bender’s savory and sublime human sagas. Though we journey into the author’s strange worlds without a map, her particular brand of magical realism is so deeply rooted in American middle-class life that even her most exotic landscapes feel as familiar and well-lit as the local mall. Her characters crave work or words or one another. In “The Devourings,” the aforementioned giant accidentally consumes his own children. In the first story, “Appleless,” a narrator observes: “I once knew a girl who wouldn’t eat apples.... She didn’t even like to look at them.... It’s unsettling to meet people who don’t eat apples.” So many of Bender’s sentences both settle and unsettle, and deserve to be read aloud for pure pleasure. —**BONNIE JO CAMPBELL**



**BENDER** in Los Angeles, 2013.

### *In Short...*

Three other must-read story collections.



**Archangel**  
By Andrea Barrett  
(Norton)

▶ These five stories examine the turbulent relationship between humanity and scientific discovery and explore the loss and wonderment that go hand in hand with progress.



**Bobcat and Other Stories**  
By Rebecca Lee  
(Algonquin)

▶ The people at the center of these tales are deeply flawed, but not so mired in their own infidelity, jealousy, and wild optimism that they can’t learn something.



**Search Party: Stories of Rescue**  
By Valerie Trueblood  
(Counterpoint)

▶ While they don’t always find what they’re looking for, Trueblood’s characters are bound by a sense of redemption in the search.



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# PHILADELPHIA STORY



What if Anne Frank's sister hadn't perished?

IN THE SPRING of 1959, quiet Margie Franklin is a secretary at a law firm. But this unassuming woman harbors a secret that could threaten her newly established life: Her true identity is Margot Frank. In *Margot* (Riverhead), Jillian Cantor reimagines the life of Anne Frank's older sister, who, along with Anne and six others, lived in an attic for two years, hiding

from the Nazis. Margot also kept a diary (though it was never found), and it is from that real-life thread that Cantor derives the inspiration for her story. In this inventive narrative, after narrowly escaping death, Margot migrates to the City of Brotherly Love, where she changes her name out of fear of being outed as a Jew. She hides within her new persona the way she once concealed herself in the annex, whispering prayers on the Sabbath and always wearing a



**MARGOT FRANK** in Amsterdam, May 1941.

long-sleeved sweater "so the dark ink on my forearm remains hidden, unseen." Cantor's "what if" story combines historical fiction with mounting suspense and romance, but above all, it is an ode to the adoration and competition between sisters who were once so close that Margie feels "something is missing from me, something that feels like the phantom weight of a stolen limb or internal organ..." Despite her survivor guilt, she knows she must seize her second chance and live a life worthy of those who never got one. —**ABBE WRIGHT**

## BOOK TO STEAL from your teen



Alien invasions, a farmhouse romance, humanity's last stand—why let younger readers have all the fun? Get lost in Rick Yancey's *The 5th Wave* (G.P. Putnam's Sons), a gripping adventure whose hero, a girl next door turned survivalist, must search through civilization's rubble for her brother while evading hunters who only look human. —**NATALIE BEACH**



## TEN TITLES to Pick Up Now

### **The Good Lord Bird**

*By James McBride*

From the author of *The Color of Water* comes a gut-wrenching and suspenseful fictional tale inspired by real events—starring a slave boy who, along with the abolitionist John Brown, helps change the course of American history.

### **Let Him Go**

*By Larry Watson*

After their son dies and his remarried widow absconds with their grandson, an elderly couple set off on an arduous road trip to retrieve him, at any cost.

### **After Her**

*By Joyce Maynard*

In this fast-paced thriller, when young women begin turning up dead on a mountainside in northern California, one girl thinks it's a good idea to act as bait to lure the killer. Spoiler alert: It's not.

### **Tumbledown**

*By Robert Boswell*

Like a funnier *One Flew over the Cuckoo's Nest*, this story focuses on a therapist and his wild yet well-meaning patients, bumbling through life, trying to make sense of the world and one another.

### **The Explanation for Everything**

*By Lauren Grodstein*

A biology professor agrees to oversee a student's independent study on intelligent design, and the experience prompts him to reconsider everything he knows about morality, science, and faith.

### **The Residue Years**

*By Mitchell S. Jackson*

This autobiographical novel from a fresh new voice in fiction depicts the struggle of a black family trying to survive the crack epidemic in the whitest city in America.

### **The People in the Trees**

*By Hanya Yanagihara*

When an ambitious doctor locates a lost tribe on a Micronesian island and identifies the source of its immortality, he is celebrated in the medical community but confronts the dangers of playing God.

### **On the Come Up**

*By Hannah Weyer*

In this gritty yet uplifting novel, a pregnant 13-year-old from the tough landscape of Far Rockaway, New York, dreams of being an actress—and is improbably cast in a movie's starring role.

### **Son of a Gun**

*By Justin St. Germain*

Set in the shadow of the O.K. Corral, this haunting memoir follows a young man grappling with his mother's murder and the legacy of who she was, reconciling it all with the person he is becoming.

### **The Daughters of Mars**

*By Thomas Keneally*

From the author of *Schindler's List* comes an expansive novel about two Australian sisters, both nurses on the front lines during World War I, who come face to face with the best and the worst of humanity.

—**A.W.**



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# September 2013

It's a top priority, our mane event, the thing we curl and crimp and bend to our will—and this month, we're exploring all its cuts, colors, styles, trials, agonies, and ecstasies in our [blowout hair bonanza](#) (page 140)....

Join us for an exclusive look behind the scenes of [Oprah's new movie, \*The Butler\*](#) (page 156)....

Say goodbye to business as usual with [fresh takes on the suit](#) (page 162).... And meet a scientist whose groundbreaking work aims to [help people live their best lives](#)—now that she's figured out how to do it herself (page 170)....

LADIES AND... WELL, LADIES! WOMEN OF ALL AGES!  
Step right up for O's awe-inspiring, thoughtfully inquiring,  
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# HAIR

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## IN 2001, BETWEEN HER HIGH-WIRE

stints as First Lady and secretary of state, Hillary Clinton gave Yale University's graduating seniors a piquant bit of advice: "Pay attention to your hair. Because everyone else will."

Hillary, we do! Every year American women fork over more than \$22 billion for haircuts, \$30 billion for haircolor, and most of the \$7 billion spent on shampoo, conditioner, and styling products. (That's nearly \$59 billion—more than three times the annual budget of NASA.) According to recent surveys, 57 percent of women given a choice between great hair forever and ten more IQ points would take the former. And 54 percent of us have been angrier at our hair than at our partner in the past month.

Ours is an age in which another First Lady's bangs occasioned 1.6 million Google hits; a red-carpet walk without hair extensions *simply is not done*; and the U.S. surgeon general has to take time out from fighting epidemics

# RIGHT

## "THIS IS THE WAY"

to urge women to exercise even if it cramps their hairstyles. (Fifty-nine percent of American women will skip workouts or other activities to protect their 'do.) Our culture is so hair-crazed that even she who launched a thousand shags and middle parts—that would be you, Jennifer Aniston—suffers from hair envy. (She's said to be jealous of Kate Middleton's; no word yet on whose head Kate covets.) The mania is alive in Chicago, Baltimore, and Dallas—where thieves have boosted a fortune in fake hair—and in Manhattan, where one client of a high-end salon recently brought in her 7-year-old for highlights. (She was asked to leave.)

What's at the root of our hair hysteria? Social media, for starters: There's nothing like nonstop visibility to make looking good feel essential. Market analysts say our attention to personal appearance has skyrocketed; achieving hotness is to our era what conspicuously consuming was to the '80s. Once, we told the world we'd made it by flashing bling. Nowadays, it's more likely to be a \$295 blow-out. (Conversely, want to tell the world to go screw itself? A violent shearing—à la Britney, Miley, or Amanda—should do the trick.)

More than any other feature, hair proclaims, "This is who I am," says social psychologist Marianne LaFrance, PhD (who teaches a Yale seminar on

"the psychology of hair impressions"). In one study, LaFrance superimposed different hairstyles on photos of identical faces to discover how hair affects the way we're perceived. Women with long, blonde hair were seen as more affluent and sexier than women with dark hair. (More neurotic and self-obsessed, too.) With shorter hair, the same women were deemed more sociable and self-confident—and, again, less sexy. Want to look brilliant? Wear a hat. Across the board, women were judged smartest in photos that hid their hair altogether.

Yes, it all adds up to a kind of insanity. But here's the flip side: There have never been more ways to let your hair signal who you are—or might like to be. If you've ever nursed a high-flying hair dream, now's the time to chase it. Sick of your curls? There's a flatiron (or five dozen) for that. Tired of the straight and narrow? Wave hello to texturizing spray. Want to go long? Butt-length hair can be yours by sundown. Or maybe, like 67-year-old Dame Helen Mirren, you'd like a headful of pink. You can smooth it, poof it, lighten it up, wear it down—hell, if you're Beyoncé, you can do all that in an afternoon. The bottom line: Right here, right now, hair is the star of the show, and you can make yours gorgeously *you* with the greatest of ease.





# WHAT TO 'DO ?

## ◆ THE QUEST ◆

*The Daily Show's*  
**Samantha Bee** on the arduous  
journey to hairdo destiny.

**T** I wish I could be one of those lucky weirdos who are happy with their hair in its natural state—but I've always been sure I could do better than what Mother Nature intended. As a child I coiled my hair in rags to curl it as I slept, giving it a slightly lumpy quality; I had bed head for eight years. Later I went for a series of celebrity 'dos: the Nancy Wilson, the Anne Murray, the Suzi Quatro. I now have extensive photographic evidence that I look awful in bangs. As a teenager, I buzzed my hair on one side and dyed my head maroon, prompting my parents to take me to a psychiatrist, who asked me, "Why are you hiding behind your hair?" He had a point.

But *my* point is this: After decades of tweaking and torturing it into a dozen varieties of hideousness, I finally *love* my hair. It's a pretty color (somewhere between spun honey and

*"When you take off your clothes and makeup, you can feel like you've taken off your armor. That's why good hair is important. It makes you feel like a strong woman, even with nothing on."*

—Stylist Christophe Soltane, Gene Juarez Salons & Spas, Seattle



Samantha Bee

baby deer) and a nice length (just below my shoulders), and it flatters my face. I put 43 years into thinking about my hair so I would no longer have to—only to realize that that’s an impossible dream. Because now that my hair is perfect, I’m terrified something will go wrong. I suffer from recurring nightmares in which I lose my mind and decide to try a henna-and-bowl-cut combo again (yes, I said *again*), or a colorist accidentally bleaches it white, which is what happened ten years ago. (I still can’t think about that incident without wanting to vomit a little; I can’t talk about it without crying.) When someone unfamiliar does my hair—an unavoidable part of my job—it gives me a curious physical sensation, as though my center were dropping out.

What scares me more than anything is that no matter how well I protect my hair from having horrible things done to it, I can do absolutely nothing to stop it from changing on its own. Lately, wiry, cat-whisker hairs are sprouting from my crown, and my hair is growing dryer, even a bit—dare I say—brittle. There’s a lesson to be learned here, I suppose, about the certainty of change. But it’s awfully nice having that *one thing*, that reliable go-to in your life with which you’re truly, finally content.

Okay, yes, fine, I also have my job, my husband, my children. Children, Mommy loves you. Just keep your fudgy fingers away from my hair.

1 Nancy Wilson, c. 1977    2 Anne Murray, c. 1980    3 Suzi Quatro, 1982



## THE FAIL-SAFE, UN-SCREW-UP-ABLE, TAKE-THIS-TO-THE-SALON GUIDE TO YOUR PERFECT HAIRCUT

Forget the fads, the ads, “the Karlie,” and the rest: Your best look depends on your hair texture and your face shape. Our revolutionary haircut matrix will get you there.

	ROUND	SQUARE	HEART	OVAL
STRAIGHT	<p>A shoulder-dusting cut with long layers elongates your face. Strong, straight-across bangs enhance cheekbones.</p>	<p>A shoulder-length cut with layers from chin to collarbone softens a strong jaw; sideswept bangs minimize a wide forehead.</p>	<p>Try a pixie to play up your eyes and cheekbones. Or a blunt lob (long bob) with a few long layers.</p>	<p>Layers that start just below the eyes will make your face look fuller. Avoid all-one-length long hair.</p>
WAVY OR CURLY	<p>Length can be midneck to midback, but always get long layers to counteract a pyramid effect; a deep side part emphasizes bone structure.</p>	<p>Try a shoulder-length cut with layers angled from ears to ends; add bounce with a few shorter layers that fall over your forehead.</p>	<p>With a collarbone-length cut, curls are full around shoulders and balance the forehead’s width.</p>	<p>A cut that skims your shoulders plays up curls; a side part enhances cheekbones.</p>
KINKY	<p>Hair can fall to chin or shoulders. Diagonal layers remove weight from the sides; a part (middle or side) slims your face.</p>	<p>Choose a style either above the chin or below. (Cuts that end at the jawline add width to your face.)</p>	<p>A chin-length bob creates flattering fullness around the jawline. Avoid razors; they thin hair and create frizz.</p>	<p>An Afro—supershort or superfull—gives your face perfect balance. Leave it rounder on top and tapered at the ears.</p>



1. Whitney Houston, 1986 2. Brooke Shields, 1983 3. Julia Roberts, 1989  
4. Sarah Jessica Parker, 1986 5. Joan Collins, 1983 6. Diana Ross, 1987

## DARLIN', YOU GIVE HAIR A BAD NAME

Blame it on Bon Jovi: For far longer than the taste police would approve, **Jancee Dunn** has been living large. Like, *really* large.



I grew up in New Jersey in the '80s. That means one thing: big hair. I've always had natural curls, but as a teenager, that didn't stop me from getting twice-yearly perms—with the small rollers, please, for maximum frizz—and dousing my hair each morning with a typhoon of Aqua Net. It was simply how you did it in those days. I had big hair, my boyfriends had big hair, we all had big hair. Our prom looked like the poodle division of the Westminster dog show. To me, a massive coif went hand in hand with wild, spontaneous trips down the Shore, and like every teenage girl within 50 miles, I also knew that it made your butt look smaller. Even now, in my mid-40s, though I resist the urge to mousse, my hair is still pretty big. (Recently, glancing at my long curls in the mirror, it occurred to me that they have something in common



Jancee Dunn, '84

with Louis XIV's wig—which means my hair isn't just a relic from the '80s, it's a relic from the 1680s.) I know big hair looks peculiar—I *know* it—but for me it's a sweet relic of a time when I was oblivious to the world's taste police. And so even though I've said goodbye to miniskirts and tube tops and other youth-only fashions, when my stylist begs me to please let her chop my hair off, I hesitate. I remember the dumb exuberance of my teenage years, and all that reckless fun I had, and the knowledge that my whole life still lay ahead of me—and I tell her to give me the usual.

### WHAT PART OF



### DON'T YOU UNDERSTAND?

The hardships of the female crew cut.  
By Alison Bechdel

The shorter my hair is, the better I feel. Yes, I'm a lesbian of a certain age, but even as a girl I craved a crew cut, and I've stayed closely cropped long since the look ceased to be fashionable. It's the only cut for me. But it does have its challenges. If I don't get my hair cut every four weeks, I feel funny in public. And to make it stand up just so requires some seriously overpriced product. (Per linear inch, it's possible that I fuss over my hair as much as several Kardashians combined.) It's tough to get a decent cut where I live in quasi-rural Vermont. The barbershop that does the state troopers won't cut women's hair, so for years I went to the sole African American salon in town, where the barber had no qualms about giving me a fade so sharp it looked drawn-on. I get called sir a lot, and I routinely endure double takes in the ladies' room. Sometimes it escalates to verbal confrontation. But then I say, "It's okay," and once people hear my (obviously feminine) voice, they apologize.

I wish it weren't such a big deal. But what can I do? I have to keep it short. Luckily, because I travel a lot, I can find good barbershops. I like a factory atmosphere best—no chitchat, no fuss. Just a brisk, clean clip and a dusting of Clubman Talc is fine by me.

### MAGIC WANDS

Five tools that are changing the face of styling.



