



THE OPRAH
MAGAZINE

JUST SAY HELLO!
Improve the world—and your health—one new friend at a time. Join our campaign, pg. 124



The Mother of All Yard Sales!

You'll never believe what Oprah finally got rid of...

De-Clutter Your Life 2014!

O's annual guide to clearing some space in your head, your heart, your sock drawer

Life Is Hard—Skincare Should Be Easy

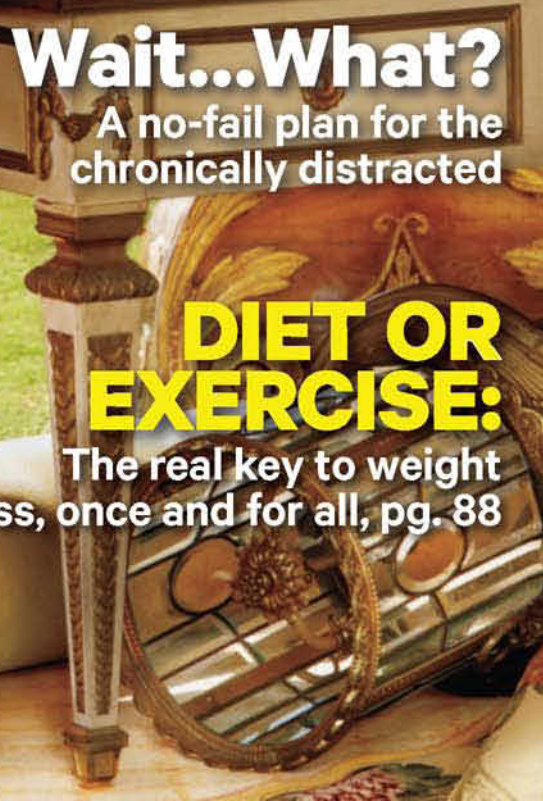
The *only* products you need for complexion perfection

Wait...What?

A no-fail plan for the chronically distracted

DIET OR EXERCISE:

The real key to weight loss, once and for all, pg. 88





ESTÉE LAUDER

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12 PATENTS WORLDWIDE



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March 2014

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"We have to change the mind-set that more treatment is always better."



"Everything in your home should reflect your vision for the life you want."



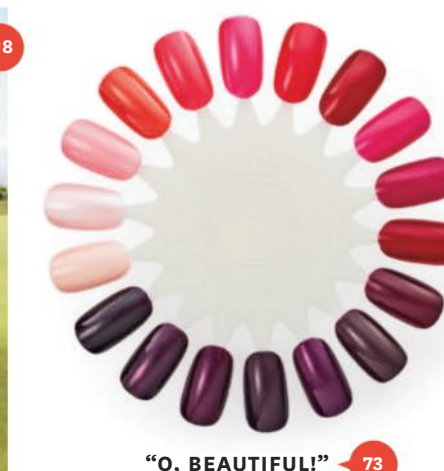
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"The stuff I'd liked and loved and cherished would all be going, going, gone."



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JUST SAY HELLO!

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Cleaning Up Their Acts

Three writers, an editor, and a designer talk clutter.



DONNA BRAZILE

Writer, "Give It Away Now"

page 108



The most organized part of my life is...my four gardens. I put a lot of time into protecting them from the Bugs Bunnies in my neighborhood.

The most disorganized part is...my pen collection. I have mountains of them covering every surface: gels, ball-points, old-fashioned ink...

I get motivated to de-clutter when...I receive bills in the mail. I pay everything online, so when I get paper notices, it confuses my brain.

I need to give myself permission to get rid of...old photographs. Everyone knows Auntie Donna keeps them in a plastic bin.



GERALDSON CHUA

Designer, "The New Rules of De-Cluttering"

page 106



The most organized part of my life is...my computer. I try to keep my music collection and family photos in perfect order.

The most disorganized part is...the black tote I use as an everyday bag. I'm always shoving things in there when I'm on the go.

I get motivated to de-clutter when...I visit my folks' place in New Jersey. My mother is surprisingly clutter-free, so I make the effort to prove that the apple doesn't fall far from the tree.

I need to give myself permission to get rid of...that everyday bag. I think it's time for a smaller one, to hold less crazy.



KARLA STARR

Writer, "Don't Be Afraid to Start Over"

page 113



The most organized part of my life is...my schedule. I'm finally at a place where I feel comfortable saying no.

The most disorganized part is...my finances, which consist of crumpled receipts at the bottom of my purse. Eventually, the pile moves to my desk.

I get motivated to de-clutter when...it's absolutely necessary. Having to pack my belongings and move across the country usually does the trick.

I need to give myself permission to get rid of...aspirational items. I'll never be a yogi or fix old jewelry, so out with the mat and broken necklaces.



SANJAY GUPTA, MD

Writer, "Just Say Hello!"

page 124



The most organized part of my life is...the operating room—especially when I'm treating a cerebral aneurysm. Every instrument has to be in exactly the right spot.

The most disorganized part is...my desk, when I'm on deadline for an article or a book. It's covered in papers and magazines.

I get motivated to de-clutter when...I complete a big project. All those materials finally hit the file drawer.

I need to give myself permission to get rid of...some of my children's handmade things. I have three girls, and I tend to hold on to every card and finger painting.



ASHLEY WILLIAMS

Senior editor, "The New Rules of De-Cluttering"

page 106



The most organized part of my life is...my desk on a Friday. I put away stray papers so I'm not confronted with chaos on Monday.

The most disorganized part is...my pantry. The cabinets are too high, so everything ends up on a small baker's rack.

I get motivated to de-clutter when...I have friends over. They shouldn't be forced to look at stacks of old magazines and unopened mail.

I need to give myself permission to get rid of...dozens of cheap tank tops. They're faded, but if I can still wear them under a sweater, I tell myself that they're useful.

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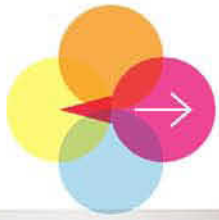
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BOXING DAY
Oprah's considerable wares in storage pre-auction.

Hammer Time

A spirited auction raises over \$600,000 for the Oprah Winfrey Leadership Academy Foundation College Fund.

EVERYTHING FROM 19TH-CENTURY still-life paintings to Jetson electric bikes was up for grabs at Oprah's massive auction, held in Carpinteria, California, in November. The event featured more than 300 items from her homes in Santa Barbara, Maui, Indiana, and Chicago. Oprah was slated to auction off just the first two items—canvas banners promoting *The Color Purple*—but she stayed on stage for over an hour, helping to sell 13 lots of goodies. "You're only going to spend *that?*" she cajoled bidders. "Come on, do it for the children!" —**CLARISSA CRUZ**



UNDER THE BIG TOP
Setting up the public viewing area four days before the auction.

PEEKING INTEREST

Oprah surveys the crowd. "They didn't know she was going to be there, so they went nuts when she came out," says Gayle King.



A RUG'S LIFE

Oprah takes one last stand on a handmade Persian Bakhtiari rug that once decorated her Indiana farmhouse. It eventually fetched \$6,150.

TAKING CARE OF BIDNESS Gayle admires the Allen Stringfellow painting *Ladies' Day VI*, which she ended up buying. "The colors in this painting are so vibrant," she says. "You can feel the energy of these women in church."



SCORE! Entertainment Tonight Studios president Linda Bell Blue celebrates her new Bottega Veneta steamer trunk.



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The Question

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

What's the most surprising thing you've ever unearthed while cleaning house?



A list I wrote in high school of traits I wanted in a spouse. My boyfriend of eight years has almost all of them—including being from Texas!

WHITNEY HEDRICK
Des Moines

One of my grandmother's pay stubs from the 1960s that somehow got wedged between some recent pictures of my son. A little reminder that those we love still check in on us after they're gone.

REBEKAH PACE
Fletcher, North Carolina

An engraved cake server that my husband and I figured must be a wedding memento. He took it to the previous owners of our house and said the woman's expression was pure gold.