#### 1 THE KINDER, GENTLER FLATIRON Ferrum Professional Styler

(\$189; ferrumiron.com)  
Instead of two heated plates, this flatiron has only one. The other is covered with a fabric pad to reduce hair damage.



#### 2 THE KLUTZ-PROOF CURLER Infiniti Pro by Conair Curl Secret

(\$100; drugstores)  
Clamp a one-inch section of hair between the plates, and watch as it's automatically drawn into a heated chamber. (Not as scary as it sounds.) After a few seconds (eight for waves, 12 for tight curls), release the clamp...et voilà!



#### 3 THE FUSS-FREE ROLLER

**Click n Curl** (\$46; click-n-curl.com)  
This set of heat-retaining brush heads works like rollers. Attach the handle to one of the barrels, and roll a section of hair to your scalp while you blow-dry. Click the handle off, then let the roller cool before removing.



#### 4 THE CORDLESS STYLERS Tek Maker FreeDryer Cordless Hairdryer

(\$150; tekmakerusa.com) and **Jet-Setter by Sarah Potempa Flatiron** (\$118; joyus.com)  
Spend more time in front of your rearview mirror than your bathroom mirror? Both of these cordless tools are lightweight and powerful—and include a car charger. But please: Don't blow-dry and drive.



#### 5 THE BRUSH DE-GUNKER Philip B Hairbrush Cleaner

(\$15; philipb.com)  
Run this stainless steel rake through your hairbrush's bristles to remove hair, dust, and product buildup. Gross? Extremely. Incredibly gratifying? That, too.

# The "Do" NATURAL "Do"

Chances are, you know at least one woman who has stopped relaxing her hair recently. Maybe it's you?

*"I don't want to say I trigger divorces, but maybe when women look in the mirror and feel so good about their hair, they think, Well, what else can I change?"*

—Stylist Daniel Fabry, Asha SalonSpa, Chicago



## TRUE TO FORM

Sales of relaxers—the chemical treatments African American women have used for 100 years to straighten their hair—plummeted almost 40 percent from 2007 to 2012, according to market research firm Mintel. (They’re predicting a full 50 percent drop by 2017.) And women aren’t just quietly ditching; a YouTube search for “transitioning to natural” turns up 100,000 videos of the converted documenting their journey back to their original texture. “The decision to stop relaxing your hair is overwhelming,” says hairstylist Edris Nichols, owner of the Edris Salon in New York City, who’s helped clients grapple with the choice. “But going natural can be like coming out—a positive and life-changing affirmation.”



Bridgett Davis

## SHE STOPPED RELAXING— AND SHE WAS FINE!

For Bridgett Davis, going natural meant losing a lifelong hairstyle—and finding her true self.



I noticed it on day one: I was the only woman in the room with relaxed hair.

While I should’ve been thinking about the thrilling journey I’d just embarked upon—I was directing my first film, which I’d also written—I couldn’t stop looking at the female actors and crew, with their long dreads, chic Afros, and springy twists. How was it that I—the writer of a film about a woman learning to reveal her true self, the director who’d purposely cast women with natural curls—was too afraid to embrace my own real hair?

Well, for starters, maintaining it was a skill I’d never learned. My mother began relaxing my hair when I was 8. I have bruising

memories of sitting for hours atop telephone books, roasting beneath a hooded dryer, my hair in rollers. The dryer’s heat was uncomfortable; the roller pins on my scalp torturous. The more I squirmed, the more time I added to the ordeal.

Still, as a young woman I’d kept relaxing out of habit—and perhaps, I now suspected, out of fear. I didn’t know how to have natural hair. I was afraid of the work involved. I wasn’t sure I could control it. And I had no idea whether I’d like the way it looked. But what I knew I didn’t like was the fact that my hair and I were acquaintances, not friends: Our interactions were largely mediated by a hairstylist. My hair felt inauthentic. That thought

gnawed at me. By the time we wrapped production, I’d vowed to go relaxer-free.

There were two things I didn’t consider: First, it takes a long time for relaxed hair to revert to its natural texture, and during that process it looks decidedly uneven. Second, when you have a movie coming out, you sometimes have to get your picture taken. Oops.

In photos from that time, my hair looks...transitional. But I *was* in transition. I was changing from someone inspired by women around her to someone who might possibly inspire others: At a screening of my film, an audience member came up to me and said, “Thanks for showcasing black women with natural hair—and by the way, I love yours.”

## TRANSITION AMMUNITION

Three tricks that helped Bridgett Davis (left) win her battle against two-texture hair.

### 1. FIND A GREAT HAIR GEL.

“During the worst of the two-texture period, a strong gel was incredibly helpful. I would comb it through and then slick my hair back into a ponytail or bun. My favorite was Aveda Brilliant Retexturing Gel.” (\$18)

### 2. STOCK UP ON HEADBANDS.

“Wide, stretchy cotton headbands—often in bright colors and bold prints—were a godsend. They concealed and controlled the new growth. My hair was still a little wild in back, but with the headband, it was a controlled wildness.”

### 3. CONDITION EARLY AND OFTEN.

“Regular deep-conditioning treatments made my hair so much softer and easier to manage. I often made the conditioner myself—two parts coconut oil to one part honey.”

## TAKING THE PLUNGE

When you decide to stop relaxing your hair, the first question to ask yourself is: Do I want a supershort cut (in transitioning parlance, a Teeny Weeny Afro, or TWA)?

**YES?** Then it’s time for the **Big Chop (BC)**. Many women cut off all their processed hair in one fell swoop to avoid dealing with two-texture hair. After the BC, some keep their TWA; others grow their hair out.

**NO?** If you want to keep your length, it will take six months to several years to grow out your processed hair, depending on how long it is. (Bridgett Davis, above, clocks her complete transition at four years.)

Here’s a timeline of what you can expect:

MONTH

3

**You have about an inch of new growth.** For uniform texture, use the comb attachment on your hair dryer to smooth your roots, says hairstylist Anthony Dickey, owner of Hair Rules Salon in New York City. Apply a heat-protecting product, and be gentle where your natural hair meets your relaxed hair, because it’s prone to breakage. Trim an inch of relaxed hair every six to eight weeks.

MONTH

6

**With two to three inches of new growth, you can now see your natural curl pattern.** To achieve one-texture hair, hairstylist Tippi Shorter recommends using roller or rod sets to get an all-over curly look. Go to a salon every two weeks or curl at home and use a low-heat bonnet dryer.

MONTH

9

**Your natural hair is long enough to try braided and twisted styles.** To keep your hair supple and shiny, incorporate your styling routine into your shower routine, working olive oil through your hair when it’s soaking wet, then combing in styling cream or conditioner with your fingers.

MONTH

12

**If you’re happy with a bob, you’re likely at the end of your journey.** Trim away the last inch or two of relaxed hair. Fabulous!

# SALON CONFIDENTIAL

A beauty parlor is a secret society, with its own special lingo, code of conduct—and robes. Here's an insider's guide to navigating it smartly, and with grace.

## THREE THINGS HAIRSTYLISTS REALLY WISH YOU KNEW



Shampoo, 1975.

1. When you show up late, you're not just throwing off their schedule, you're compromising your cut. The refinement of your cut happens in the last ten minutes—after your hair is dry—and it's crucial. If time is tight, your stylist will have to rush through it.
2. Not only is your cell phone conversation annoying, it's messing up your hair. When you're on the phone, you tilt and move your head. Some stylists say that even gum-chewing causes slight movements that can lead to an uneven cut.
3. A running critique won't improve the result. "Don't micromanage a cut in progress," says stylist Shin An. "Make sure you have a detailed consultation—with photos for reference—then let your stylist concentrate." If you feel your cut is veering way off track, ask your stylist to stop so you can discuss your specific concern ("My bangs are getting too short").

## HOW TO

### SPEAK HAIR

A glossary of terms to increase your follicular fluency.

**APL (armpit length):** Your hair is long enough to reach your armpit. (Not to be confused with BSL, bra strap length.)

**BACK-COMBING:** Teasing hair to create height or body.

**BALAYAGE:** A process of highlighting hair by painting on bleach without using foils (from the French "to sweep").

**CO-WASHING:** Cleansing your curly hair with only conditioner, not shampoo, in order to preserve moisture (see also: No-Poo).

**CUTICLE:** The protective outermost part of the hair shaft. When it's smooth, hair looks shiny; when it's frayed, hair looks dull.

**EXTENSIONS:** Synthetic or natural hairpieces that are either bonded to your own hair (strand by strand) or temporarily clipped in to add length, body, or volume.

**GLOSS:** A temporary tint that coats the outside of the hair shaft to refresh dyed hair between appointments or add shine to dye-free hair. (Also called a glaze.)

**KERATIN TREATMENT:** Any number of solutions used to soften curly, coarse,

or wavy hair textures over the course of multiple shampoos; many have been shown to use formaldehyde to bond conditioners to the hair so it stays smooth for weeks or months. (Keratin alone will not significantly affect hair texture for any length of time.)

**KITCHEN:** Hair at the nape of the neck that is shorter, kinkier, and more resistant to straightening than the rest.

**LOC (liquid, oil, cream):** The order in which products are applied to natural hair to keep it moisturized between washes.

**NO-POO:** A crusade that rejects lathering shampoos in favor of sulfate-free "cleansing conditioners" for curly hair. (Hairstylist Lorraine Massey created the DevaCurl No-Poo cleansing conditioner in 2001.)

**OMBRE:** A style of haircoloring in which dark roots fade into light ends.

**PERM:** A long-lasting treatment that uses chemicals to break the bonds in the hair so that its texture can be transformed, ending up curly or wavy (if it's wrapped around rods) or smooth (if it's combed straight; see: Relaxer). The effect typically stays until the hair grows out.

**PIECEY:** A style in which ends are defined and separated, generally on shorter haircuts; the stylist applies a wax or gel to the hair, then uses her fingers to break the hair into one- to three-inch sections.

**RELAXER:** A treatment that uses chemicals to

"relax" kinky or curly hair so it becomes stick-straight (see: Perm). The first relaxer, G.A. Morgan's Hair Refiner, was introduced 100 years ago.

**SHRINKAGE:** The degree to which wet textured hair shortens as it dries and recoils.

**SINGLE PROCESS:** A one-step coloring technique in which the same dye is applied all over the hair.

**TEXTURIZER:** A chemical solution that is milder than the average relaxer; when left on the hair briefly, it loosens (but doesn't straighten) kinks and curls.

**TRACKS:** A series of extensions machine-stitched at the top, like a curtain; they can be bonded to the hair with glue or sewn onto braided hair. Depending on the length or fullness desired, one to six tracks can be attached to your hair.

**TWISTS:** The process of connecting two pieces of hair from roots to ends to define kinks and curls, usually done on wet hair after applying cream or conditioner.

**WEAVE:** Supplemental hair used to transform your style's length or texture; tracks are sewn (woven) onto braids created along the scalp.

**WET SET:** The use of rollers to style hair while it's still wet. Large rollers create smooth, bouncy, relatively straight hair; small rods (or even straws) will create tight spirals. Once the hair is set, you sit under a hooded dryer. (Also known as roller set or rod set.)



## INTIMACY ISSUES

Most of us need about three feet of personal space to feel comfortable around other people. That boundary is transgressed only by our nearest and dearest—and our hairstylist. "Even though the client-stylist relationship is professional, we develop a sense of intimacy," says Eva Scrivo of the Eva Scrivo Salon in New York City. It's no wonder that when we part with our stylist, we call it a breakup. "But we don't take it personally if someone moves on," Scrivo says. Stylist Shin An of the Shin Salon in Santa Monica suggests a note: "Thank you for your beautiful work. I'm trying someone new, but I hope your door is always open."

## MYTH

**A GOOD STYLIST CAN TALK AND SKILLFULLY CUT HAIR AT THE SAME TIME.**

"Cutting hair is a technical craft that requires a lot of concentration," says salon owner Eva Scrivo. "Can you carry on a conversation while you're typing? No. I see a lot of haircuts with typos." Catch up with your stylist before she starts cutting, then pick up a magazine and let her do her work.

# FAKING IT

Extensions and weaves are big business—and getting bigger every year. In 2010 about 36 percent of salons could transform your hair by sewing, gluing, or clipping someone else's onto your head. Last year nearly twice as many shops were doing extensions and weaves, and at some places, they're the only thing on the menu. How hot a commodity is long, full, silky, swingy hair? In a break-in at one Chicago beauty supply store, robbers walked right past the register and headed straight for the \$80,000 stash of hair.

## HEAD TRIP

*Great Lengths*, one of the largest hair-extension manufacturers in the world, processes more than 36 tons of human hair yearly. We followed it from source to salon.



### 1 INDIAN TEMPLES

In gestures of devotion to the temple deity, thousands of pilgrims have their heads shaved each day. At one of the largest temples, Tirumala, in Tirupati, India, the devotees' hair is auctioned to hair brokers and wig- and extension-makers like Great Lengths, which in turn transports the hair to...



### 2 ...A FACILITY IN BANGALORE, INDIA

There the hair is fumigated and tested to ensure that it hasn't been chemically treated. It's separated by length, wrapped in large bundles, then flown by private courier to...



### 3 ...A FACTORY IN NEPI, ITALY, OUTSIDE ROME

The hair is trimmed of split ends, stripped of natural pigment, and dyed one of more than 50 colors. It's separated into small bundles of about 30 to 50 strands that are capped by keratin polymer bonds—then flown to...



### 4 ...GREAT LENGTHS' U.S. HEADQUARTERS IN KANSAS CITY, MISSOURI

There, some 45 days after leaving the temple, it is inspected (for color correctness and quality) and sold to salons, where the polymer cap on each small bundle of hair is bonded to...



### 5 ...THE HAIR ON YOUR HEAD.

To achieve all-over lengthening (as opposed to only volume), a stylist will attach an average of 260 bundles of hair. The process can take more than five hours and costs an average of \$2,800. (In case you're wondering: This is more than twice the annual per capita income in India.) After three to five months, you return to the salon to have the extensions removed (the bonds are dissolved with an alcohol- or acetone-based solution). Most salons throw the used hair in the trash.

## THE LENGTHS WE'LL GO TO

Rapunzel, Rapunzel, here's how to let down your (faux) hair!

### Clip-Ins

These range from a one-inch piece to a track (see "How to Speak Hair," *opposite page*) that runs from ear to ear. They're placed under the top layer of your hair to hide the clasps, and removed at the end of the day. Price: \$5 and up if you buy

and put them in yourself; \$80 and up for a salon version (which can include a consultation, fitting, and tutorial).

### Strand-by-Strand Extensions

Locks of 30 or more strands are adhered to your hair, near your scalp. The

process can take more than five hours, but the extensions last three to five months. Price: \$400 and up (depending on how much length/volume you want).

### Full and Partial Weaves

Your stylist makes tight braids along

your scalp, then uses a needle and thread to sew tracks of hair to the braids. Weaves can also be bonded to your natural hair with glue. They must be removed every three months so you can wash and condition your natural hair. Price: \$50 and up.

9 0

Percentage of celebrities on the red carpet who are wearing someone else's hair, according to hairstylist Kim Kimble, who owns a salon in Los Angeles. The other 10 percent? "They're either younger than 16 or just got a pixie cut!"



# A New HUE

Only 7 percent of American women dyed their hair in 1950; in today's youth-obsessed culture, more than half of us do. "There's a reason why 40, 50, and 60 don't look the way they used to," said the late Nora Ephron, "and it's not because of feminism, or better living through exercise. It's because of hair dye." But it's not all about covering gray. With nearly 600 shades to choose from at the drugstore, there's something to tempt anyone who's dying for a change.

*"I'm not offended by all the dumb blonde jokes because I know I'm not dumb. I also know I'm not blonde."*

—Dolly Parton

•THEN•

•NOW•



Michelle Wildgen

## BLONDE AMBITION

Michelle Wildgen loved being a blonde—right up until she didn't.



Even as a fifth-grader, I hated my haircolor: muddy brown. I'd load it with lemon and roast in the sun, picturing the alchemy I'd soon see revealed in the mirror. My shade was a blight that made every

attempt at a hairstyle seem misguided.