ANGELIQUE LUKACS
Bernville, Pennsylvania



While cleaning my aunt's home, I found a picture of my mother holding me as an infant. Until that day, I'd never seen a photograph of me as a baby—it's a prized possession.

DEBBIE ROBERTS
Elizabeth City, North Carolina



while moving furniture, I noticed something sparkly in the carpeting, and there it was!

PATRICIA FERRITO
Angola, New York

A fully intact baby bird skeleton in a vent. I marveled at how it had remained completely unnoticed yet persistently whole for so long.

VICTORIA SEEVER
Moscow, Idaho

A notebook I kept five years ago when I was miserable at my job. I'd written a list of all the things I dreamed of—even though they seemed impossible. When I came across it again, I realized that my dream job had become a reality.

SHAINA LEIS
Los Angeles

A few years ago, my husband and I were cleaning our basement when a \$1,000 bill floated down from the top of a heating duct. The bill went out of circulation in 2000, but the bank said it was still good!

LINDSAY McVICAR
Portuguese Cove, Nova Scotia

On Valentine's Day 2002, the diamond fell out of my engagement ring. I was heartbroken. Ten years later,



One evening my husband and I hugged before sitting down to eat, and when we turned back to the table, there was no chicken on my plate. Three months later, I found the chicken breast under the refrigerator and learned to pay more attention to my house cleaning—and our cat.


JUDY THOMSEN
Davis, California



→ **OUR NEXT QUESTION: What's the most amazing thing your body has ever done?** Tell us at oprah.com/question or e-mail us at thequestion@hearst.com, and your response could be featured in our May issue.

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We Hear You!

In January, you learned to appreciate yourselves as you are.

Double Vision

I love all the consideration the *O* team puts into every cover, but January is my favorite. Oprah showed us that while we all complain about our “beforeness,” we’re only steps away from becoming an “after.” Oprah looks great at both stages! And though I appreciate the confidence that comes with a costume change, I enjoy wearing loungewear more than almost anything in the world.

JULIE HUGHES SOLOMON
Ontario, Canada

How refreshing—and humorous—to see Oprah’s “before and after,” especially during a time when most famous people are so focused on their image. Hooray for Oprah and her courage; she has a delightful way of connecting with the *O* audience. Keep up the brilliant good work!

RAQUEL COLLINS
Kew Gardens, New York



couragement to find the time to lose ourselves made me realize what a gift it is to feel like a kid—with the wisdom that comes from a well-lived life.

CASSIE BENTLEY
Chandler, Arizona

Just Fine, Thanks!

After tearing off the wrapper like a kid on Christmas, I devoured my January *O*. Thank you for helping me see I’m not so bad for a 50-something—and that I’ve had a remarkable journey. Oprah said it best in “What I Know for Sure”: “Every day and every breath is magic—if we can only see it for what it is.”

DAWN DRING
Selkirk, New York

Play’s the Thing

I’m 64, and after retiring from teaching, I’ve often felt guilty about spending my time reading, gardening, and painting—until I read Brené Brown’s “Dare to Play.” Her en-

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AND THE WINNERS ARE...



In December—with a little help from the *O* team and Santa’s helpers at FedEx—12 lucky readers each received all 60 gifts featured in “Oprah’s Favorite Things!” Here’s a sampling of their reactions:



The day after I learned that I won, I visited my father, who was ill, to share the exciting news. He passed away the following day, but I’m so glad I had the chance to tell him about this unbelievable gift.

KAREN FLOROS-HILL
Huntington Beach, California

I was so surprised to open my boxes and find that every single gift was wrapped! My favorite was the Beats headphones. I can’t wait to wear them in my cubicle at work.

CHERYL EVANS, *Marlborough, Massachusetts*

I couldn’t believe it when I received the news—I’m a senior citizen, so most of my phone calls are from medical device companies! Because of my good luck, my friends and family now want me to buy them lottery tickets.

BARBARA REED, *Tulsa*

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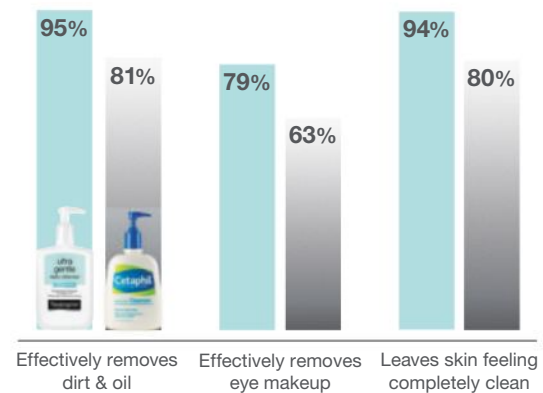
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L

LET'S FACE IT—WE ALL HAVE STUFF. There's the stuff we use, and the stuff we don't. The stuff we love, and the stuff we couldn't pick out of a lineup. But however much stuff we own, here's the good news: It doesn't have to own *us*. We can dump it or donate it (this month's O Quiz, page 111, will help you decide which route is right for you), streamline it (organizer Peter Walsh explains how, page 101), or even auction it off (which I recently did myself—hallelujah!—see page 118).

In addition to our annual clutter-conquering extravaganza, we're digging deep into an important issue: the need to connect with each other. Did you know that people who have strong social ties tend to live longer than those who don't? That's just one of the lessons Sanjay Gupta, MD, shared with us, based on his research—and when he revealed how many Americans suffer from loneliness, we were inspired to partner with Skype (a company that knows a thing or two about keeping in touch) to launch a campaign of connection. We call it Just Say Hello. (Learn more on page 124.)

A few other things to say hello to: our Spring Fashion Look Book, filled with the season's most fabulous finds (page 61); food columnist Sunny Anderson's soul-warming, spiced-up dishes (page 139); and smart advice on the role of diet and exercise in weight loss (page 88).

There's so much great stuff in the pages that follow—and I think in this case, the more, the better. Enjoy!



Who'll start the bidding? At the auction last November.

“However much stuff we own, here's the good news: It doesn't have to own *us*.”



WANT TO BE A FORCE FOR GOOD?

Turn to page 124

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wrinkles*

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pores*



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—HAFIZ

The Gratitude Meter

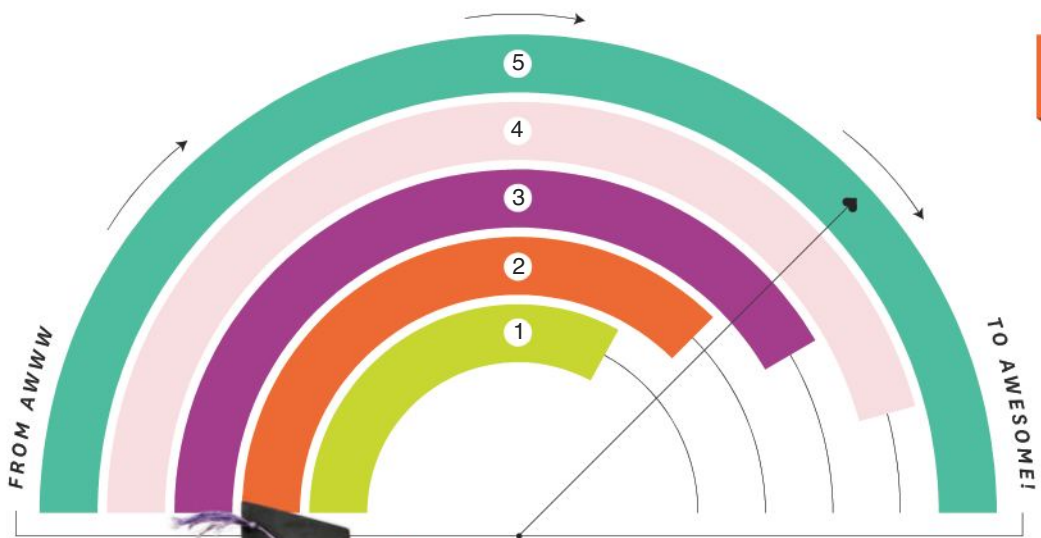
Five things we can't stop smiling about this month.



TRAIL BLAZERS Remote Patrol

Is it possible to get away from it all in the lower 48? Two ecologists want to find out.

ON A RECENT two-month push across Iowa, Minnesota, North Dakota, Montana, and Idaho—Ryan and Rebecca Means crossed the Continental Divide twice, camped in ten inches of snow, and spotted two grizzly bears. Sure, it was a fun escape from their home in Florida, but the adventure had a greater purpose. “We want to know: What is left of remoteness in America?” says Rebecca. To find out, she and Ryan created Project Remote to identify in person each state’s “remote spot,” the point farthest from any road or town. Since 2009, the Meanses (with their young daughter in tow) have hiked 274 miles across 24 states. “For all the mountains in Colorado, we couldn’t get farther than eight miles from a road,” Rebecca says. They found North Dakota’s spot amid canyons now threatened by oil boom development. By documenting these places, the Meanses hope to raise the country’s “wilderness IQ,” motivating families to get outside and policymakers to preserve roadless areas. The good news, says Rebecca: “Ninety-two percent of the remote spots we’ve documented are within public lands, so we all have a say in their fate.” Read up on the family’s travels—and request a remote spot near you—at remote footprints.org. —**BONNIE TSUI**



1



2



3



4



5

NEAT SEATS

One sweet playground trend: Buddy benches, designated seating areas where students can find friends, are making inroads at schools around the world and now stateside—most recently at York, Pennsylvania’s Roundtown Elementary School. No bullies allowed.

GRAD TIDINGS

College dropout no more. Project Win-Win tracked down thousands of students who left school without realizing that they had qualified for an associate degree, and encouraged those who were just a few credits shy to return. Let the commencements commence!

FROM THE HORSE'S MOUTH

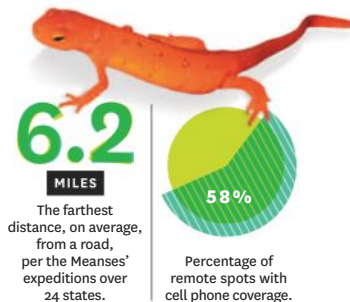
After noticing that retired racehorse Metro Meteor liked to bob his head, his artist owner put him in front of a canvas with a paintbrush in his mouth. Now Metro’s abstract pieces are best-sellers at his local gallery. Admire his work at paintedbymetro.com.

MARK HER WORDS

Take a walk on the literary wild side with Jane Austen temporary tattoos. You’ve got 22 options—like a BAD BOYS stamp with *Sense and Sensibility’s* Willoughby and *Pride and Prejudice’s* Wickham—to impress your book club. Snag one at mcphee.com.

PULL THE PLUG!

On the evening of March 7, power down the laptop and, for the love of God, step away from the smartphone for the National Day of Unplugging: 24 hours of tuning in to the world around you instead of your Instagram filters. Sign the pledge at nationaldayofunplugging.com. —**EMMA HAAK**



NEAT SEATS: COURTESY OF MATTHEW MILLER. GRAD TIDINGS: VIORIKA PRIKHODKO/E+/GETTY IMAGES. METRO: WENDY WOOLEY. AUSTEN: COURTESY OF ARCHIE MCPHEE. PULL THE PLUG: LIUDMILA CHERNOVA/E+/GETTY IMAGES. REMOTE PATROL: REMOTE FOOTPRINTS (2).


What she's wearing: Gingham Silk Cotton Shirt with Gingham Cuff Crop. Finish the look with a Petal Pop Scarf. Find your special offer at coldwatercreek.com/Oprah

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Main Street Attraction

How Alexe van Beuren's big idea helped transform a small Southern town.

WHEN ALEXE VAN BEUREN and her husband moved to Water Valley, Mississippi, from Washington, D.C., they had no intention of buying a run-down brick building on Main Street. But the former department store, a vestige of the town's glory days, had a charm the couple felt driven to preserve. "We just didn't know what to do with it," says van Beuren, 31, "which was lucky because it took three years, and seven Dumpsters, to restore the thing."

In May 2010, restoration complete, van Beuren opened the B.T.C. (Be the Change) Old-Fashioned Grocery, selling meats and produce, as well as Southern specialties, including hoop cheese and sugarcane cola. Drawing customers was tough, but she did have a group of regulars, who encouraged her to make sandwiches, so she decided to set up a café. The only problem, says van Beuren: "I was woefully unprepared. You can't fake your way through running a restaurant. I hired a cook who made a habit of smuggling in beer in her purse."

After running through five cooks in six months, the business was on its last legs, when in walked Dixie Grimes. A native Mississippian, Grimes had been a chef for more than two decades and had recently returned to the state. Van Beuren hired her on the spot. Within a few months, crowds were coming to try Grimes's biscuits with sausage



Clockwise from far left: Van Beuren, the B.T.C. storefront, and The B.T.C. Old-Fashioned Grocery Cookbook, out this month.

gravy and chicken sandwiches slathered with pimento cheese. The B.T.C. had become the place to be.

The grocery's influence has expanded beyond its walls, with more small businesses opening on Main Street, including a barbecue joint and two art galleries. "In a small town, you can really see the difference you're making," van Beuren says. And now out-of-towners are taking day trips to Water Valley—just to see what's cooking. —PENNY WRENN



0 LIBS

Terry Crews

The star of Fox's breakout series *Brooklyn Nine-Nine*, and author of the forthcoming book *Manhood*, fills in the blanks.

» My happy place is...

my white Town & Country minivan. Once, at a gas station, a kid asked me if I was Terry Crews. Then he saw me get in the van and shouted, "Never mind. Terry Crews would never drive that!" People can hate, but I don't care—I press a button, the doors swing back, I throw in the groceries, and I'm rollin'.

» The last time I laughed really hard was when...

my 8-year-old son busted out singing, "My mind's telling me no, but my body, my body's telling me yes!" I still have no idea how he came across the lyrics of a 1993 R. Kelly song.

» The last item I crossed off my bucket list was...

treating myself to a forest green leather Bottega Veneta duffel bag. I saw it in a catalog four years ago, but couldn't make the splurge then—I have five kids! It's one beautiful man bag.

» My alternate career would have been...

special-effects artist. After college, I played in the NFL off and on for six years. When I retired, I submitted my animation portfolio to Disney. (*Star Wars* changed my life as a kid; I'm a nerd.) My first acting job came through before Disney made a decision. But to this day I'm still a doodler. —AS TOLD TO ARIANNA DAVIS



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5 Things I Know for Sure

Marjel Hemingway—an executive producer and subject of the new OWN documentary *Running from Crazy*, about her family's troubled legacy—on the power of solitude and the great outdoors.

1 I DESERVE A PAT ON THE BACK. Every month or two, I write down my accomplishments, big and small—I raised awesome children, I make a kick-ass vegetable stew—to remember that I've done pretty well so far; sometimes I can cut myself some slack.

2 ALONE TIME IS VALUABLE. During my 20s, I was embarrassed to eat at a restaurant by myself or go to the movies solo. But now a quiet lunch at a café with just me and a book or my laptop is a luxury—nobody knows where I am, so it feels like I'm playing hooky.

3 TAKE IT OUTSIDE. We all find different ways to calm our nerves. For me, it can mean taking a walk to admire the colors of leaves and smell the sagebrush. When I tune into the marvels of nature, I worry much less about tomorrow.

4 ALL WORK AND NO PLAY? NOT FOR ME. I didn't grow up in a family that liked to have fun, so as I've gotten older, I've learned to embrace spontaneity. My boyfriend helps me see that life doesn't have to be static. At 53, I jump on trampolines and pull over on country roads to explore.