And then, in my teens, my mother let me get highlights, and I went from dull brown to decidedly flaxen. Believing, in my teenage way, that I could shift the world on its very axis by being blonde *and* smart, I overdid both, carping about my intellect and arranging my hair into a golden cumulonimbus. I wore scarlet lipstick; my hair seemed to demand it. Though my style shifted throughout my teens and 20s—short, long, wavy, curly—the shade was nonnegotiable. I thought of myself emphatically as A Blonde.

But while part of the allure of blonde hair is its impression of effortlessness—gold is the very color of luck, after all—the truth is that for everyone but children, Swedes, and elves, being blonde requires a lot of upkeep and money. Whenever I moved to a new city, I had to begin an anxious search for a dye master who could find that elusive zone between brassy and ash. After a decade of this, my prized fairness began to seem a bit desperate, a tad obvious. (A brunette who wants to be blonde—you don't say.)

Maybe I was tired, but one day I just gave up.

I couldn't help noticing that shortly after I went brunette, a number of celebrities did, too. Nor can I blame them. (Bravo, Reese.) I loved being brunette again. My haircolor flattered my skin tone and matched my brown eyes better than the blonde ever had.

These days I catch myself thinking of depth, of darkness: mahogany, raven, glossy chocolate. The perfect brown is shiny, not too dark, touched with gold rather than copper, more fawn than fox. It's shot through with variegated color: maple, raw sugar, caramel, cocoa. Sometimes I lose track of my own imaginings and just start listing everything good that is brown. The list gets longer all the time.



## 3 TRICKS TO KEEP COLOR-TREATED HAIR HEALTHY

**Wash as infrequently as possible and only with lukewarm water.** Hot water opens the hair cuticle, allowing pigment to seep out. To clean hair between washes, spritz dry shampoo on your roots.

**Condition often.** Look for a mask with moisturizing and repairing ingredients (like shea butter, glycerin, and keratin), and use it from midlength to ends once a week.

**Avoid heat styling.** If you must use a blow-dryer, flatiron, or curling iron, first spray on a heat protector from roots to ends. It helps seal the cuticle, preventing color from getting dull, says Daniel Villano, a stylist at the Frédéric Fekkai Fifth Avenue Salon (and Michelle Obama's colorist).



## BUY YOURSELF TWO MORE WEEKS BETWEEN DYE JOBS

When your roots start showing, dust **Color Wow Root Cover Up** (\$35) on the regrowth. The long-lasting formula comes in four shades (blonde; light, medium, and dark brown) that perfectly blend with your haircolor, and stays put until your next shampoo.

## MYTH ALL HIGHLIGHTS ARE CREATED EQUAL.

Most colorists use foils to create highlights, but balayage (see "How to Speak Hair," page 148) can give more sun-kissed and natural-looking results, says Marie Leppard, senior colorist at the Julien Farel Salon in New York City.

## THE DANGER ZONE

Coloring your relaxed hair? Extreme processing calls for extreme precautions.

### ALWAYS SEE A PROFESSIONAL.

Relaxed hair has been weakened by chemicals, so the strong ingredients in permanent dye can be especially damaging. An experienced colorist will likely cover your roots and darken your shade with a gloss or a semipermanent dye containing a low concentration of peroxide.

### AVOID GOING LIGHTER.

Because relaxed hair is very porous, it quickly absorbs bleach (the chemical used to lighten). The combination of bleach and acids in a relaxer has the potential to literally disintegrate your hair.

## Dye Harder

3

Number of colors available when L'Oréal founder Eugène Schueller patented his first hair dye formula in 1908.



2

1

9

Number of colors L'Oréal makes today. Most popular? Excellence Creme #5, Medium Brown.

# The DISAPPEARING Act



Our obsession with our hair reaches a whole new level when we start losing it. What we could once bend (or straighten or color) to our will feels suddenly, terrifyingly beyond our control. Or is it? Many of the causes of hair loss—crash dieting, reactions to medications—are temporary; address the underlying issue and your hair will grow back. Unfortunately, the most common culprit, genetic female pattern hair loss, is chronic. But you don't have to operate at a loss.

## ★ THREE GOOD BETS ★

### 1 THE TOPICAL SOLUTION

Minoxidil (brand name Rogaine), the only FDA-approved medication for female hair loss, is available over-the-counter in 2 and 5 percent formulas. (Only the lower dose is approved for women.) Massage it into your scalp twice a day; you should notice regrowth in six months. Results last only as long as you use the medicine. (\$50 for a three-month supply)

### 2 THE PRESCRIPTION DRUG

Spironolactone (brand name Aldactone) and finasteride (brand names Propecia and Proscar) are antiandrogen medications that can be prescribed off-label to postmenopausal women. (The drugs can cause birth defects, so they're not given to women of childbearing age.) Some 50 percent of women with female pattern hair loss will likely see regrowth. (Up to \$90 for a one-month supply)

### 3 THE PERMANENT ROUTE

With a hair transplant, hair is removed from one part of the scalp and then implanted where you're thinning. Tiny "follicular units" of two to four hairs are transplanted; this can be effective even for women with diffuse thinning and few areas of "donor hair." In a survey of hair transplant surgeons led by dermatologist Walter Unger, MD, over half said that at least 40 percent of women with female pattern hair loss are candidates for surgery; many of those doctors believe that up to 80 percent of women with thinning hair can see successful results. (\$3,000 to \$15,000, depending on number of grafts and transplant sessions)

## ◆ HAIR GOES ◆

Two women with the same autoimmune disease—two very different takes on losing it all.

### THE COVER-UP

Hair replacement specialist *Lucinda Ellery* makes a case for keeping it unreal.



Lucinda Ellery

**How she got into the fake hair business** When I was 9, I lost two-thirds of my hair overnight. I learned later that I had alopecia areata; my immune system was attacking my hair follicles. I got my first wig when I was 12—it was one of the best days of my life. I wore wigs for 23 years. Then, in the mid-'80s, I tried extensions, but back then the process was primitive and very damaging. I decided I could do it better.

**How she does it better** I weave my clients' remaining hair through a light mesh cap of extensions that they can leave on day and night.

**Her client base** I see a lot of genetic female pattern hair loss and cancer treatment hair loss.

**The hair she presents to the world** Long, thick, blonde.

**The hair she really has** A short black ball of frizz with bald patches.

**Why she'll never just shave it all off** That would feel like a terrible punishment to me. I will go to my grave with long, blonde hair. I don't feel like myself without it.

*Lucinda Ellery owns salons in London, Manchester, Edinburgh, and Los Angeles.*

### THE BIG REVEAL

Interior designer *Sheila Bridges* explains why a life without hair doesn't wig her out.



Sheila Bridges

**The reason she really loved her hair** It represented the untamable me.

**And how she lost it** When I was 38, two tiny bald patches on the back of my head led to a diagnosis of alopecia areata.

**What prompted her to shave her head** It was a fuck you to the universe. My hair was falling out, and I thought if I shaved my head I would feel as if I were taking back some power.

**How that allowed her to move on** I did feel empowered, but I also felt grief. And when I allowed myself to feel the grief, I just knew that it wouldn't last forever.

**Why wigs aren't for her** I was never the kind of person who spent a lot of time on her hair. I play tennis in the heat, I ride a horse, and I will not be tucking a wig under my helmet. I don't knock other people if they want to wear a wig, but for me, it didn't make me comfortable with who I saw in the mirror.

**Sexy, feminine, and bald?** Yes, I think so!

*Sheila Bridges's memoir, The Bald Mermaid (Pointed Leaf), explores issues of identity, femininity, and success.*

# MIRACLE GROW

Does the thought of a hair transplant make you nervous? One woman tells—anon­y­mously—why she did it, how it felt, and what her hair looks like now.



For most of my life I was blessed with thick, curly hair, but for ten years I watched helplessly as it vanished. I kept trying to tell myself the thinning didn't look that bad. Unfortunately, Rogaine didn't work for me, and I didn't want to take oral medication, so the hair loss just got worse and worse. One day I saw a photo of myself at the finish line of a race. Instead of a vibrant middle-aged woman who had just logged 13 miles, I saw only the baldness above my forehead. I told my hairstylist, "I have to do something." He referred me to a hair transplant surgeon. It took me a year to get up the courage to make an appointment. I was terrified of the surgery—but it got to a point where I was more terrified to glimpse my reflection.

Turns out I was the perfect candidate for a transplant because I still had a lot of hair in back—a plentiful "donor area." For one month before the surgery, I had to massage the area between my ears with my fingertips for an hour every day—I did about ten minutes at a time—to loosen the scalp. Apparently this helps with healing after the scalp is stitched back up.

The procedure itself was done at the doctor's office. I was given Lidocaine injections to numb my scalp and an intravenous sedative to keep me relaxed. I reclined in a dentist-style chair in my own sweat suit.

First, the hair to be transplanted was "harvested," meaning that a long strip of scalp was removed from the back of my head. There were about half a dozen people in the room; some of them immediately started dividing the strip of scalp into tiny "follicular units"—circles of hair only about .1 millimeter in

diameter. Once my head was stitched back up, we took a lunch break. In the same chair, my IV still in, I ate a sandwich and a brownie. Then back to work: 1,600 units of two to four hair follicles were implanted along my original hairline. The doctor made almost microscopic holes with a hypodermic needle, then inserted the donor hair.

The entire process lasted about nine hours. Through it all, I felt no pain and had little sense of time. Sometimes I dozed off, but mostly I was awake and talking with the doctor and nurses. At home that night, I took the prescription painkillers they gave me, but by the next morning I didn't need pain medicine. Other than a few days of numbness in the back of my head, I had almost no

discomfort. There were no bandages, no dressings to change. For the first week, every day twice a day, I had to soak my hair for 20 minutes in the tub and then shampoo it to make sure the incisions in the back of my head stayed clean. On the eighth day, the stitches were removed.

About six months later, I started noticing new growth along my hairline; it took another year to see the full results. Do I have the hair I had at 30? No. Do I have enough hair that no one knows I'm thinning? Absolutely. It was worth the \$15,000. And two years later, I still want more. A transplant doesn't stop female pattern hair loss, so I'm going back for one more surgery next week. I plan to look as good as I can as long as I live—and my hair is a huge part of that.



## INSTANT & (CHEAP) GRATIFICATION

**Fullmore** (\$22) is a tinted spray that temporarily thickens hair with tiny fibers and conceals visible scalp. Hair restoration specialist Lucinda Ellery tells clients to try it before committing to extensions; for many it's the only fix they need.

**Pantene AgeDefy Advanced Thickening Treatment** (\$20) is a styling spray that plumps each hair fiber. In a study published in the *British Journal of Dermatology* in 2011, it increased the diameter of individual hairs significantly, by about 10 percent.

## You're Not Alone

6 0

Percentage of women who are dealing with some degree of hair loss...or have in the past...or will in the future.

## THE FUTURE LOOKS BRIGHT (AND VERY FULL)

Not satisfied with existing hair loss solutions? Sit tight...

**SOME DOCTORS ARE ALREADY USING PLATELET-RICH PLASMA (PRP)** to stimulate hair growth, and there are many studies under way on the best methods to harness the technology. When separated from a patient's own blood, platelets release growth factors, which are then injected into the scalp to stimulate the hair shafts. "So far we're seeing decreased hair loss after one or two treatments, and some degree of new growth after three to five," says New York City dermatologist Neil Sadick, MD.

**BIMATOPROST**, the synthetic prostaglandin in the prescription lash-growth serum Latisse, is in clinical trials for FDA approval as a topical scalp hair loss treatment. It could be available in the next few years.

## MANY RESEARCHERS ARE INVESTIGATING HAIR CLONING.

"I am hopeful that by 2025, we will be able to multiply hair from a small biopsy to produce unlimited follicles for transplantation," says hair restoration surgeon Alan Bauman, MD.

# GRAY EXPECTATIONS

If, like many women, you start coloring your hair in your late 30s and keep it up till you're a spry 88, you will have been covering your gray for 50 years. Your choice. But you do have some beautiful alternatives.



## THREE KEYS TO GORGEOUS

**The cut:** Choose a medium-length style; a few long layers around your face are an option. If you look good in short hair, you might try a pixie.

**The shampoo:** To keep gray healthy and soft, wash your hair only two or three times a week with a clear or white shampoo (like Klorane Silver Highlights, \$13). Once or twice a month, wash with a violet-based shampoo to remove dullness and product buildup.

**The styling regimen:** Use a dime-size dab of anti-frizz cream on damp hair from roots to ends—gray hair tends to be dry and can get fuzzy. If you're heat-styling, don't forget to use a heat protector. Once hair is dry, spritz shine spray from roots to ends to keep it from looking flat.

## WHITEOUT!

All shades of hair have the potential to turn a pure, radiant white, says Elizabeth Cunnane Phillips, a trichologist at the Philip Kingsley clinic in New York City. White hair has no melanin (the pigment that gives hair color); gray, a small amount.

Whether or not you stop producing melanin completely is based on genetics. So if your mother and grandmother went white, chances are you will, too.



## ★ GRAY'S ANATOMY ★

Why do we go gray, anyway? Here are two theories:

- 1. FADE AWAY**  
Some scientists believe that at a certain (likely genetically determined) point, hair follicles simply stop producing melanin.
- 2. ADD BLEACH**  
A 2009 study found that cells in hair follicles produce small amounts of hydrogen peroxide ( $H_2O_2$ ). As we age, our bodies make less catalase, an enzyme that breaks down  $H_2O_2$ . With a higher concentration of hydrogen peroxide in our hair follicles, hair "bleaches" and turns gray.

## THE HOLY "GRAYL"!

L'Oréal is developing a pill that would—hold on to your hats—prevent gray hair altogether. The company won't release details, but the pill will likely mimic the activity of TRP-2, an enzyme that helps boost hair follicles' ability to produce melanin. Scientists have also tested a cream containing a compound similar to catalase (*see above*) on subjects with vitiligo (a condition that causes depigmentation of skin); the subjects' eyelashes regained pigment. The study shows that it is possible to reverse the loss of pigment in hair and should lead to further research.

## MYTH STRESS CAUSES GRAY HAIR.

No amount of fretting can affect the production of melanin and the enzymes that influence pigmentation in your hair.

# BUYER'S MARKET

A shopping list of Most Valuable Products.

## LIMP HAIR



Phyto  
Phytovolume  
Volumizing  
Shampoo  
(\$19;  
sephora.com)



Tresemmé  
24 Hour  
Body Healthy  
Volume  
Conditioner  
(\$6;  
drugstores)



Dove  
Style+Care  
Nourishing  
Amplifier  
Mousse (\$5;  
drugstores)



L'Oréal Paris  
Elnett Satin  
Hairspray  
Strong Hold  
(\$16;  
drugstores)



## FRIZZY HAIR



Fekkai Essential  
Shea Shampoo  
(\$25;  
fekikai.com)



John Frieda  
Frizz-Ease  
Smooth Start  
Hydrating  
Conditioner  
(\$6; drugstores)



Living Proof No  
Frizz Nourishing  
Styling Cream  
(\$26; living  
proof.com)



Garnier Fructis  
Sleek & Shine  
Anti-Frizz  
Serum (\$6.50;  
drugstores)



## THICK & COARSE HAIR



Herbal  
Essences  
Hello  
Hydration  
Moisturizing  
Shampoo  
(\$3.50;  
drugstores)



Andre Walker  
Hair The Gold  
System Beautiful  
Kinks Styling  
Crème Gelee  
(\$20; andre  
walkerhair.com)



Nexus  
Exxtra Gel  
(\$11;  
drugstores)



Suave  
Professionals  
Keratin Infusion  
Smooth & Shine  
Serum (\$4.50;  
drugstores)



## COLOR-TREATED HAIR



Alterna  
Bamboo Color  
Hold+ Vibrant  
Color Shampoo  
(\$22; alterna  
haircare.com)



Kérastase  
Nutritive  
Masquintense  
(\$63; kerastase-  
usa.com)



Pantene  
Pro-V Stylers  
Heat  
Protection  
Spray (\$6;  
drugstores)



Klorane Gentle  
Dry Shampoo  
with Oat Milk  
(\$18; drugstores)



## GRAY HAIR



Clairol  
Professional  
Shimmer Lights  
Shampoo (\$8.50;  
sallybeauty.com)



Matrix Total  
Results Repair  
Strength Pak  
Intensive  
Treatment (\$9;  
matrix.com  
for salons)



Aussie  
Miraculously  
Smooth Anti-  
Frizz Cream (\$5;  
walmart.com)



Aveda  
Brilliant  
Spray-On  
Shine (\$25;  
aveda.com)



*All the presidents' men*

"I think this movie will allow a whole generation of people who weren't there, and who aren't going to pick up a history book, to understand something about the civil rights movement through the lens of entertainment. I am so proud of Lee Daniels—he's told a great story that really means something."