5 DON'T IGNORE YOUR GUT. A school once asked me to give a talk about my grandfather [Ernest Hemingway]. I never met him, so it didn't feel right, but I agreed to. Boy, I wished I'd followed my instinct; I struggled with what to say. But it showed me that I can't pretend to be someone I'm not. —**AS TOLD TO A.D.**



THE LEAP



Wood making jewelry; below: her Vagabond earrings.



Happy Accident

A car crash led Kristin Wood to rediscover her creative side.

>>> IN 2010, KRISTIN WOOD spent more time in her SUV than at home, driving around North Carolina selling fine wines to restaurants and specialty shops. After work, she'd join fellow industry members to discuss trends or sip rare vintages. "It was like being part of an exclusive club," she says. But one November evening, Wood—who was diagnosed with epilepsy at 18—had a seizure while driving, smashed into a lamppost head on at 55 miles per hour, and split her pelvic bone. The result: no walking for three months, no driving for nine.

To lift her bedridden daughter's spirits, her mother dug up Wood's sketch pad from high school. Wood hadn't seen the thing in 15 years, but soon she couldn't put it down. "I'd been so used to a crazed schedule," she says, "that I needed to somehow still feel productive and engaged." She started sketching jewelry designs, a pastime she'd once enjoyed when she couldn't afford to buy herself accessories. And within three months, Wood had begun to see the accident—and her sudden surge of creativity—as a sign. In fact, "though it scared me to death," she decided to leave the wine business and try her hand at jewelry.

Today Wood, 35, works from her home studio, twisting brass, cutting leather, and gilding shark teeth for her bohemian Kopious Jewelry Collection of earrings, necklaces, and cuffs. Last year her pieces made it into Charleston Fashion Week—and onto *Project Runway*, after Lifetime cast a friend of hers as a contestant, and she wore a pair of Wood's Kopious tassel earrings (now a best-seller). "Working with wine was enthralling, because you could taste and smell art," she says. "But creating my own work makes me feel like a kid in art class again." Cheers to that. —**RACHEL BERTSCHE**

HEMINGWAY: MICHAEL SEGAL PHOTOGRAPHY. WOOD: BACA PHOTOGRAPHY. EARRINGS: KOPIOUS.



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NOVEMBER

21

THREE ENTRY-LEVEL ENLISTEES are the first women to graduate from the notoriously grueling Marine Corps infantry training course. *Semper femina!*



JANUARY

3

TAMMY BALDWIN (D-WI) is sworn in as the first openly gay senator in 224 years of Congress. Six years of political infighting should be a cakewalk.



JANUARY

13

AMY POEHLER and TINA FEY team up as the first female duo to host the Golden Globes. Jokes are nailed; celebrities are roasted; viewers are tickled; the bar is raised.



MARCH

4

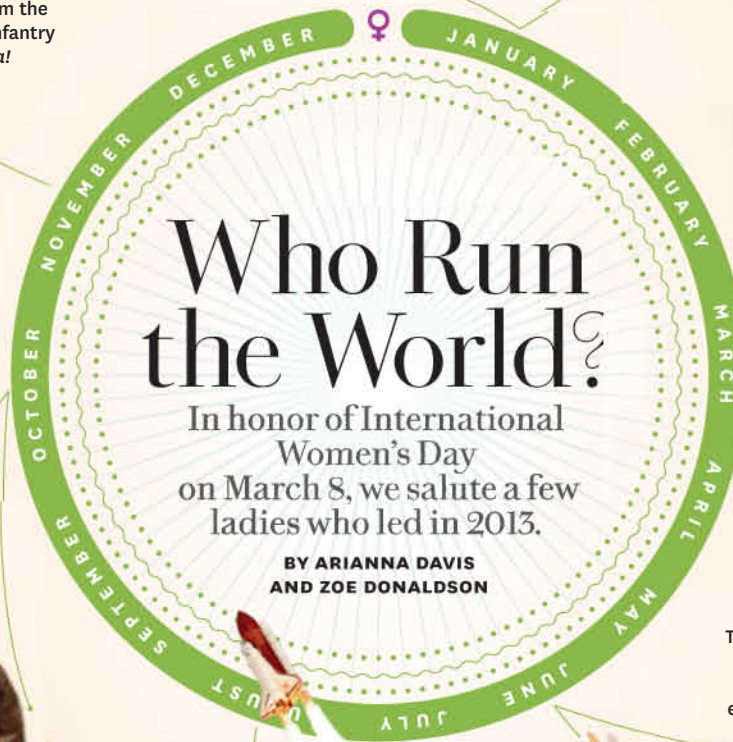
Fifteen-year-old MALALA YOUSAFZAI becomes the youngest Nobel Peace Prize nominee. Ultimately she wins a different prize: the hearts of the entire world.



OCTOBER

10

Short-form master ALICE MUNRO is the 13th woman—of 110 winners—awarded the Nobel in literature. Canadians rejoice; readers revisit *Selected Stories* and swoon anew.



JUNE

25

Texas state senator WENDY DAVIS filibusters (in pink kicks!) for nearly 11 hours, delaying an oppressive abortion bill. Twitter explodes; Davis eyes the governorship. Keep talking, W.D.—we'll listen.



OCTOBER

3

ABC's *Scandal* begins its third season; KERRY WASHINGTON's gutsy Olivia Pope continues to lay down the law—and serve as the first African American female lead in a network drama since 1975. (Yes, really.)



AUGUST

20

NASA announces the latest astronaut trainee class, which is equal parts men and women. Houston, we no longer have a gender-equality problem.



JUNE

26

Octogenarian EDITH WINDSOR defeats the same-sex-union-invalidating Defense of Marriage Act in a Supreme Court battle, proving it really is never too late—and love does conquer all.

BALDWIN: SCOTT OLSON/GETTY IMAGES. POEHLER: ADAM OLSZEWSKI/CORBIS OUTLINE. FEY: PAUL DRINKWATER/NBCUNIVERSAL VIA GETTY IMAGES. YOUSAFZAI: PATRICK HERTZOG/AFP/GETTY IMAGES. DAVIS: STEWART F. HOUSE/GETTY IMAGES. WINDSOR: JON STULICH/RETNA LTD./CORBIS. NASA: BILL INGALLS/NASA VIA GETTY IMAGES. WASHINGTON: DANNY FELD/ABC. MUNRO: DIANE BONDAREFF/POLARIS/NEWS.COM. MARINES: CARROLL AND MONTENEGRO: JOHN ALTHOUSE/THE DAILY NEWS/AP (2). GORZ: MARINE CORPS PHOTO BY CPL. MARGIELA VELIZ, COMBAT CAMERA, SOI-E.

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Sanaa Lathan

The actress—who stars in the new thriller *Repentance*—on the agonies of the red carpet and the ecstasy of roast chicken.

Best WAY TO UNWIND

Lounging at home, or, as I like to say, in my tree house. I live in a wooded neighborhood high up in the Hollywood Hills. I like that my house is on the smaller side; every room has a purpose. It's a perfectly cozy cocoon.

Best EMBARRASSING MOMENT

I was walking the *Vanity Fair* Oscar party red carpet when a huge star (who shall remain nameless!) came up right behind me. Suddenly the wall of paparazzi stopped taking my picture and turned their spotlights on the bigger celebrity—you can go from fabulous to yesterday's news so quickly! My friend waiting for me at the end was laughing her butt off.

Best CRUSH

Pops, my English bulldog. I bought him for a guy I was dating. I had thought the breed was ugly; then nine years ago I met Pops, who, at 12 weeks, was an adorable piglet. Things didn't work out with the guy, but luckily Pops became mine. His tongue doesn't fit in his mouth; his face is wrinkly; he snores.... I could go on and on about the reasons I adore him!

Best EASY RECIPE

Roast chicken. I put thinly sliced garlic under the skin and a lemon inside; rub the whole chicken with butter, salt, and pepper; and surround it with red potatoes, carrots, and onions. Nothing extravagant, but it's juicy and delicious, and I was really proud to master it.

Best KEEPSAKE

Four years ago I played Maggie "the Cat" in a London production of *Cat on a Hot Tin Roof*. The costume I wore was just a pale pink silk and lace slip. Even though it only hangs in my closet, it reminds me of how rewarding—and nerve-racking!—it felt to perform alongside a legend like James Earl Jones every night in front of a sold-out crowd.

—AS TOLD TO A.D.



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Let's
Go
Places

THE WORLD ACCORDING TO *Gayle*

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



HERE'S THE CHICEST LITTLE...

friendship bracelet I've come across. Perfect for someone you love, or if you're looking to be your own best friend. (\$95 for silver plated, \$105 for gold plated; vivo-studios.com)

"The Madiba song may have ended, but its melody lingers on."

—Mandela family friend
BANTU HOLOMISA



With my kids, Will and Kirby, South Africa, 2000.

I was honored to attend the small private burial for Nelson Mandela. It's been nearly three months since we lost him, but I'll always remember how astonishing it was that even the prison guards who reveled him came to revere him. I think his greatest gift was his ability to see the humanity in everyone. The world would be a very peaceful place if we could all try that.



Some guys are just easy to talk to—Jimmy Fallon is at the top of the list.

JUST WHEN I PROMISED MYSELF...

I wouldn't get hooked on another one-hour TV thing, along comes *The Tonight Show Starring Jimmy Fallon*. He's not only a genius mimic and great sketch comic, but the man doesn't have a mean bone in his body—he just wants everybody to sit back, relax, and have a good time. Between Dave, Jimmy Kimmel, Conan, and now this, it's a wonder my DVR doesn't explode! Special shout-out to Jimmy's house band, the Roots—the show wouldn't be the same without them.



I'VE BEEN TO THE OSCARS...

a few times, and I can tell you that as much fun as it is to attend, it's every bit as great to watch the show curled up on the sofa, preferably in something flannel. That's my plan for March 2, when ABC airs the 86th annual Academy Awards show, hosted by the always funny Ellen DeGeneres. I tune in from the moment the red carpet rolls out and stay right through the Best Picture acceptance speech. I'm so bummed about *The Butler*, but I'll still be watching!

IF I EVER DECIDE...

to take up running (and I can't begin to imagine that happening), I'd go for the brightest-colored shoes I could find. Luckily, this reflective, glow-in-the-dark pair looks great on my nightly power walk to the refrigerator. (\$90; newbalance.com)



TONI BRAXTON AND BABYFACE...

are two of the greats when it comes to good old-fashioned rhythm and blues and groovy soul. She's hot, hot, hot; he's smooth as, well, a baby's face. When I saw them sing together recently, their chemistry was a force to be reckoned with. *Love Marriage & Divorce*, their first collaboration since 1992, came out last month, and all I can say is that it's intimate, sensual, and very moving. The cut that stayed in my head is "Where Did We Go Wrong?"—not anyplace I can see!



WANT TO MAKE A NEW FRIEND?

Turn to page 124

BRACELETS: COURTESY OF VIVO. GAYLE AND FALLON: LLOYD BISHOP/ABC. SNEAKERS: GREGOR HALENDA. PROP STYLIST: JULIE FLYNN FOR FAUCHER ARTISTS. BRAXTON AND BABYFACE: MARC BAPTISTE. LOVE MARRIAGE & DIVORCE: COURTESY OF MOTOWN RECORDS. DEGENERES: KEVIN WINTER/GETTY IMAGES (2), GABRIEL BOUY/GETTY IMAGES. GAYLE AND MANDELA: COURTESY OF GAYLE KING.

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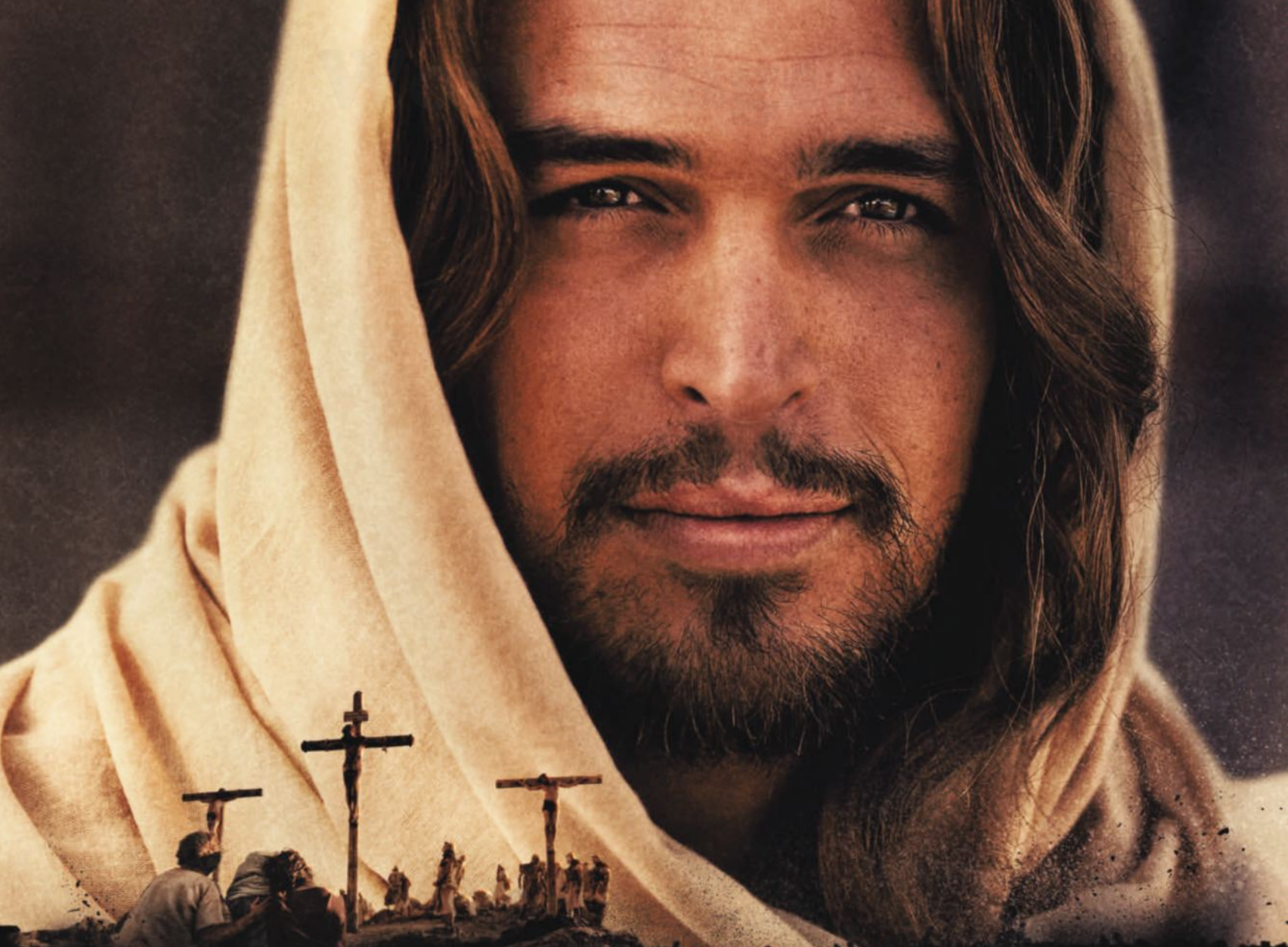


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Don't Blow It

There are people for whom showing up, following through, and getting things done seem almost impossible—and habitual scatterbrain **Martha Beck** is one of them. Good thing she has a five-step plan to keep flakes on track.

THIS MORNING I WAS SCHEDULED to take my car in for service, so I got up early, using two alarm clocks in case my brain ignored the first one. Then I spent an hour meditating outside. When my second alarm went off, two chipmunks were perched in my lap, so I kept sitting for five more minutes. Or 20, or whatever. Then I got dressed, stopping only to fix a broken shower rod, answer a phone call, and check my e-mail. I was just opening a kitten video when the car dealership called to ask why I was an hour late.