*Gloria having a drink—I needed one, too!*

"Making a movie is a little challenging when you've got another full-time job. It would be like, do a scene, go interview Rihanna, do a scene, now go talk to Usher, do a scene, sit down with a Supreme Court justice. I made myself a little nutty. But when I was there, I was 100 percent there."





BEHIND THE SCENES of

*The* BUTLER

In her first major film role in 15 years, Oprah teams up with Oscar-nominated director Lee Daniels and Oscar winner Forest Whitaker to tell a story inspired by the White House butler who served eight consecutive presidents. Here she gives us an exclusive look at the shoot in New Orleans.





The set designer made it feel just like home!

The truth is, when Lee Daniels asked me to play the part of Gloria in his new movie, I was nervous. Plenty of women would say that starring as Forest Whitaker's wife and Terrence Howard's lover is nice work if you can get it. But trying to pull a fledgling network together is a pretty tall order, so short of having myself cloned, I wasn't sure how I could take on another big project.

Then I read the script.

*The Butler* is the story of a man who becomes head butler in the Eisenhower White House and stays on all the way through the Reagan administration. Based on a true story, it is at once epic and intimate, harrowing and astute. We watch as both a nation and a family come undone and then, little by little, begin to heal—growing stronger in the broken places. Like the butler himself (acted with astonishing grace by Forest Whitaker), we have a front-row seat as history is being made.

I find myself thinking a lot about history these days. I mean, if you don't know where you came from, how do you know where to go? I came from people who were part of the butler's generation, and I am who I am because of those people. My mother was a maid, my grandmother was a maid, her mother was a maid—that's all they could be. Gloria, the butler's wife, represents every woman who deferred her own dreams and paid the price for it. We rarely speak of the women of that era, who stoically, sometimes with great humor, endured their pain, stood by their men, raised their children, all while managing to slip a little extra money into the collection plate to support a crucial cause. They were beautiful and ferocious, and they made the world a better place to be. I celebrate and honor that spirit.

Oprah

### Getting into character

"Lee Daniels is a truth sayer. He doesn't allow for a single false note. The second he sees an ounce of dramatization he stops you, because in the real world, we're all moving through our lives and moments just come to us and we step into them. We're not creating them. I love that that's how Lee operates as a director. Once, he called me over to the monitor and said, 'You see how when Gloria leans in right here, she takes a breath?' And I said, 'Yes,' and he goes, 'Drop the breath.' He will call you out on it like that. And let me just say, there's nothing worse for your ego as an actor than hearing, 'Cut! Fake! Now do it again!' Oh my god! But his favorite words are 'Let it go.'"





*Puffing like a pro*

“At the first read with Terrence and Forest and all those guys, I’m trying to hold the cigarette and Lee says, ‘It’s upside down.’ So I actually bought those herbal cigarettes and smoked all summer. I had heard that a smoker can always tell if you’re faking it, so I taught myself how to really do it. I always had my pack of herbals with me.”



*She looks just like Nancy, right?*

“Jane Fonda sent me a note saying, ‘You disappeared and became Gloria and that is a huge feat.’ But Gloria is mostly fictional—while Jane, on the other hand, plays a woman everyone knows, so what she does is magic. (Here she is with Alan Rickman as the president.) You look at her in this movie and she is the essence of Nancy Reagan!”

Gloria walks past him into the kitchen. Busted.

GLORIA  
What?

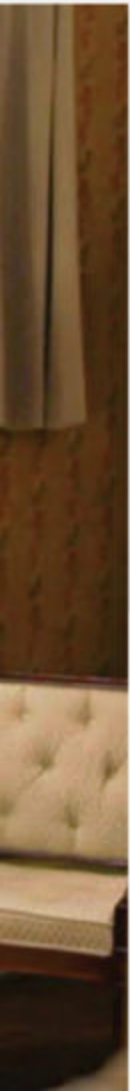
CECIL  
Stop playin’ games with me woman.

GLORIA  
Cecil, he needs it.

CECIL  
Then let him call ME for it... And don’t be writing checks out of my account with out talking to me.

GLORIA  
Now you the one playing games. You done made certain he ain’t calling you no time soon.

CECIL  
Why? Cause I don’t pander to him like you do? You let him think that all of that stuff he’s messed up with is right.



*The butlers learning the art of French pastry*

“Forest, Lenny [Kravitz], and Cuba [Gooding Jr.] had a great vibe off camera, and it comes through on camera.”

“Lee giving direction to David Oyelowo, who plays my oldest son, during a tense family dinner scene.”

**“I WAS SO BUSY CONCENTRATING ON LEE DANIELS’S DIRECTION THAT AFTER A WHILE I STOPPED NOTICING HE SHOT THE WHOLE MOVIE WHILE WEARING HIS PAJAMAS.”**



*Can you cry on cue?*

“At Lee’s suggestion, I worked with the renowned acting coach Susan Batson. I told her I had trouble crying, so she came to my house and in 20 minutes I was bawling my eyes out. She taught me to dip into those memories of relationships where I’ve felt unprotected or lost or lonely or abandoned. I went, ‘Oh! So that’s what it is! Okay.’”



*Mama’s boy*

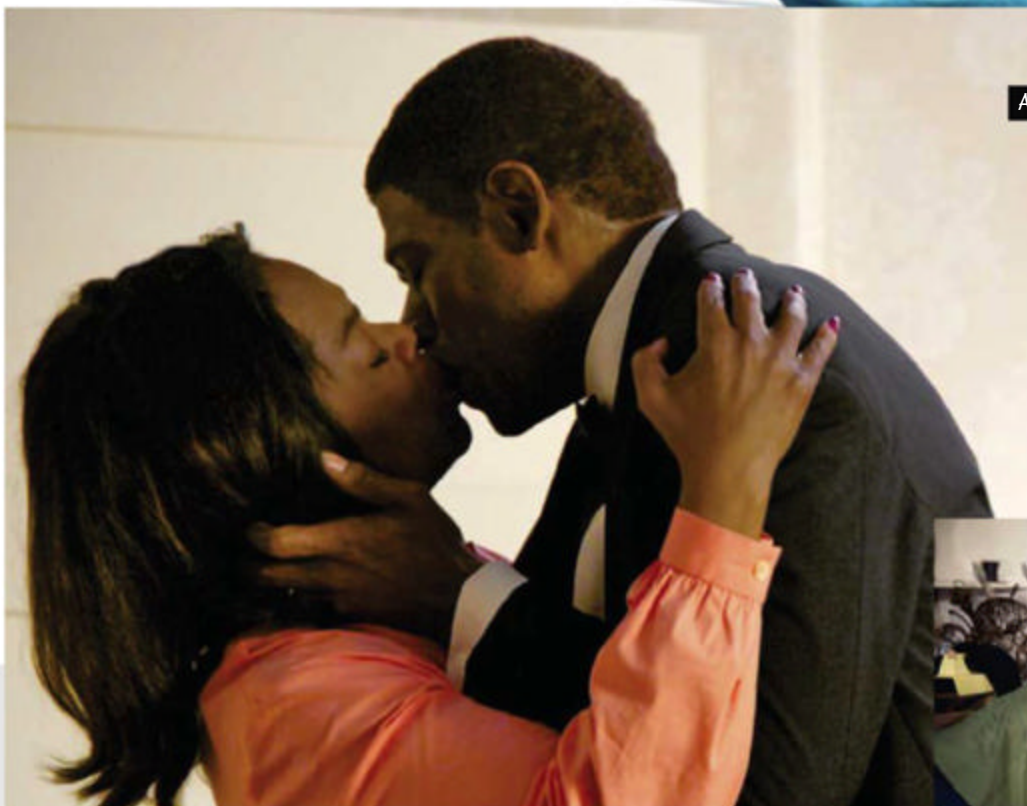
“An onscreen relationship has to come from some thread of truth, so I’d go in every day and actively try to forge a bond with Isaac White, the boy who plays my younger son.”



ON SET IMAGERY: © 2013 THE WEINSTEIN COMPANY. ALL RIGHTS RESERVED (20). OPENING SPREAD: PLACARD: SHUTTERSTOCK; PRESIDENTIAL SEAL: JASON REED/REUTERS; SCRIPTS: MORGAN SAULYER; ILLUSTRATIONS: COSTUME DESIGNER RUTH CARTER (6).

*About that love scene...*

“I worked on developing a certain intimacy with Forest. We shared the same makeup trailer and he was always very introspective. I could see him go into character before a scene, and I’d adjust myself accordingly. Sometimes we’d be walking across the lot and I would just sort of take his hand or come up behind him and rub his shoulders. I wanted to build some level of connection before any love scene happened, so I wouldn’t just be kissing somebody out of nowhere. I knew that scene was coming and I wanted to establish a deeper kind of rapport with him.”



Cecil slams Gloria up against the wall. He looks deep into her eyes and grabs her waist.

GLORIA (CONT'D)

You gotta be kidding me, right?

He kisses her.





*We had a (disco) ball!*

"I have such respect for Forest Whitaker that when he was nominated for the Oscar he eventually won for *The Last King of Scotland*, I called him up—even though I didn't know him at the time—and said, 'I want to invite you and your friends and family to my home for dinner to say how much I appreciate your work.' I never imagined that seven years later I'd be acting alongside him in a film!"

**"IT MAKES ME WEEP EVERY TIME I CATCH A GLIMPSE OF THE WAY CECIL, FOREST'S CHARACTER, LOOKS AT MY GLORIA."**



*Gloria's first state dinner*



"Forest with Lenny Kravitz, who plays a fellow butler. I wish I'd had a few more scenes with Lenny."

"I don't care who you are, you never forget being a guest at the White House. At the first state dinner I attended, hosted by George H.W. Bush, I was seated at Barbara Bush's table, and it was covered in so much flatware that I can still remember thinking, *Which fork do I use?* The experience served me well when Gloria gets her invitation."

**The Butler opens nationwide on August 16.**



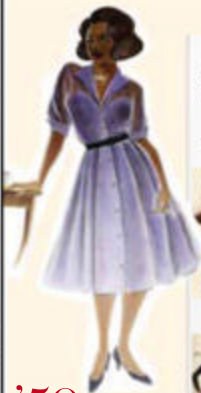
*Wigging out!*

## HOW I AGED MORE THAN 50 YEARS IN A TWO-HOUR MOVIE

*The first time you see me as an old woman, I'm sitting on my porch wearing an Obama shirt. The hair and makeup people had covered my face and hands with blue goo and created a mold and then prosthetics to age me realistically—and it's pretty convincing. It turns out I look exactly like my mother.*



*I'm blue!*



'50s



'60s



'70s

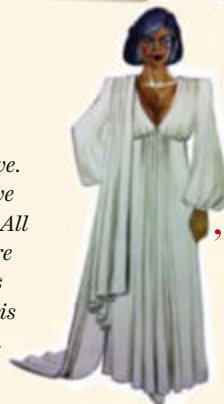
*Ruth Carter's decades-spanning costumes for Gloria were so impressive. Raise your hand if you've ever owned a jumpsuit! All I can tell you is they were very big in the '70s. This little number on the left is one of my favorite looks.*



'80s



'00s



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Unlike its boxy, predictable '80s predecessor, the new power suit is relaxed, sexy, and as individual as the woman who wears it. Actress **MARIA BELLO**, who stars with Hugh Jackman and Viola Davis in *Prisoners*, out this month, models the latest ways to change up the menswear-inspired look.

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# SUIT UP!

Photographs by  
**DIEGO UCHITEL**

Text by  
**CLARISSA CRUZ**



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## CHECK MATES

Leather pants and a detachable-collar white button-down make a glen plaid jacket less stuffy; the sexy double-breasted style is the perfect day-to-dinner piece.

*Jacket, Jones New York, \$149. Shirt, H&M, \$40. Pants, Theyskens' Theory, \$1,025. Brooch, Sequin. Cuff links, Tateossian.*

*Opposite page: In a sharp silhouette and burnished gold (one of the season's hot trends), this is a supermodern riff on the structured jacket.*

*Jacket, L'Wren Scott. Pants, H&M, \$40. Earrings, Melinda Maria. Black envelope and blue diary, Smythson. Blue clutch, Paul Smith.*



## THERE'S SOMETHING ABOUT MARIA

**VITAL STATS** 46, born in Norristown, Pennsylvania. Lives in Los Angeles with her 12-year-old son, Jackson.

**WHY YOU KNOW HER** She got our attention as Dr. Anna Del Amico on *ER* before film roles in *The Cooler*, *A History of Violence*, and the *Grown Ups* franchise.

**FASHION GO-TO** Maria says she's worn the same uniform since she was 15, though she's upgraded: Now instead of a button-down, Levi's, and Nikes, she favors "very crisp Helmut Lang shirts, Paige jeans, and a gorgeous pair of Fiorentini + Baker boots."

**MANTRA** Raised Catholic, she started saying the rosary after a recent health scare. "It's become my meditation—turns out I'm not an om girl, I'm a Hail Mary girl."

**SECRET WEAPON** Marula oil (it's from the seeds of the marula tree; women in rural Africa use it as a moisturizer). "I love the oil from the Leakey Collection. It makes everything smooth and doesn't clog my pores."


**HER PASSION** We Advance (weadvance.org), the organization she cofounded to advance the health and well-being of women in Haiti through free medical care, adult education, and child outreach programs. "Haiti is a huge part of my life," says Maria, who is in the process of launching an educational Web site for women in Haiti that she hopes to replicate for other women's groups around the world.

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### BUSINESS AND PLEASURE

This perfectly fitted white suit proves covering up can be sexier than flashing a lot of skin—the stretch wool hugs curves and cinches the waist.

*Jacket and skirt, Nina Ricci. Bar necklaces, Dana Rebecca Designs. Monogrammed necklace, Ariel Gordon. Beaded necklace, Coldwater Creek. Clutch, Roger Vivier.*

A woman with blonde hair is walking on a grassy area next to a swimming pool. She is wearing a bright red blazer and matching red trousers. She is also wearing a red blouse, a purple scarf, and red high-heeled shoes. The background shows a clear blue sky and distant mountains.

“I FEEL  
SO DYNAMIC  
IN THIS.  
A POWER SUIT  
DOESN'T HAVE  
TO BE ABOUT  
HOUNDSTOOTH  
AND A BAD  
SKIRT.”

## RED ALERT

Sure it's daring, but a tomato-red shirt is surprisingly wearable with a fiery suit. Mixing shades of red—like the bordeaux accents and cherry python shoes—keeps everything from getting too matchy.

*Blazer, \$458, and pants, \$298, Marc by Marc Jacobs. Blouse, Sachin + Babi, \$295. Scarf, The Tie Bar. Necklace, Tommy Hilfiger. Ring, Ariel Gordon. Shoes, Alexandre Birman.*



“THIS BRIGHT BLUE REMINDS ME OF THE COLORS I SAW WHEN I WAS TRAVELING THROUGH MOROCCO AND TUNISIA.”



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## FEELING BLUE

The details that make this retro-glam suit look fresh: a foulard tie print fabric in a feminine shape, a beaded top, and artfully rolled pants.

*Jacket, \$495, and pants, \$325, Pink Tartan. Top, Oscar de la Renta. Bracelet, Lagos. Ring, Dana Rebecca Designs. Clutch, Bottega Veneta. Shoes, Boutique 9.*



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## BOSS TWEED

“When I first saw this suit I thought it looked a little Jackie O—ladies-who-lunch,” says Maria. “But with the shoes and the wild hair, it turned out to be very sexy.”