Welcome to the utterly exasperating world of a congenital flake.

Some people have minds like steel traps; mine is more like a bowl of Raisin Bran. Thoughts and intentions get soggy or sink to the bottom. It's not that I don't care about commitments; I do. But no matter how hard I try to stay on target, I get distracted.

You may have some experience with this problem. Perhaps you are flaky yourself—whether you were born that way or have flaked out as a result of the nonstop hurricane of information endemic to our era. Or maybe you're as focused as the Hubble telescope, but other people around you aren't. Wherever you fall on the flake-o-meter,

Welcome to the utterly exasperating world of a congenital flake.



understanding why people flake out—and knowing how to handle flakiness in yourself or others—is an essential coping skill that can save you all kinds of heartache and frustration. And late fees, too.

Why We Flake

In nature, sustained focus and distractibility are both highly useful traits. If a lion couldn't focus, it wouldn't have the patience to catch dinner; conversely, if a gazelle couldn't be distracted from grazing, it wouldn't notice and escape the lion. Since humans may be either predators or prey, evolution has given us both the power to focus and a propensity for distraction.

These qualities aren't blended equally in everyone. Some—say, Nobel Prize-winning physicists—can stay focused for decades. Others—say, me—set goals only to find themselves sitting with woodland creatures in their laps, oblivious to their own best-laid plans. Flakiness (or lack thereof) isn't entirely under our control. Each person's brain seems to decide at a subconscious level which things will grab her attention and which she simply won't notice. For example, consider the "cocktail party phenomenon": When some people hear their own name spoken by someone in a nearby conversation, their attention will be involuntarily diverted toward whoever is talking about them. Even if they wanted to, they could no more stop their attention from shifting than lift cars over their heads. The point is, our brains can attune themselves to things without our consent.

Business experts use the word *monochronic* to describe people who focus tightly on linear sequences of tasks. Folks who multitask and drift from one distraction to the next are called polychronic. Our culture has been deeply monochronic since the Industrial Revolution, when mass production suddenly made it essential to show up punctually and work in lockstep. Our schools and workplaces were designed to create reliable, undistracted laborers. Nowadays, we're more likely to work with information in ways no one had even imagined during the industrial era. Yet we find ourselves still trying to be monochronic in this wildly polychronic environment, creating stress that only makes us flakier.



Flake Management 101

Monochronic societies tend to deal with flakiness by trying to punish, lecture, and penalize it out of existence. This simply doesn't work. As I mentioned, what happens in the brain of a flake at the moment of flaking is usually an involuntary attention shift—and it's often based on stress. For example, contemplating finding a car dealership in an unfamiliar town stressed me enough that other mildly stressful things (a broken shower curtain rod, the multiple demands in my e-mail in-box) pushed me into serious loss of focus.

To reduce flakiness, you have to crank the stress down, not up, and increase enjoyment of the task at hand. Consider the table below.

To illustrate what's happening in the table, here's an example. Say it's your partner's job to wash the dishes—a chore he often neglects. Trying to eliminate his flakiness with anger and punishment (by screaming at him, say) will get his attention only in the short term. Over time, that endless cycle of condemnation and fear combined with his low enjoyment of the task will create exhaustion, resentment, and, therefore, involuntary, uncontrollable flakiness. Even if you remove the punishment for flaking, but there's still nothing to love about the task—and, let's face it, washing the dishes isn't exactly a thrill—you can expect anyone and everyone to flake out on it at least occasionally, if not regularly.

FLAKINESS POTENTIAL FOR ANY GIVEN TASK

	LOW LOVE OF ACTIVITY	HIGH LOVE OF ACTIVITY
HIGH FEAR OF FAILURE	High Fear + Low Love = Eventual Flakiness	High Fear + High Love = Occasional Flakiness
LOW FEAR OF FAILURE	Low Fear + Low Love = Eventual Flakiness	Low Fear + High Love = Minimal Flakiness



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You might think that people would be most focused when they're doing something they love that also carries a high penalty for failure. Actually, this situation can create so much anxiety, it too can cause uncontrollable flakiness. (This is probably the reason that many surgeons won't operate on family members.) The only way to create sustained, reliable attention is to make an activity rewarding while reducing fears related to success. Which is why, though I regularly forget to have my car serviced on time, I never forget to sit around with chipmunks.

If you want flakiness to decrease, you must push everything you possibly can into the "low fear/high love" range. This creates something that we flakes call fun. In hindsight, it seems glaringly obvious that enjoyment decreases flakiness. Children who flake like baklava while in school can focus intensely and learn incredibly fast by playing games they enjoy. Adults can become far more productive when their work feels like play. In our distracted era, fun can fight flakiness. Once you've come to terms with that, you're ready to follow the steps below.

Anti-Flakiness Measures

Here's a short list of things you can do to help the flake in your life be more focused. They work especially well when the flake in question is you.

1. Acknowledge flakiness. Like addiction or illness, flakiness can be managed only when we admit it's there. Once you accept that a flake is flaky, you can roll up your sleeves and deal with the situation.

2. Allow wiggle room for flakiness. Everyone is flaky sometimes, so pick your battles. Direct strong focus toward your most important tasks and allow for a little flakiness in other areas. (Is it the end of the world if the dishes don't get done until tomorrow? Was this morning the *only* chance I had to get my car serviced between now and the end of time? In both cases, probably not.) When you or someone else flakes, take a cleansing breath and move on. Anger will waste your energy and make the condition worse.

3. Set up redundant systems to cope with flake-outs. At least my two alarm clocks got me out of bed today. If my ap-

pointment had been more pressing, I would have asked friends, family, and my virtual assistant to call and keep me on track. These multiple reminders are the only way I ever accomplish tasks I don't inherently enjoy. Set some up during a focused moment. You'll be awfully glad you did when the flakies set in.

4. Make use of short bursts of attention.

You can't force focus for extended periods, so don't even try. If you've got an unpleasant, time-consuming task to tackle, take very small steps toward completing it interspersed with "flake breaks" that involve playing games, laughing, or moving around. This is what everyone's already doing, by the way. We might as well make it official.

5. Choose fun whenever possible. Spend time figuring out what feels fun to you and then do it. Help your boss, employees, spouse, children, dog, and tropical fish have fun, too. Consciously add fun to your daily activities—dance while you clean the house, listen to a comedy routine while you commute. The more fun you have, the more likely you are to figure out how, in today's wild new economy, you can make money doing what you love. Remember, fun is the new work.

And now a note for you focused monochrones: If you've never once flaked out in your life, you may be thinking, *This is horse crap! These flakes just need to pull themselves together and behave reliably!* Good luck with that. You might as well command my friendly neighborhood chipmunks to change your oil.

If, on the other hand, you're a natural-born, chipmunk-cuddling polychrone looking to get herself on track, managing your flakiness with understanding, tolerance, and positive reinforcement will eventually create the calm, enjoyable environment that finally helps you focus. Drop me a line telling me how it works for you. And please, if I forget to answer, don't take it personally. ☺



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

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A Work in Progress

An ambitious young woman struggles with big dreams and a small income.

generate \$1,250 in monthly take-home pay. That's a lot less than the \$1,800 she needs for living expenses, payments on her high-interest credit card debt (which is \$3,300 and growing), and, eventually, her student loan. (Nadia earns so little that her loan is in forbearance, which means she's able to postpone her \$265 monthly repayments for up to a year.) Instead of figuring out how to overcome this deficit, she's been haggling with her doctor about paying \$25 a month to settle a \$2,300 bill for an appendectomy. (Most of the \$40,000 cost was forgiven because Nadia was uninsured.) This effort will do little to help her overall financial situation.

PICKING UP THE PACE

Nadia is by no means a spendthrift. (For her, ordinary toiletries are a splurge.) She just makes too little to cover her expenses, let alone build up an emergency fund. But between Nadia's three jobs, she works 40 to 50 hours a week. At her age and with her limited means, she should be grinding away for up to 60. If she could increase her hours or land a full-time gig at the station, she could earn enough to solve her problems.

I'm not oblivious to how hard it can be to turn a freelance assignment into a permanent position. Nadia must be willing to do anything and everything asked of her, and there are no guarantees—but one thing she's sure to get is a great reference.

LOOKING AHEAD

I advised Nadia to resume repaying her student loan. Interest continues to accrue during forbearance, which only increases the amount owed.

(And unlike other types of debt, student loans usually can't be erased by filing for bankruptcy.) Adding at least 40 hours of paid work every month should net enough after-tax income to cover her monthly payments.

She should also contact a nonprofit like the Association of Independent Consumer Credit Counseling Agencies (aiccca.org). This group offers debt management advice and can help consumers reach better terms with credit card lenders, including lowered interest rates and monthly payments.

Nadia bought health insurance after her surgery, so she won't ever face another huge medical bill. (Note to the uninsured: Unless your policy was canceled, you need to sign up for coverage by March 31, or you could face a penalty.) In the meantime, she should pay her debt in full. (She'll be better off taking the standard deduction on her taxes, but taxpayers can deduct medical expenses that exceed 10 percent of their adjusted gross incomes and recoup some of their costs.)

Once Nadia gains control of her debts, she'll finally be able to start saving. That's the only way to secure her financial future.

A few weeks after we spoke, Nadia reported that she had requested more hours and begun applying for full-time positions. "In the past, I got stuck in my challenges instead of conquering them," she told me. "I'm about to become stronger than ever." **O**

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.

**Name has been changed.*



NADIA* IS ONE TOUGH COOKIE. The North Carolina native left home at 17 and fought to put herself through college, graduating with a manageable \$23,000 in debt. Now 25, she's a part-time producer for a National Public Radio affiliate. "I like public radio because it's a service," says Nadia, who'd like to endow a scholarship someday. "I want to leave a legacy."

I applaud that sense of purpose, but after reviewing Nadia's finances, I told her what I've told so many women: Before you take care of someone else, you must first take care of yourself.

GETTING REAL

Nadia has three part-time jobs (along with her radio gig, she's a nanny and works at a local community center). Together they

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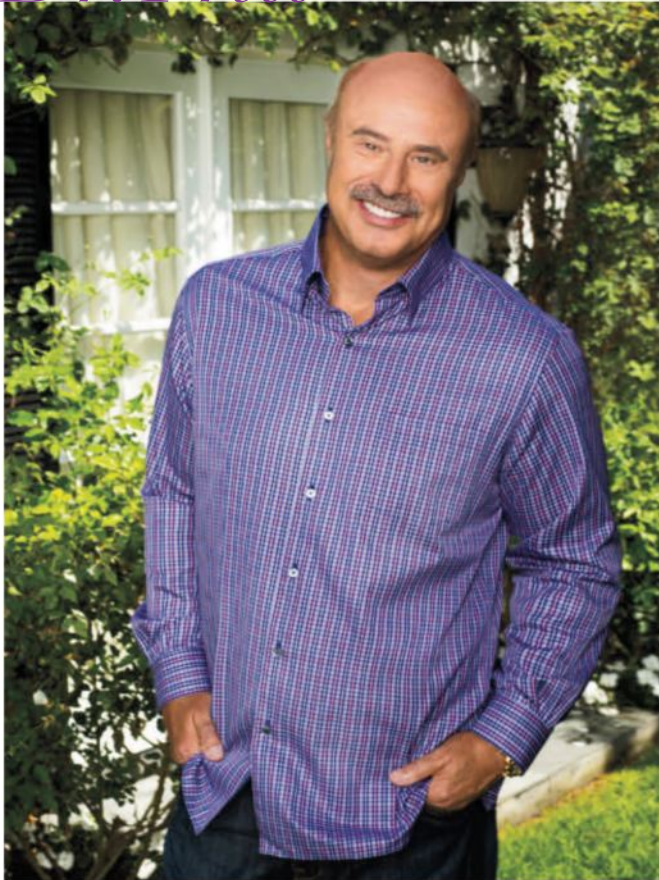
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“Never miss a good chance to shut up!”

→ **ISN'T IT A NICE IDEA** to be open with everyone we meet, to give people the benefit of the doubt and always assume they have only good intentions? Nice indeed—except I don't believe it for a second.

I think you have no business taking others into your confidence until you really know what they're all about. How do you get that critical information? By listening, not by talking. You can always learn something when you're listening. But as soon as your lips start moving, you're disclosing, and whenever someone knows what you're thinking or doing, there's risk involved. Now, that may sound cynical or overly cautious—but I believe you need to approach life with a strategy in mind. Consider this wisdom attributed to Cardinal Richelieu, a 17th-century French statesman (who knew a thing or two about

strategy): “If you give me six lines written by the hand of the most honest of men, I will find something in them which will hang him.” That guy was onto something. So was my dad, who said it a bit differently: “Never miss a good chance to shut up!”

Words are powerful, and so is knowledge. When you tell people what you're thinking or doing, you are making a decision to empower them with information—and you may be unintentionally giving them ammunition they can use to exploit you, compete with you, or somehow get in your way. I once knew a guy who casually mentioned to a coworker—who he thought was also a friend—that he was applying for a job that was an incredible opportunity. Next thing he knew, that coworker had been offered the position instead. True story.

Do I think everyone is out to take advantage of you? Absolutely not. But I do believe that people need to earn your trust from the get-go. Don't just give it away freely until someone abuses it. You need to operate with a level of awareness about what you're disclosing every time you open your mouth and make sure you're not giving away information indiscriminately to people who aren't worthy of it.

I'm not saying you have to give up friendly chitchat or meaningful talks with people you know well. There are healthy reasons to converse, and there are unhealthy ones. It's

your job to recognize the difference. Think about this: How often do you hear yourself talking just to fill silences? Do you ever discover that you're revealing something you never intended to share just because you're uncomfortable with a lull in the conversation? I want you to know that it's perfectly okay to be quiet. Maybe you've heard me say, “You can't take back stupid.” Once those words come out, you can't retrieve them—so when in doubt, keep your cards close to your vest.

Personally, I'm always evaluating why people say what they say. Nobody does anything without a reason, so when I'm faced with a question about something that matters, I ask myself: *Why does that person want to know? Is he trying to manipulate me? Is he just being friendly? What's his true motivation?* Maybe it sounds paranoid, but I think it's just a smart, thoughtful way of engaging with the world. Before you talk about your feelings, plans, priorities, values—anything at all of substance—ask yourself: *Whom am I sharing this information with, and do they deserve it? Why are we having this conversation?* Engage your brain before you put your mouth in gear. And never miss a good chance to shut up! **Q**

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

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The Truth About DIY Health Tests

You can now perform a startling number of medical tests from the privacy of your home. But are they accurate?



I'M ALL FOR PATIENTS taking an active role in monitoring their own health, and to that end self-screening can be very useful. Finger-prick tests, for example, have revolutionized the way diabetics measure their blood-sugar levels throughout the day, and at-home pregnancy tests have been the standard for decades. But as tests providing more complex health information come on the market, the risk of misinterpreting results increases. Here's how to know which questions you can answer on your own and which are better left to the pros.

HOW IS MY CHOLESTEROL?

At-home cholesterol tests that have been approved by the Food and Drug Administration are nearly as accurate as professional versions

(and require just a few drops of blood), but you're still better off having your doctor analyze the results. Here's why: Many kits determine only your total cholesterol, yet what really matters is how that number breaks down between LDL (the bad kind) and HDL (the good kind). Even if you choose a test that can give you all those details, it still doesn't paint a full picture of your risk for heart disease. When I go over a patient's results, I consider the whole person—age, family history, other health issues—in order to make the right call.

AM I ALLERGIC TO WHEAT? RAGWEED? MY CAT?