*Jacket, \$1,295, and skirt, \$895, Tory Burch. Top, French Connection, \$78. Necklaces, David Yurman. Bracelets, Kara Ackerman. Shoes, Stuart Weitzman.*

## TOUGH ENOUGH

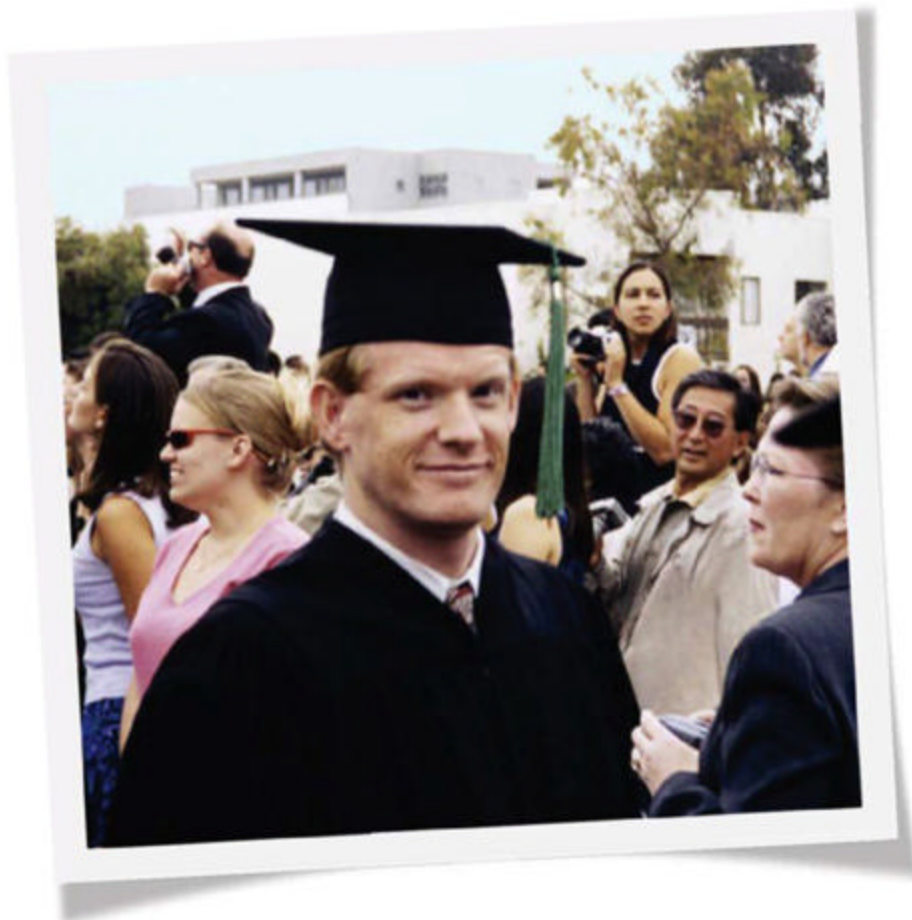
Motorcycle details and denim rev up proper blue tweed in this suit, a collaboration between 7 For All Mankind and Malhia Kent, a French mill that produces fabrics for the likes of Chanel and YSL. The result? Perfectly dressed-up denim that creative types can wear to work and after hours.

*Jacket, \$650, and pants, \$395, 7 For All Mankind x Malhia Kent. Blouse, Erin by Erin Fetherston, \$225. Earrings, Kara Ackerman.*

*Fashion editor: Jennifer Hitzges. Hair: Mara Roszak for starworksartists.com. Makeup: Jenna Anton using Sephora Collection Colorful. Prop stylist: Fi Campbell-Still Sets. Manicure: Carla Kay for Cloutier Remix using Lancôme.*

“THIS IS A  
ROCK STAR  
JACKET!  
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OFFICE.”

time window | no.ribose | cum | delta86 | c | qgl |  
delta86 | xy | [time 0:10 | time 0:10] | delta86 | xy | [time 0:10 | time 0:10] |  
num | time | samples | | delta86 | xy | no.zeros | num | time | samples | |  
time | axis | (no.arange | num | time | samples) | |  
prob | cum | no.load | | time | 0:10 | no.nonzero | no | cum | prob | cum |  
c | qgl | no.random | randint | | event | vec | no | zeros | | event | vec | no |  
time | 0:10 | time | 0:10 | | delta86 | c | qgl | delta86 | c | qgl | delta86 | c | qgl |  
time | 0:10 | | time | window | no | dot | prob | cum | delta86 | c | qgl |



# Can You See

Imagine being trapped in a life you don't want, a fate you can't change. Imagine people deciding who you are with a glance—and getting it wrong, every time. Imagine knowing you could be so much more if only you had the chance. Now imagine you *get* that chance—and you might begin to understand the life, and work, of **VIVIENNE MING**.

By **KATIE ARNOLD-RATLIFF**

Photographs by **JESSICA TODD HARPER**



Vivienne Ming, June 2013.  
**OPPOSITE PAGE:**  
Evan Smith at his college  
graduation, May 2000.

# *the Real Me?*

The first thing you notice about Vivienne Ming, PhD, is the way she notices you: Her gaze is appraising, curious. Her eyes appear to shift in color from sapphire to silver. At 41 she's extensively freckled, with the oversize ears of an adolescent. Her sharp cheekbones bookend her assertive nose and shade her easy smile.

Ming's penny-colored hair hangs limp and, in the morning, shower-damp, gathered in a hasty ponytail or left to dry on the rack of her broad shoulders. Her hands are wide and knobby, with long, unvarnished nails. Her bare arms bulge with muscle. There's a white scar at her hairline and a vertical crease between her eyebrows. She wears scant makeup and dresses with the sartorial indifference particular to the three populations she inhabits: science geeks, Bay Areaans, suburban moms. Today's look, however, fits her exceedingly well—a Kelly green top and plum skirt that reveal her figure. Later, as she walks down the street, a man will stare.

Ming's hands stir the air when she speaks, which she does in wandering monologues, enunciating prodigiously with a breathy, canyon-deep huskiness. Her eyes telescope with discernible patience when you don't understand something she's just said—which, if you're not a data scientist or a mathematician, is likely to be often.

We are sitting in a sparse conference room nearly a dozen floors above downtown San Francisco, where Ming is describing her work while eating macarons from the fancy restaurant up the street, cracking jokes about her nerdiness, and glancing all the

while into the Google Glass attached to her head—the wraparound apparatus, with its brushed steel and occluding square prism, makes her look like a welder from space—through which text messages are being transmitted directly into her field of vision.

The conference room belongs to Gild, a company that aims to revolutionize Silicon Valley's recruiting methods with complex algorithms refined by Ming, Gild's chief scientist. Ming came to Gild because she believes that the tech world's hiring criteria are needlessly—and detrimentally—exclusionary. "There's a philosophy among these companies," she explains, "that says, 'Only hire the best! One bad hire and you've wrecked your company!'" But a deluge of résumés courses through the Googles and Facebooks of the world, and sifting through them for gems would be absurdly inefficient. Thus, acquiring "the best" has meant fishing the elite pond of Stanford and MIT grads or buying out companies to acquire their talent. In other words, if a programmer isn't enrolled in one of a handful of prestigious universities or already in the tech game, he or she is shut out of the running entirely. That's the scenario Gild hopes to change. "We don't much care where you went to school or where you've worked," says Ming. "What we care about is, are you good



at the thing you want to do? And if you are, let's help you find your dream job."

Gild aims for meritocracy in a world where it's often hard to come by—a situation to which Ming is particularly attuned. She understands the torment of being unable to fulfill your potential, of watching as something beyond your control compresses your destiny. She's passionate about her work in part because it's personal to her—as personal as her own skin, her own face, her own life.

**ONE DAY IN 1984**, 12-year-old Evan Campbell Smith—freckled and towheaded, with the same brilliant eyes that now glint behind Vivienne Ming's futuristic glasses—stood in his uniform at football practice, watching his teammates huddle, hustle, hike. The long-ago scene is hazy in Ming's memory, but the insight it provoked is as clear to her



***“EVAN GRASPED THAT THE  
BYLAWS OF BOYHOOD—  
AGGRESSION, COMPETITION,  
LOCKER ROOM JAPES—HAD  
NOTHING TO DO WITH HIM.”***



**FROM LEFT:** Norma and Vivienne Ming at home with their children, June 2013; Norma and Evan in Pittsburgh, 2004; Evan Smith at about 3 years old, 1975.

now as it was to Evan then: “I was out on the field,” Ming says, “and I realized I was playing for the wrong team. I didn’t want to be a boy.”

The realization began to explain Evan to Evan. It accounted, at least partially, for his chronic feelings of isolation. It clarified his furtive forays into the closet of his older sister, Cassandra, where he would try on clothes and wonder how it would feel to live as a different person, not yet understanding that his deeper question was how it would feel to live as a girl.

Evan now grasped that the bylaws of boyhood—aggression, competition, locker room japes—had nothing to do with him. “I didn’t understand,” Ming says, her hands uncharacteristically still. “I didn’t understand why the jokes boys told were funny, why boys were so crude. I explained it to myself as, Well, they’re all just idiots.” She pauses to let

the punch line land: “Which largely holds true right up through the fraternity years.”

And yet Evan did the things boys are supposed to do, and did them well. He was a talented athlete, winning track meets and excelling at football despite himself; his coach was so eager to put him in games that Evan took to hiding from him. He reliably dazzled in science and math; his father, a beloved doctor in Monterey, California, groomed him to be, Ming recalls, “his intellectual heir,” and with his high marks in biology and advanced chemistry, Evan seemed poised to fill those shoes. As a teenager, he morphed into an attractive young man with a nest of wavy copper hair. He began dating a girl he’d known since childhood. He hung out with his two best friends—Ming remains close to both men today—and his younger brother, Eric,

concealing the schism inside him.

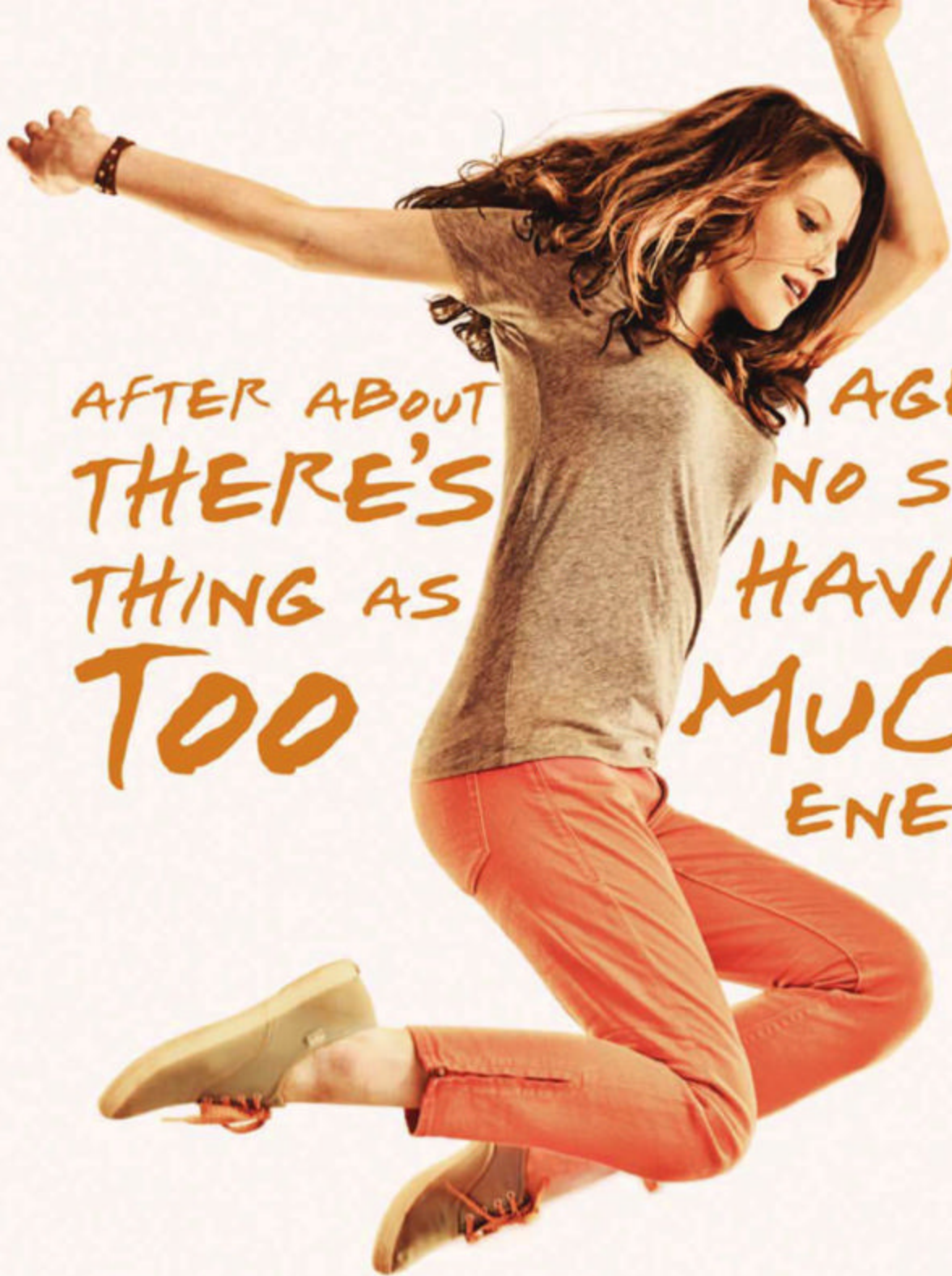
“Evan wasn’t someone you would’ve called effeminate,” says Eric Smith, now 39 and a Foreign Service officer with the State Department. “But he also wasn’t the older brother you idolized because he talked about girls and partying—and I understand now why that is. I looked up to him for other reasons. There were occasions when someone would pick on me, and he’d stand up to them. He was there for me when I needed him.”

Cassandra Smith, now 46 and a nurse for the San Francisco school district, says, “I always knew there was a sadness about my sibling. But when Vivienne told me later that she’d tried on my clothes as a kid, it was incredibly surprising. I didn’t see any signs” that Evan had struggled with his gender.

By high school, however, there were signs that he was coming unmoored. The star student began to flail. Though his advanced classes enthralled him, he couldn’t be bothered with homework or tests. When school administrators attempted to remove him from his honors courses, he decided to rally his efforts, and forged a letter from his parents blocking the move. The ploy worked—Evan wasn’t caught in his ruse until the end of the year—and after a heroic final push, he salvaged his grades enough to enroll at the University of California, San Diego.

There, far from the stabilizing presence of home, Evan watched the air go out of his life. He paid tuition and then blew off his classes. He refrained from socializing, refused to date. (“Getting involved with someone seemed like a cruel thing to do,” Ming says.) His thoughts darkened, drifting toward violent visions of being beaten or set on fire. He contemplated suicide. And after three years of scraping by academically and emotionally, he dropped out and returned to the Bay Area, staring down a bleak and uncertain future.

In need of a job, Evan eventually took a position at, of all *(continued on page 186)*



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# Let's Eat!

## ALL THE WORLD'S A BUFFET

**SUNNY ANDERSON**—one of *O*'s new food columnists—on the virtues of sampling what life has to offer.

I'm a bit of a sponge—I soak up what's around me. And after living in three countries and 13 states, boy, have I been around. My dad was in the army, so we were pretty mobile when I was growing up, and I moved a lot when I was a DJ in my 20s. Every place I've been has given me ideas to bring back to my kitchen. (Okay, ideas and sometimes meat—I smuggled mortadella in my suitcase after a trip to Milan. But let's keep that between us.)

While stationed in Bad Kreuznach, Germany (oh, the bratwurst I've had!), we visited Austria, Switzerland, and Denmark—

but often we didn't even have to leave the base to taste something new. Stationed alongside us were Vietnamese families, Korean families, and German families, and my mom—who can talk to anybody—made sure to get all their best recipes. She had no problem going up to a stranger at a potluck and asking, "How do you make this?" It made her cooking even better than it already was, and taught me that opening yourself to life's possibilities is a delicious way to live.

That's still my philosophy. When I visited a Cuban restaurant in France a few years ago, I spotted a quirky dish I've been making ever since: pork kebabs seasoned with curry and lime. (Indian spices with Latin technique... what a mash-up!) I've also spent time in the South, including Texas, where the Mexican food is hard to top—which is how I came to blend Southern and Tex-Mex cooking in my fried green tomatillos recipe. And now that I've settled (I hope!) in Brooklyn, I live in a community full of cuisines from every continent. I fell hard for a Vietnamese restaurant here that serves amazing gingery beef lettuce wraps, which I've simplified at home by using Chinese hoisin sauce.

I'm not saying you have to travel the world to be a good cook. My point is that keeping your eyes open to inspiration broadens your taste horizons. I take all experiences with me everywhere—and I find myself adding more all the time.

*Turn the page for recipes.*

Sunny Anderson is the host of the Food Network's *Cooking for Real* and the author of *Sunny's Kitchen*, out this month.

## SUNNY'S RECIPES

### Fried Green Tomatillos with Spicy Cream Sauce

#### SAUCE:

- ½ cup sour cream
- ½ cup Greek yogurt
- ¼ cup honey
- 2 Tbsp. hot sauce
- Kosher salt

#### TOMATILLOS:

- 6 tomatillos, sliced ½" thick
- Kosher salt
- 1 cup all-purpose flour
- 1 cup buttermilk
- 1 cup plain breadcrumbs
- 1 cup fine-milled cornmeal
- 8 to 10 sprigs fresh thyme, leaves stripped
- 1 Tbsp. garlic powder
- 2 Tbsp. chili powder
- Vegetable or peanut oil

- 1.** To make sauce: In a medium bowl, mix sour cream, yogurt, honey, and hot sauce. Taste and add salt if needed. Refrigerate.
- 2.** To make tomatillos: Lay tomatillo slices on a plate and season both sides with a pinch of salt; let rest 10 minutes. Pat dry with a paper towel.
- 3.** Combine flour and a pinch of salt in a shallow dish. Pour buttermilk into a second shallow dish. In a third shallow dish, stir together breadcrumbs, cornmeal, thyme, garlic powder, chili powder, and a pinch of salt. Dredge tomatillo slice in flour, shaking off excess. Dip in buttermilk, then press both sides into breadcrumb mixture. Transfer to a plate. Repeat with remaining tomatillos.

- 4.** Pour enough oil into a large sauté pan to coat the bottom. Heat over medium-high heat until oil begins to shimmer. Fry coated tomatillo slices in batches, taking care not to crowd the pan, until golden brown, 2 to 3 minutes. Flip and fry until other side is golden, an additional 2 to 3 minutes. Transfer to a paper towel-lined plate and sprinkle with a pinch of salt. Serve warm with sauce.

*Makes 4 servings.  
Total time: 40 minutes*

### Curry-Lime Pork Kebabs

- 2 Tbsp. mild yellow curry powder
- 1½ tsp. garlic powder
- Grated zest of 2 limes
- 1 tsp. kosher salt
- Ground black pepper
- 1 pound pork loin, cut into 1" cubes

- 1 pound pearl onions, peeled
- Vegetable or olive oil, for brushing
- 1 Tbsp. lime juice (from 2 to 3 limes)
- 1 Tbsp. sugar
- 1 scallion, finely chopped

- 1.** In a medium bowl, combine curry powder, garlic powder, lime zest, salt, and a few grinds of black pepper. Add pork and onions, then toss to coat. Let rest at room temperature for 1 hour.
- 2.** If using wood skewers, soak them in water for 15 to 30 minutes. Preheat grill or grill pan to medium high and brush grates with oil. Thread pork and onions onto skewers, alternating them. Place on grill and cook for 5 minutes, then turn kebabs. Continue grilling until onions are tender and pork is cooked through, an additional 5 to 6 minutes.

- 3.** Transfer kebabs to plate and sprinkle with lime juice, sugar, and scallion. Cover loosely with foil and let rest 5 minutes. Serve warm.
- Makes 4 servings.  
Total time: 1 hour 20 minutes*

### Gingery Beef Lettuce Wraps

- 2 tsp. vegetable or olive oil
- 1 pound ground beef chuck
- 2" knob of fresh ginger, peeled and finely grated
- 2 scallions, chopped
- 2 garlic cloves, finely minced
- 2 Tbsp. soy sauce
- 1 tsp. crushed red pepper flakes
- ¼ cup hoisin sauce
- Kosher salt
- Ground black pepper
- 1 head Boston or Bibb lettuce, leaves washed and dried
- ¼ cup salted peanuts, chopped

- 1.** In a large skillet, heat oil over medium-high heat. Add beef and cook until browned, about 10 minutes. Stir in ginger, scallions, garlic, soy sauce, red pepper flakes, and hoisin sauce. Cook mixture until warmed through, about 4 minutes, then taste and season, if needed, with salt and black pepper.
  - 2.** To serve, layer two lettuce leaves per wrap. Scoop a heaping spoonful of beef mixture into each lettuce cup, sprinkle with peanuts, and serve immediately.
- Makes 4 servings.  
Total time: 20 minutes*

# fit tips TO GO

Do you often find yourself buying items that look great on the hanger only to discover they don't flatter your figure? You are not alone. The good news is it's easy to improve your look if you follow these tips from O merchandising editor Ashley O'Brien.



## PAY NO ATTENTION TO THE TAG

Don't just buy the size you think you are. Try on multiple sizes and see what feels comfortable. What counts is how great it looks on you, not the size on the tag.

## UNDERNEATH IT ALL

Even the best-fitting ensemble will suffer if you're wearing the wrong undergarments. Invest in bras and shapewear that fit properly, for smooth lines and support.

## CREATE CLEAN LINES

Tights, leggings, and pantyhose are wardrobe staples. Always make sure the waistband comfortably fits your natural waist and that the length allows for a snug fit, preventing bagging at the knee.

## DENIM DOS

As a rule, dark denim is the most slimming, and materials with stretch often help with the fit. Not every trend will work for everyone, but you'll feel more comfortable and attractive when the fit is right for you.

## FINDING YOUR FIT

If you're looking for a specialized fit, check online. Brands' websites often carry a larger variety for tall, petite, and plus sizes than stores.



To get more great tips from Ashley and to watch Fit videos from our partners, visit [omagonline.com/fit](http://omagonline.com/fit)

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## Celebrity chef, mother of four and LACTAID® spokesperson, Melissa d'Arabian

knows all about how dairy sensitivity can be an inconvenience for people who want to get the most out of their meals. In fact, her husband and daughter are both sensitive to the lactose in dairy, but she doesn't let that stop her family from eating what they love.

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To hear more from Melissa, including delicious recipes, visit [Lactaid.com](http://Lactaid.com).

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in cereal, coffee and even recipes—it's real milk, with all the same creamy deliciousness, but without any of the associated

discomfort that can come from eating dairy.”

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\*Melissa d'Arabian was compensated for her participation. ©McNeil Nutritionals, LLC 2013

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# MIXING BOWL

Ingredients for a delicious month, from a quick dinner for one to pizza worth the trip.



**Solved**

## SAVE THE HERBS!

Next time a recipe calls for just a sprinkling of fresh basil or cilantro, don't let the rest of the bunch wither in the fridge. Instead, pack the wells of an ice cube tray halfway with finely chopped extras (any herb works), cover with water, and freeze. Store the cubes in plastic bags, and toss one or two directly into soups or sauces—just not the trash.



**The find**

## We're Nuts for It

Chai lovers can enjoy the Indian spice blend in everything from cupcakes to coffee, but the latest—and we think greatest—incarnation is Big Spoon Roasters Chai Spice Nut Butter. Laced with piquant ginger and warm cardamom and cinnamon, the mix of peanut and almond butters is perfectly salty and just-enough sweet. We like it straight from the jar. (\$10; bigspoonroasters.com)

**My go-to dinner**

## Egg en Cocotte

One of the first recipes I learned how to make, this baked-egg dish is the perfect meal for one and great for using up leftover cooked vegetables. If you don't have extras, heat 1 tsp. **olive oil** in a small skillet and cook ½ cup diced **vegetables** (say, mushrooms, peppers, and onions) until tender, about 5 minutes. Preheat oven to 425°. Grease a medium ramekin, and layer the veggies, a bit of sliced **ham**, and a spoonful of **crème fraîche** or sour cream. Crack an **egg** on top, season with **salt** and **pepper**, and add a little grated **cheese** like Parmesan or Cheddar. Place ramekin in a baking dish; pour in hot water to reach halfway up the ramekin's sides. Bake until the egg white is set but the yolk is still jiggly, 12 to 15 minutes. Sprinkle with **paprika** and fresh **herbs**, and serve with crusty **bread**. —CLOTILDE DUSOULIER, blogger at *chocolateandzucchini.com* and author of the recently released *The French Market Cookbook*



“Never underestimate the power of capers. They can take the place of salt *and* vinegar. All of Sicily can't be wrong!”

—MICHAEL SYMON, COHOST OF *THE CHEW* AND AUTHOR OF *MICHAEL SYMON'S 5 IN 5*, OUT THIS MONTH



**Jamie Oliver's favorite...**

## PIZZA

“The Rosa at Phoenix's **Pizzeria Bianco** is amazingly simple but so, so delicious. The toppings aren't traditionally Italian—rosemary and Arizona pistachios (who knew?!)—yet the pie is made with an Italian heart, reflecting what's growing in the backyard.”



NUT BUTTER: BEN GOLDSTEIN/STUDIO D. PIZZERIA BIANCO: JOHN HALL PHOTOGRAPHY. OLIVER: GETTY IMAGES.

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# STYLE ON THE GO



A great hair day can make you feel like you are on top of the world. Ensure those days are the rule, not the exception, by following the tips below to keep your locks looking their best.

**CLEAN UP** A beautiful mane begins with clean and healthy hair. Start with a shampoo that gently cleanses your hair and scalp without stripping their essential moisture.

**SHINE ON** Keep tresses looking healthy with a daily conditioner to lock in moisture. It will nourish and revitalize damaged hair.

**NOURISH AND PROTECT** Color, heat, and even brushing can damage hair. Rejuvenate with a deep-conditioning treatment weekly. Look for ingredients like oils, antioxidants, and protein, which have restorative properties.

To get more great advice, watch our "Style on the Go" video at [omagonline.com/style](http://omagonline.com/style).

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## THE POWER OF

# 3

A trio of fabulous, simple-enough-for-a-Wednesday dishes using three staples: TOMATOES, MOZZARELLA, and a BAGUETTE.

Recipes by Marcia Kiesel

### Stuffed Tomatoes with Sausage and Corn

Preheat oven to 375°. Cut tops off four large **tomatoes** (2 pounds); spoon out core and seeds. Chop scraps and reserve juices. In a large ovenproof skillet, heat 2 Tbsp. **olive oil** over medium heat. Cook 5 ounces **Italian sausage**, breaking up meat, until no longer pink, about 3 minutes. Add ½ cup **corn kernels** and tomato scraps and juices, and cook, covered, about 3 minutes. In a large bowl, toss 2 cups **baguette** cubes, ¾ cup shredded **mozzarella**, and sausage mixture; season with **salt** and **pepper**. Stuff cored tomatoes with sausage mixture and return to skillet. Drizzle with olive oil and bake until golden, 20 to 25 minutes. *Active time: 25 minutes. Total time: 45 minutes.*



Baguette

### Lemony Chicken and Zucchini Sandwiches

In a bowl, combine grated zest and juice of 1 **lemon**, ¼ cup **olive oil**, and ¼ tsp. each **salt** and **pepper**. In a dish, coat four 4-ounce **chicken cutlets** with half the lemon mixture. Preheat grill to high. In another dish, coat 1 **zucchini** and 4 **scallions**, both thinly sliced lengthwise, with remaining lemon mixture. Grill chicken until lightly charred, 1 to 2 minutes per side. Cut **baguette** into four sections, halve lengthwise, and grill facedown until toasted; drizzle with olive oil. On each baguette bottom, layer chicken, zucchini, and sliced **mozzarella** and **tomato**. Add scallions and baguette tops and serve. *Total time: 25 minutes.*



Mozzarella

### Tomato and Chard Bake

Preheat oven to 375°. In a large ovenproof skillet, heat 2 Tbsp. **olive oil** over medium-high heat. Add a pinch of **crushed red pepper flakes** and 1 bunch **Swiss chard**, thinly sliced; cook, stirring, until wilted, 2 minutes. Season with **salt** and **pepper**; transfer to a plate. Slice **baguette** into 14 ¼"-thick slices and rub with **garlic**; arrange half the bread slices in skillet. Top with sliced **tomatoes** (¾ pound) and season with salt and pepper.

Layer chard, sliced **mozzarella** (6 ounces), and remaining bread slices; drizzle with olive oil. Bake until tomatoes are very soft, about 15 minutes. Let rest, then cut into wedges. *Active time: 20 minutes. Total time: 35 minutes.*

Each recipe serves 4.

Tomatoes



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### CAN YOU SEE THE REAL ME?

(continued from page 173)

places, a failing abalone farm overlooking the ocean. The company was so deep in the hole that as soon as it turned even a meager profit, creditors arrived with lawsuits in hand. Yet its owners refused to close up shop, so “there was nothing to do but make it last as long as I could,” Ming says. The futility was oddly liberating. Each day Evan watched men spatula shellfish into containers, then ship them to Japan to become sashimi. He reorganized the books, prolonging the company’s doomed life. Sometimes he stood at the cliff’s edge and gazed into the rippling Pacific, watching humpbacks and their calves glide beneath the swell.

The experience shifted something in Evan. “I thought, *I’m going to stick this out*,” Ming says. “*And if I’m going to stick it out, I’m going to go do something substantial.*”

He flipped a coin between economics and cognitive science—“the fields where I thought I could make an impact”—and cognitive science won. In 1999 Evan returned to UC San Diego with renewed purpose, and this time completed his degree with ease, going from a transcript littered with Fs to one full of As. He applied for a spot in Carnegie Mellon University’s psychology PhD program, intending to study the nexus of computation and neuroscience, and was accepted. Within a month of landing in Pittsburgh in 2001, he’d met a pretty and driven Harvard graduate named Norma Chang, also a PhD candidate in psychology. By the end of their first year, they had fallen in love.

**A HUMAN LIFE IS** a series of accidents—the culmination of hundreds of arbitrary quirks of geography, lineage, and circumstance. But Ming believes it’s within the power of technology to realign our stars, to correct the caprices of destiny, to meet people wherever they are and help get them where they need to be.

The basic premise of Gild is this: Right now, in Bangalore or Berlin or Branson, Missouri, there’s a self-taught computer programmer who can code just as well as half the hotshot Stanford and MIT grads currently vying for the world’s most coveted software engineering jobs, but no Silicon Valley company has the time or capacity to discover him.

Which is where Gild steps in. Ostensibly, the company is an HR consultancy, doing recruiting legwork for outfits in need of fresh blood. But at its core, Gild is a matchmaker, uniting programmers with the jobs that best fit their skills—and, by extension, that best allow them to fulfill their potential. To find these people, Gild deploys sophisticated software to scour the Internet’s open-source Web sites, like GitHub and SourceForge, where software engineers share computer code that’s visible to anyone who cares to read it. In seconds Gild’s program makes thousands of observations about that code, evaluating its idiosyncrasies to divine insights about its author. It also searches for ancillary information about each programmer—via his LinkedIn page or Twitter account.

These data are plugged into the Gild algorithms; each tidbit, however small, is a valuable clue. If a software engineer tweets “I love celery,” it’s possible, if unlikely, that he’s referring to the vegetable—it’s much more probable, Ming says, “that he’s talking about Celery, the multiprocessing framework for Python, a popular programming language. And if he uses Celery, he almost certainly uses RabbitMQ or Lettuce, and if he uses those he’s probably making Web apps using Flask or Django, and if he uses Django, he knows all about templating languages like Jinja...and that single tweet suddenly paints a rich picture of this person, in a way that listing ‘Python’ on a résumé would not.”

When a company comes to Gild for hiring recommendations, Ming can scour her data and offer concrete, personalized advice tailored to its particular needs. “We’ll say, ‘Here are ten people,’” she says. “‘Three of them are great programmers from big-name schools, and this is the premium you’ll pay for them. Now here are five people who are just as good but don’t have those credentials; this is how much they’ll cost. And here are two people who are also just as good, but who have no credentials. And this is how much you’re going to save if you hire them.’”

What’s presented as a shrewd cost-cutting

measure becomes, in effect, a stealthy up-ending of the old, outdated rules: A candidate without traditional bona fides gets a chance, and the company giving them that chance gets a great deal. It’s a classic win-win.

**IN A 2004 PHOTOGRAPH** of Evan and Norma from their Carnegie Mellon days, the couple sits near a tableau of stone Buddhas and bodhisattvas. The statues adorn the Indian Room of the University of Pittsburgh’s Cathedral of Learning, an architectural ode to education around the world. Though they don’t know it yet, the location is fitting: In 2011 Norma and Vivienne Ming will cofound Socos, one of the nation’s most intriguing educational start-ups, which uses algorithms to give teachers measurements of each student’s grasp of the material—whether it’s Biology 101 at a local community college or basic arithmetic in a K–12 classroom—without the use of notoriously biased standardized tests.

But here in Pittsburgh, 2004, educational innovation is a mere glint in Norma’s and Evan’s eyes. They’re still in the thick of their dissertation research, and the heady days of new love. At 32 Evan has shrugged off his boyishness; his face is chiseled, his build muscular, thanks to the intense training regimen P90X. In the photo, Norma’s energy is radiant, her brown eyes shining. But Evan’s expression is inscrutable.

“It’s hard to even imagine that person now,” Ming says, looking at the photo.

Norma Ming, 40, reaches down to lift her and Vivienne’s 2-year-old daughter, Thalia\*, onto her lap. From the next room comes a steady din of yips and yeehaws from Baxter\*, the Mings’ 5-year-old son, who’s busily building with Legos. The family’s Bay Area home is cozy and classically Californian—their front window looks onto a lineup of similar Craftsman bungalows, each shaded by the street’s long procession of oak trees. The scent of breakfast blintzes still hangs in the midday air.

As Ming recalls the early days of Evan and Norma’s relationship, she moves from a chair in front of the sunny window to the living room couch, then to a kneeling crouch beside the coffee table, effusive when she describes Norma as a young student and somber when she speaks about Evan, whom she mostly calls “me” but very rarely refers to as “he.” On a dozen occasions over the

span of a few hours, the couple relays nearly imperceptible gestures of encouragement—a smile, a two-word prompt, the discreet removal of a child from the room—when part of the story of Vivienne’s transition feels difficult to discuss. Norma is the keeper of dates—“No,” she says at one point, “That was 2004, not 2003”—and, today, the cradler of babies, and as Thalia’s eyes begin to droop, Norma and Vivienne retrace the timeline of Evan’s final years in the muted tones of naptime.

The searing depression Evan endured in San Diego had, by grad school, dulled to a chronic ache—one that made social interactions taxing and sleep a distant dream. “I had terrible insomnia,” Ming recalls. “I’d stay up for hours thinking, *Oh, let me wake up different tomorrow*. And I’m an atheist, so that was particularly pointless—but under the right circumstances, you beg for anything from anyone.”

Evan threw himself into school, saddling himself with a backbreaking course load. And he grew ever closer to Norma. “There was a date early on,” Ming recalls, “where we were starting to reveal things to each other. I told her, ‘I have a deep, dark secret—maybe someday I’ll share it.’ Of course I wasn’t ever planning to. But Norma made me happy, and I was successful at school, and I thought, *I’m going to go with this, I’ll be the best husband I can be, and I’ll find happiness in that*.” Soon they were engaged.

Around this time, in the spring of 2005, Evan did a seemingly inconsequential favor for a classmate. “When you’re a graduate student,” Ming explains, “you’re desperate to find people to be in your experiments. So when I was asked to be in one that examined the effect of antianxiety drugs on heart health, I said yes. It was several months’ long, and involved taking pills with no idea whether they were placebos, and answering lots of questions. I didn’t feel anything, but at the end, when I met with the doctor overseeing the study, he said, ‘You’re in the treatment group; you’ve been taking Celexa. Has anything unusual occurred?’”

Indeed, something unusual had occurred, which Ming, in hindsight, now attributes to the medication. On October 19, 2005—Evan’s 34th birthday—he and Norma were preparing for bed when he said, apropos of nothing, the thing he had never said to anyone: “My secret is that I wish I were a woman.”

However unfathomable such a revelation

may seem—however impossible it would be for many of us to absorb these words with a modicum of grace—Norma admits to no anger, no terror, no sense of betrayal or despair. If Evan had ever given her reason to question his sexuality, had ever tipped his hand about his discomfort with his gender—made some half-jesting crack to test the waters, say—Norma does not disclose it. Her flat tone is a kind of fortress: There are some things, many things, she will not reveal. And so when she speaks of Evan’s 34th birthday, the night that effectively ended their former lives and thrust them into a brand-new one, the one emotion she describes is surprise: “I remember thinking,” she says, “*Do you have any idea what you’ve just told me?*”

Now she grows emphatic. “I said, ‘You need to decide what, if anything, you want to do about this—what it means for you, what it means for us.’”

The couple talked all night, then took two weeks off from school—despite their looming dissertation defenses—to decide whether or not to move forward with their wedding. They agreed not to discuss the revelation with anyone else.

“I’d been tasting cakes and trying on gowns,” Norma says, “and it was hard not being able to talk to other people about something so big.” She glances up at Ming, who has just gone to get a photograph of Evan at his college graduation to jog her memory.

Ming moves toward her wife. “I told Norma I wouldn’t do it without her, that she meant more to me than going through gender transition,” she says, the timbre of her voice high with a learned girlishness.

Norma shakes her head. “This was too important. I said, ‘This is something you need to explore.’”

Neither recalls a precise moment when they decided to stay together. Perhaps because it was never really a question. In fact, asking Norma about her continued devotion occasions only this: “Vivienne is the one I love, the one with whom I have chosen to spend the rest of my life. That’s all that matters.”

Now Baxter enters the living room, toting the fearsome Lego creature he’s just constructed. “He can see super-duper-duper good,” he says, pointing to where the blocky beast’s eyes would be. “He’s part robot. This is his human side and this is his robotic side.”

Earlier, Baxter had shown off his own robotic side: the insulin pump affixed to his belly. A few days before Thanksgiving 2011, Baxter, then 4, got sick in the bathtub. “I thought, *It’s just the flu*,” Ming says. But Baxter had also been wetting his bed, which was unusual, and in the days after the incident in the tub he was lethargic, disoriented, stumbling when he tried to walk. The pediatrician’s diagnosis stunned the Mings: “Your son has diabetes,” she said, recommending that he be admitted that night to a local children’s hospital. By the time he arrived, Baxter was incoherent, his blood sugar so high, Ming says, “you could smell the sweetness in his sweat.”

Once Baxter had stabilized, his moms scrambled to learn what they could about managing type 1 diabetes, which requires the constant monitoring of blood glucose levels, often via finger-prick blood tests (which Baxter, an old hand at the procedure, can now do himself). It also demands a vigilant awareness of what, when, and how much Baxter eats and drinks throughout the day, which the Mings have simplified by creating a detailed mathematical model that helps them predict the effect of Baxter’s eating, say, a medium apple, including when and how much they’ll need to dose him with insulin before and after he consumes the fruit.

“I mean, what a couple of scientists, right?” Ming says, grinning.

The blintzes have ratcheted up Baxter’s blood sugar, and now he’s hopping from couch to floor, floor to coffee table, coffee table to bookshelf. There he pauses, looking at a photograph of Evan with his siblings. “When Baxter was little,” Ming says, “he saw this photo and asked, ‘Who’s that?’ and I said, ‘That’s Mommy.’ And he got confused and pointed to her”—Ming indicates her sister, Cassandra—“and I said, ‘No, that’s Aunt Cass,’ and then he immediately pointed back to the photo of me.”

On the bookshelf, just below the framed photograph, is the Mings’ wedding album. In July 2006, Norma and Vivienne—as she was by then known at home, if nowhere else—were married in California, having driven their possessions from Pittsburgh in a clattering U-Haul after accepting positions at Berkeley and Stanford, respectively. Ming had grown her hair, lost 60 pounds of bulk by switching from P90X to yoga, and begun wearing women’s clothes at home. (“Goodwill was my *(continued on page 188)*”

## CAN YOU SEE THE REAL ME?

(continued from page 187)

best friend,” she says. “Starting from scratch is surprisingly expensive—we keep quite a little fortune in our closets.” Reverting to the costume of manhood for the wedding pained her. “Norma looked beautiful,” Ming recalls. “And I was up there with my long hair, so skinny. At home, I was finally me! And then to have to get married in a tuxedo...” Ming trails off. She dislikes looking at the photo album.

By the spring after their wedding, Ming was eager to extend her gender transition beyond the bubble of home. At first, she had come out as transgender only to Cassandra—who calls being trusted with that information “one of the greatest honors of my life”—but she’d already begun investigating gender reassignment surgery, or GRS, which, it turned out, she was eligible to receive through Norma’s University of California health plan. (Very few employee healthcare plans are willing to cover GRS, which can run into the tens of thousands of dollars.) She legally changed her name to Vivienne Ming: Vivienne was a name Norma had imagined for a daughter, and Ming is a hybrid of their family names, Smith and Chang. “The name change rankled my parents more than a little bit,” Ming admits. Then her expression twists into a wry smirk. “But I don’t need a name to remind me that I’m a pasty European mutt from very cloudy places. I know where I come from.”

Ming had also investigated hormone therapy, which would increase estrogen levels and suppress testosterone, but she waited until Norma had safely reached 12 weeks of pregnancy with Baxter to begin the prescribed course of injections and pills, when she could be confident they would no longer need Evan’s sperm. “We conceived Baxter the good old-fashioned way,” Ming says. “I thought, *This is a part of me I’m not happy with, but here’s a good thing I can do with it before it’s gone.*” (Thalia was conceived with sperm frozen prior to Vivienne’s transition.)

Once she’d begun hormone therapy, Ming’s personality underwent a tremendous shift. She was animated where she had been silent, emotional where she had been stoic. “Estrogen’s a wonderful thing,” Ming says. “I’d be doing the dishes and suddenly be like, *Wait a minute, why am I crying?*” (“It was kind of like living with a teenage girl,” Norma recalls.) Ming slept peacefully, regularly, de-

liciously, for the first time in a decade.

She was apprehensive about coming out at work. “Vivienne sent an e-mail to her students and colleagues the night before,” Norma says, clearly relishing the telling of a favorite story. “And then I came in super-early the next morning,” Ming continues, “hoping to get there way before everyone else to avoid some kind of perp walk. I’d been particularly worried about this student who, when he didn’t realize there was”—Ming points to herself—“a lady present, would every now and then make a joke or say something that made me wonder how he might react.

“So I showed up and he was already there. And he walked right up to me and said, ‘You know that idea you had for the model? I implemented it and it worked great and here are the results.’ And for engineers, that’s like their version of a big hug.”

Ming also came out to the rest of her family. She composed a letter—“I have ghosted my way through life,” it said—that she read, in person, to her mother and father, and, a month later, sent to her brother, Eric, who was stationed in Budapest. “I can remember it was on July 4, 2007,” Eric recalls. “I was alone in my apartment and I got this e-mail, and it came as an absolute shock. I didn’t know anything about this—any of it. I just sat there, disoriented, in a state of disbelief.” It was a few days before he replied, saying that life deals us some difficult hands, and that he understood, and would offer his full support. When he returned to the States shortly thereafter, Ming came to pick him up at the airport. “That was the first time I saw Vivienne,” Eric recalls. “When I left I had a brother, but when I returned from Hungary I had another sister.”

For Ming’s parents, the news was harder to swallow. “My mom struggled for a few days,” Ming says, “and then called me and said, ‘Well, we’ve got to get you a wardrobe.’ I think she was still grieving the loss of her son, but in her interactions with me she never let on.” (Asked about her reaction to Ming’s transition, her mother, Sally Smith, handwrote a few sentences for Ming to pass along. “I am very proud of the woman Vivienne has become,” the statement reads. “She is a caring and attentive parent, a brilliant scientist...she’s beautiful inside and outside.”)

After Ming’s announcement, her father also expressed his support, but in the measured

language of resignation. “You know,” Ming says, “a classic thing you hear is, ‘I love you no matter what.’ Oh, so this is a ‘no matter what’? I had that with my father. He hugged me, and he was initially accepting, but it got harder and harder for him. And there were a couple of moments when it peaked. Once, he said, ‘Don’t let Norma slip away, because no one else is ever going to want you.’ Which was not remotely like anything he’d ever said to me before.

“I thought, *I’ve been unhappy my entire adult life, and you can see the transformation. You know I’m happier now. And it’s more important to you that I’m a certain person than that I’m happy?* And that was the hard thing for him and me.”

Ming’s father, Dr. Jon Smith, died last March at the age of 73. “My father got there with my transition,” Ming says. “It was gradual, but he got there. I’d get e-mails from family members who’d say, ‘Your dad was bragging about you, and I wanted to find out about all the amazing things you’re doing.’ The idea that he’d reached a point where he could call me his daughter, and actively did so because it gave him the opportunity to say ‘My daughter had this paper published, my daughter just started her own company...’” Ming’s voice is tight in her throat.

In 2008 Ming underwent GRS, a grueling series of surgeries that involved roughly 46 hours on the table (in the male-to-female procedure, a man’s genitalia and urethra are restructured to function like those of a woman) and a recovery time of about three months. The following year, she had further operations to feminize her facial features. She hesitates before discussing her surgeries, explaining that they were deeply personal choices—and that the medical route to gender transition is not the only option available to transgender people. “It’s important to me,” Ming says, “that talking about my experience not undermine those who choose differently. There can be a stigma for people who don’t take the path I did, as though not having surgery means you’re not *really* transitioning. No one should feel as though it’s everything or nothing.”

Ming didn’t expect the GRS to shift her thinking so completely, but it did. “It really changed my thoughts about myself,” she says. “My body became aligned with my identity, and it was profound.”



# Shop Guide


(All prices are approximate)

**LIFE AS A WOMAN** had always been Ming's wish—but there were aspects for which she was unprepared. “You just have these great and crazy experiences,” she says. Shortly after Baxter was born, Ming was pushing him in a stroller past a tennis court in her neighborhood where two men were swatting a ball back and forth. “And I hear from behind me, ‘Hey, Mom, the goods are lookin’ good!’ I wanted to turn around and just kick that guy right in the...” Ming laughs. “But I couldn’t, because I couldn’t get the smile off my face. I thought, *Oh, finally! Finally I’ve been objectified!* It was gross, yes, but it had its own wonderfulness.”

Then came a more subtle, and more significant, moment in Ming's journey to sisterhood. “I was walking down the street and this woman was holding her baby while trying to open a stroller. I said, ‘Can I help you open the stroller?’ And she said, ‘Oh, thank you so much.’ And she hands me the baby.” As she tells this story, Ming's beaming expression is laced with incredulity.

But though Ming went through her transition with the support of most of her family and colleagues, and though it spelled the end of her depression and insomnia and sense of dislocation, and though she had the unflagging encouragement of her wife, and though the experience represents the culmination of every deeply held wish Evan ever had—because, as transition stories go, Ming's is “a fairy tale,” her sister says—she hastens to stress just how difficult the process was for her, for her family, for Norma. “If my son came to me years from now,” Ming says, “and told me, ‘I’m gay,’ I’d say, ‘That’s wonderful, I’m so glad you know who you are.’ But if he said, ‘I want to be a woman,’ I would say, ‘Ahhh. This is gonna be hard. Let’s get started.’ Because it doesn’t matter that that’s where happiness lies—it’s on the other side of a lot of struggle.”

If Evan Smith hadn't gone through his own struggle to reach the happiness on the other side, and if circumstances hadn't aligned to guide him toward his highest potential, his life would have ended up in a very different place. But he was up to the fight, and his circumstances did align, and because of that, each day Vivienne Ming wakes up grateful that the coin toss landed in her favor, that fate and science and her conviction conspired to give her the life she deserved.

And then she goes to work. 

**COVER/HERE WE GO! P.27** Dress, La Petite Robe di Chiara Boni, \$650; neimanmarcus.com. Headband, Deepa Gurnani, \$218, Henri Bendel; 800-423-6335. Earrings, price upon request; degrisogono.com. Bangles, Lorraine Schwartz, price upon request, Bergdorf Goodman; 212-872-8892. Ring, Cinta by John Hardy, \$13,000; johnhardy.com/contact-us. Heels, \$950; jimmychoo.com.

**LYBL GAYLE'S POP CULTURE P.40** Shoe, \$90; aldoshoes.com.


**O'S FALL FASHION LOOK BOOK P.73** On model: Coat, \$188; nicandzoe.com. Dress, \$328; trina.turk.com. Bag, \$228; coach.com. Tights, Donna Karan Evolution, \$28; nordstrom.com. Shoes, Elie Tahari, \$595; 212-334-4441. **P.77** On model on left: Top, Diane Von Furstenberg, \$345; 646-486-4800. Pants, \$295; kellywearstler.com. Bag, \$290; christopherkon.com for stores. Shoes, Kurt Geiger London, \$200; us.kurtgeiger.com. On model on right: Blazer, \$475; maggyfrances.com. Top, Tribune Standard, \$395; space519.com. Pants, \$325; toryburch.com. Clutch, Tommy Hilfinger, \$199; 212-223-1824. Shoes, Ivanka Trump, \$130; lordandtaylor.com. **P.78** Spike bangles, \$98, \$68, \$58; available in September at cwonder.com. **P.80** On models from left: Green sweater, \$425; toryburch.com. Marisa pant, \$80; loft.com. Shoes, Diane von Furstenberg, \$350; 646-486-4800. On model in middle: Top, \$495; toryburch.com. Julie pant, \$70; loft.com. Shoes, Jean-Michel Cazabat, \$260; 646-669-8508. On model on right: Top, Armour Lux, \$110; westerlind.us. Zoe pant, \$75; loft.com. Shoes, Manolo Blahnik, \$595; saksfifthavenue.com. **P.82** On model on left: Jacket, \$1,695, and skirt, \$995. Lisa Perry; lisaperrystyle.com. Turtleneck, Lauren Ralph Lauren, \$60; ralphlauren.com. Tights, DKNY, \$18; macys.com. Shoes, L.K. Bennett, \$695; 212-309-7599. Purple turtleneck, Lauren Ralph Lauren, \$100; ralphlauren.com. Skirt, Lisa Perry, \$995; lisaperrystyle.com. Shoes, Salvatore Ferragamo, \$700; icona.ferragamo.com. On model on right: Coat, \$188; nicandzoe.com. Dress, \$328; trinatour.com. Bag, \$228; coach.com. Tights, Donna Karan Evolution, \$28; nordstrom.com. Shoes, Elie Tahari, \$595; 212-334-4441. Coat, \$188; nicandzoe.com. Sweater, \$50; gap.com. Pants, \$60; loft.com. Scarf, \$175; figandbella.com. Bag, \$50; loft.com. Shoes, Vince, \$225; bergdorfgoodman.com.

**ADAM'S STYLE SHEET P.86** Left: Peacoat, \$675; mackage.com. Turtleneck dickie, Thakoon Addition, \$270; shopbop.com. White skirt, Calvin Klein, \$79; macys.com. Handbag, Rafe, \$195; couture.zappos.com. Animal print heels, \$60; solesociety.com. Middle: Leather jacket, Boss, \$1,295; hugoboss.com. Tweed shirt, \$75; jcrew.com. Pants, Worthington, \$36;

jcp.com. Scarf, \$35; loft.com. Small purse, Reece Hudson, \$495; barnes.com. Purple heels, Daniele Michetti, \$525; mywardrobe.com. Right: Red dress, \$140; bananarepublic.com. Belt, \$188; rainabelts.com. Tan clutch, \$90; deulux.com. Nude heel, \$475; lkbennett.com.

**O, BEAUTIFUL P.93** Clockwise: Marc Jacobs Beauty The Bronze brush; \$78. Lust for Lacquer Lip Vinyl in Studded Kiss, Lust for Life and Overprotected; \$28 each. Shameless Bold Blush in Provocative, Rebellious, and Outspoken; \$30 each. O! Mega Bronze Perfect Tan; \$49. Enamored Hi-Shine Lacquer in Shocking and Ultraviolet; \$18 each. Style Eye-Con No. 7 in The Vamp; \$59; all.sephora.com.

**HAIR EXTRAVAGANZA P.147** Aveda Brilliant Retexturing Gel, \$18; aveda.com. **P.151** Color Wow Root Cover Up, \$35; colorwowhair.com. **P.153** Fullmore Colored Hair Thickener, \$22; toppik.com. Pantene AgeDefy Advanced Thickening Treatment, \$20; drugstores. **P.154** Klorane Silver Highlights Shampoo, \$13; drugstores.

**SUIT UP! P.162** Jacket, \$2,650; lwrenscott.com. Pants, \$40; hm.com for stores. Earrings, \$138; melindamaria.com. Blue and black clutch with diary, \$760 and \$175; smythson.com. Blue leather clutch, \$710, Paul Smith; 646-613-3060. **P.163** Jacket, Jones New York, \$149; jny.com. White shirt, \$40; hm.com for stores. Pants, Theyskens' Theory, \$1,025; shopbop.com. Lizard brooch, \$78, Sequin; 212-398-7363. Cuff links, \$165 a pair; tateossian.com. **P.164** Jacket and skirt, Nina Ricci, \$1,790 and \$850, Bergdorf Goodman; 212-753-7300. White gold and yellow gold bar necklaces, \$990 each; danarebeccadesigns.com. Monogrammed necklace, \$590; ariलगordonjewelry.com. Beaded necklace, \$60; coldwatercreek.com. Houndstooth clutch, \$1,475, Roger Vivier; 212-861-5371. **P.165** Blazer, Marc by Marc Jacobs, \$458, Nordstrom; 800-695-8000. Pants, Marc by Marc Jacobs, \$298; revolveclothing.com. Shirt, Sachin + Babi, \$295; neimanmarcus.com. Scarf, \$12; thetiebar.com. Necklace, \$95, Tommy Hilfinger; 212-223-1824. Ring, \$990, ariलगordonjewelry.com. Shoes, Alexandre Birman, \$795, Liberte; 405-608-2727. **P.166-167** Jacket and pants, \$495 and \$325; pinktartan.com. Blouse, Oscar de la Renta, \$3,490, Saks Fifth Avenue; 877-612-7257. Bracelet, \$1,300; lagos.com. Ring, \$2,530; danarebeccadesigns.com. Clutch, \$1,650; bottegaveneta.com. Shoes, Boutique 9, \$150; bloomingdales.com. **P.168** Jacket and skirt, \$1,295 and \$895; toryburch.com. Top, French Connection, \$70; bevello.com. Necklaces, \$1,140 and \$2,450; davidyurman.com. Bangles, \$200 each; karaackerman.com. Ring, \$2,025; jessicabiales.com. Shoes, \$495, Stuart Weitzman; 212-750-2555. **P.169** Jacket and jeans, 7 For All Mankind x Malhia Kent, \$650 and \$395; 7forallmankind.com. Blouse, \$225; erinfetherston.com. Earrings, \$700; karaackerman.com. 

*O, The Oprah Magazine* (ISSN 1531-3247) is published monthly, 12 times a year by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Catherine A. Boston, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan, Jr., Senior Vice President, Finance. © 2013 by Hearst Communications, Inc. All rights reserved. *O, The Oprah Magazine* is a registered trademark of Harpo Print, LLC. Periodicals postage paid at N.Y., N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499.

Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$28 for one year. Canada and all other countries: \$50 for one year. Subscription Services: *O, The Oprah Magazine* will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to service.theoprahmag.com or write to Customer Service Department, *O, The Oprah Magazine*, P.O. Box 6000, Harlan, IA 51593. Due to the high volume of submissions, the publisher cannot accept or return unsolicited manuscripts or art. Canada BN NBR 10231 0943 RT. Postmaster: Send all UAA to CFS. (See DMM 707.4.12.5.) Nonpostal and military facilities: Please send address changes to *O, The Oprah Magazine*, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.



# What I Know for Sure

# Y

**OU'RE LOOKING**

at my untouched-by-any-hands-other-than-my-own real hair. No wig, weave, perm, braids, twists, extensions, curling iron, straightening comb, or blow-dryer. Au naturel!

For almost 30 years, I've had the luxury of a hairdresser—Andre Walker—who loves all kinds of hair textures and adores experimenting. Hence this month's cover; we call the wig I'm wearing Wild Thang!

During the *Oprah* show years, we used wigs intermittently to give my hair a break from the daily grind of styling. Had Andre not had the foresight to do this, I probably wouldn't have a single strand left today—an unthinkable state of affairs for a girl with my (no pun intended) roots.

I was raised by a grandmother who wouldn't even let me cut my bangs. The culture in the rural South taught that "your hair is your crowning glory," and it sure stuck. My grandmother seemed to feel that God himself



My natural hair, before Andre Walker gets his hands on it!

had proclaimed it illegal to cut your hair.

I now believe in doing whatever works for you. You want to be a blonde or a red-head? Try it. Ponytail? Cropped and spiked? Go right ahead!

I used to be so particular about every curl being in place. Now, as is the case in many other areas of my life, I've relaxed. No more bad hair days—just days when I might need

a headband. Because as much as I enjoyed hanging out with Wild Thang, I know for sure that your true crowning glory comes not from what's on your head but from what's in your heart.

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A close-up photograph of a woman's face, focusing on her nose, lips, and hands. She has bright pink lipstick and her fingers are painted with a vibrant purple nail polish. The background is dark, making the subject stand out.

O

THE OPRAH  
MAGAZINE

LIVE YOUR BEST LIFE

# THE NAIL FILES

Simple tricks for polish perfection,  
optimal nail health, and more.

# Swap Meet

With a bumper crop of gorgeous new shades to choose from, why paint your nails the same old baby pink or dark burgundy? Try any of these six refreshing alternatives—they'll quickly become your hands-down favorites. ▶



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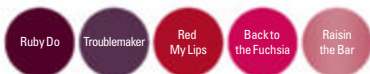
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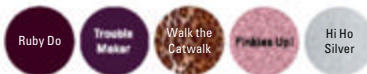
SALON  
INSTA-GEL STRIPS™

Anti-chip, mirror shine ✓  
Easy to apply. Easy to remove. ✓

At-home LED lamp  
for a fast finish 



Available in 24 must-have designs:



Featured Shade: Pinkies Up! Starter Kit Shade: Shell We Dance

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NCSIP® Polaris Formadaily®

# Color Theory

If you  
always wear...

Fair Skin

Medium Skin

Dark Skin

The Usual Suspects

Pale  
Pink

TRY

**Purple**  
The light, creamy shade is playful but also polished and appropriate for the office.



Deep lilac



Vivid violet



Dusty lavender

Fire-  
Engine  
Red

TRY

**Fuchsia**  
Intense hot pink is a more youthful, cheery, and eye-catching alternative to classic ruby.



Raspberry pink



Hot pink



Bright magenta

Nude

TRY

**Coral**  
The shade can be subtle—but the hint of orange brightens your skin beautifully.



Coral pink



Peachy coral

Fall Classics

Deep  
Aubergine

TRY

**Black**  
Keep your nails short and round; stay clear of matte finishes if you want to avoid a goth look.



Metallic and shimmery black

Dove  
Gray

TRY

**Dark Gunmetal**  
A chicer choice than light gray, which can make your skin look sallow.



Deep charcoal



Sparkling chrome and slate

Navy  
Blue

TRY

**Electric Blue**  
Fresher than indigo and less dull than cobalt, this shade is surprisingly flattering and elegant.



Royal blue

Fall's best accessory...

# A Perfect Manicure!



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**1** prep  
Complete Salon  
Manicure Cuticle  
Eraser + Balm

**2**

prime  
Complete Salon  
Manicure Base Coat



**3**

color  
Complete Salon Manicure

**4**

protect  
Complete Salon  
Manicure Top Coat



**5**

set  
Complete Salon  
Manicure Dry +  
Go Drops

*Sally Hansen®*

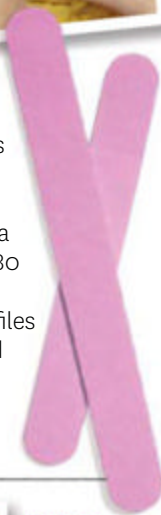
## ▶ The Nail Files



# Strength Training

We asked New York City dermatologist Robyn Gmyrek, MD, to share her secrets to nails that look strong and shiny—even without a drop of polish.

**DO** file your nails regularly with a gentle, fine-grit nail file (look for a high number—180 or 220—on the package). Glass files are another good option. Avoid coarse-grit or metal nail files.

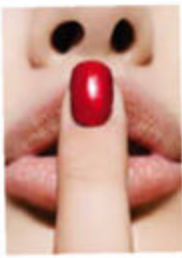


**DO** wear gloves when washing dishes or cleaning. Water is like Kryptonite for nails, leaving them weak and brittle.



**DON'T** use a clipper on your nails. The force of a clipper can split the nail plate. If you must clip because your nails are too long to file, do it after showering, when they're soft.

**DO** use hand cream throughout the day, particularly after washing your hands. Hydrated nails are strong nails. Look for a cream that contains lactic acid, glycerin, lanolin, or hyaluronic acid, and massage it over and around your nails. Avoid anything labeled "lotion," which will likely have a high level of alcohol or water and won't moisturize as deeply.



**DON'T** let your nails grow more than a quarter of an inch past your fingertips. Long nails are more prone to breakage.



**DO** take biotin supplements. There is evidence that suggests biotin increases the thickness of brittle nails and reduces their tendency to split. You'll need to take 2.5 milligrams a day for six to nine months before seeing any effect.



► *The Nail Files*

# How to Get a Salon Manicure... at Home

Follow these seven steps for a perfect ten.

- 1 File Your Nails**  
Make sure they are completely dry (filing wet nails can cause splitting). Slightly rounded nails (mirroring the shape of your cuticle) that extend just over the edge of the fingertip always look elegant.
- 2 Soak Your Nails**  
Apply a rich hand cream. Then soak your nails in warm, soapy water for five minutes to soften the cuticles. (One hand at a time if you want to flip through a magazine or play with your iPad.)
- 3 Push Back Your Cuticles**  
Use a wet nail stone and push gently. If you have a hangnail, trim it; otherwise, don't clip cuticles (they protect nails from infection).
- 4 Apply a Base Coat**  
It helps the color go on smoothly and last longer.
- 5 Brush on Two Coats of Color**  
Wait a couple of minutes between coats. Use three strokes per nail—one on each half of the nail, then a horizontal swipe across the top edge to prevent chips.
- 6 Apply a Top Coat**  
It can cut drying time. Don't forget to swipe the top coat across the tip of each nail as well, just as you did with the color.
- 7 Clean Up Any Smudges**  
Wrap an orange stick in a thin piece of cotton, dip it in polish remover, and run it around the edges of the nails.

## **NOT AMBIDEXTROUS?**

Join the club. To minimize slipups, paint your dominant hand first (it's even trickier to use your nondominant hand when the nails are wet with polish), and always move from your pinkie to your thumb (which tends to rotate inward as you go and could get smudged).

REAL Nail Polish Strips

Sally Hansen®



## HIGH FASHION MANI MADE EASY

Salon Effects Real Nail Polish Strips

No dry time ✓  
Lasts up to 10 days ✓



Available in 40 must-have designs





Sally Hansen®

Sally Hansen®  
DIAMOND  
STRENGTH  
NO CHIP  
NAIL COLOR

DIAMONDS  
ARE A NAIL'S  
BEST FRIEND!

Diamond Strength

**Stop Nails From Breaking!**

Infused with real  
micro-diamonds & platinum ✓



Available in 32 must-have designs

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