There's now a quick way to test for common allergens, from dust mites to milk, at home. You do have to mail a small sample of your blood to a lab for processing, but you can access your results online in just a few days. Still, while you can get some valid info, keep in mind that allergists typically use skin tests (in which the skin is exposed to an allergen to see whether there's a reaction) because they're considered more sensitive than blood testing. In fact, one Johns Hopkins study found that blood tests can fail to detect antibodies, as well as overestimate or underestimate the body's immune response to certain foods. Bottom line: Even if you choose to test at home, have a doctor review the findings.

DO I HAVE A UTI?

Urinary tract infections account for about 8.1 million doctor visits a year—and by age 32, half of all women report having had at least one. A home dipstick

test, much like the one your doctor uses, detects nitrites (and, with some tests, white blood cells as well) in your urine. High levels are probably a sign of infection. This isn't the type of at-home test you want to use for a first-time diagnosis, though; serious kidney problems and STDs often have symptoms similar to those of a UTI, so you'll want your doctor to rule out those issues right away. But if you're familiar with your UTI symptoms (for women the risk of recurrence increases with each infection), your doctor may give you the green light to test at home and phone in the results.

CAN I HAVE KIDS?

In the wake of home ovulation tests, DIY fertility screening is increasing in popularity. These tests measure the level of follicle-stimulating hormone (FSH) in your urine on the third day of your menstrual cycle. Why FSH? It's the hormone produced by the pituitary gland that signals to your ovaries that it's time for an egg to grow and mature; if you're infertile (or in menopause), the signal isn't received, and, as a result, your pituitary sends another surge of FSH, elevating your levels in the process. But interpreting an FSH test is not clear-cut: A 2012 study found that women who reported high FSH levels didn't end up having a significantly lower chance of conceiving than women with normal levels. If you have concerns about your fertility, the best thing you can do is consult your doctor. **D**

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

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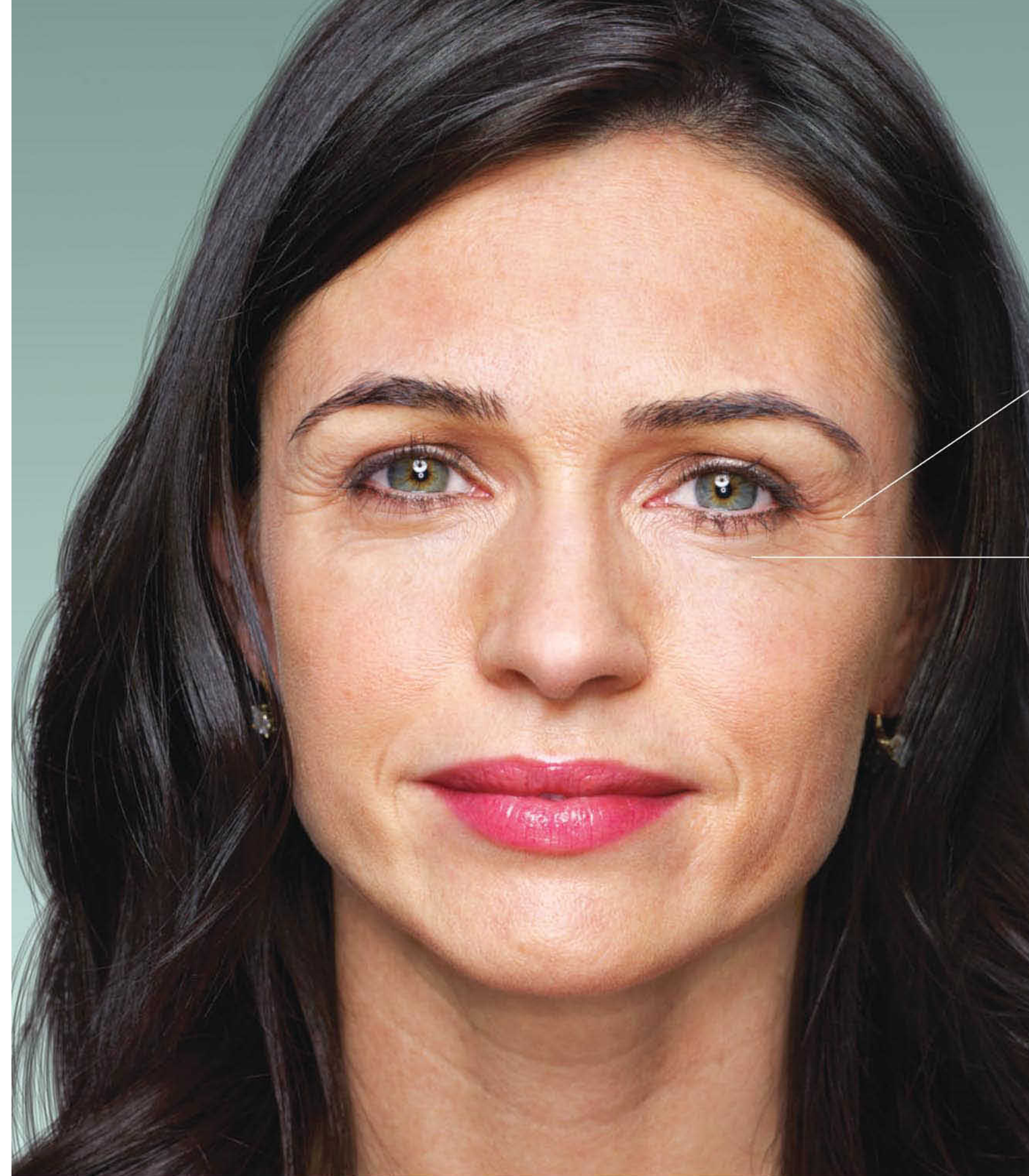
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Q: How Do I Stay Hopeful About the Future?



I'VE ALWAYS BELIEVED that our thoughts are powerful—so powerful that they can influence what lies ahead. If we focus on our past difficulties and fears, we find ourselves struggling to nurture positive feelings about the next chapter. Here's a plan for remaining optimistic.

1. Imagine the way you'd like your future to look. Having a clear vision of what you desire

evokes a sense of excitement, and issues an invitation to the future to pull you forward. Believing in your vision is the surest way to attract what you want in life; the key is to keep that vision energized with positive thoughts for tomorrow, regardless of what today looks like.

2. Move through your fear and let go of the past. It's natural for human beings to fear the unknown, and the future falls into that category; none of us can predict what's to come. But what we *can* control is our mind-set. Don't hold yourself back because you're afraid or because you've been hurt. Instead, acknowledge your fear, accept it, and walk through it with confidence. Letting go is like a mental, emotional, and spiritual delete button. It doesn't change what happened, but it removes that event's power to continue hurting you. Until you make peace with your difficult memories, that pain will continue to bleed into your current and future experiences.

3. Stop rehearsing your limitations. Talking constantly about what you cannot do and do not have can become habitual, and talking about what you don't want to happen—"I don't want to be single forever!" "I don't ever want to go through that again!" "I don't want to be broke!"—can wind up becoming a self-fulfilling prophecy.

4. Live well today. Often our lives are so overwhelming, over-committed, and exhausting that

“It's natural for human beings to fear the unknown; none of us can predict what's to come. But what we *can* control is our mind-set.”

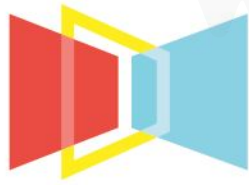
it feels like we will never get it all done. This leads us to believe that tomorrow will bring us more of today—a day in which we'll continue to be stressed. To pump some life and excitement into your future possibilities, you need to be joyful, peaceful, and grateful for what you have and what you're doing right now. This means spending time resting, working, learning, nourishing, preparing, and loving. When we do things that keep us feeling alive and hopeful, we learn to look forward to a brighter and better future. **Q**

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



WANT TO CHANGE SOMEONE'S LIFE?

Turn to page 124



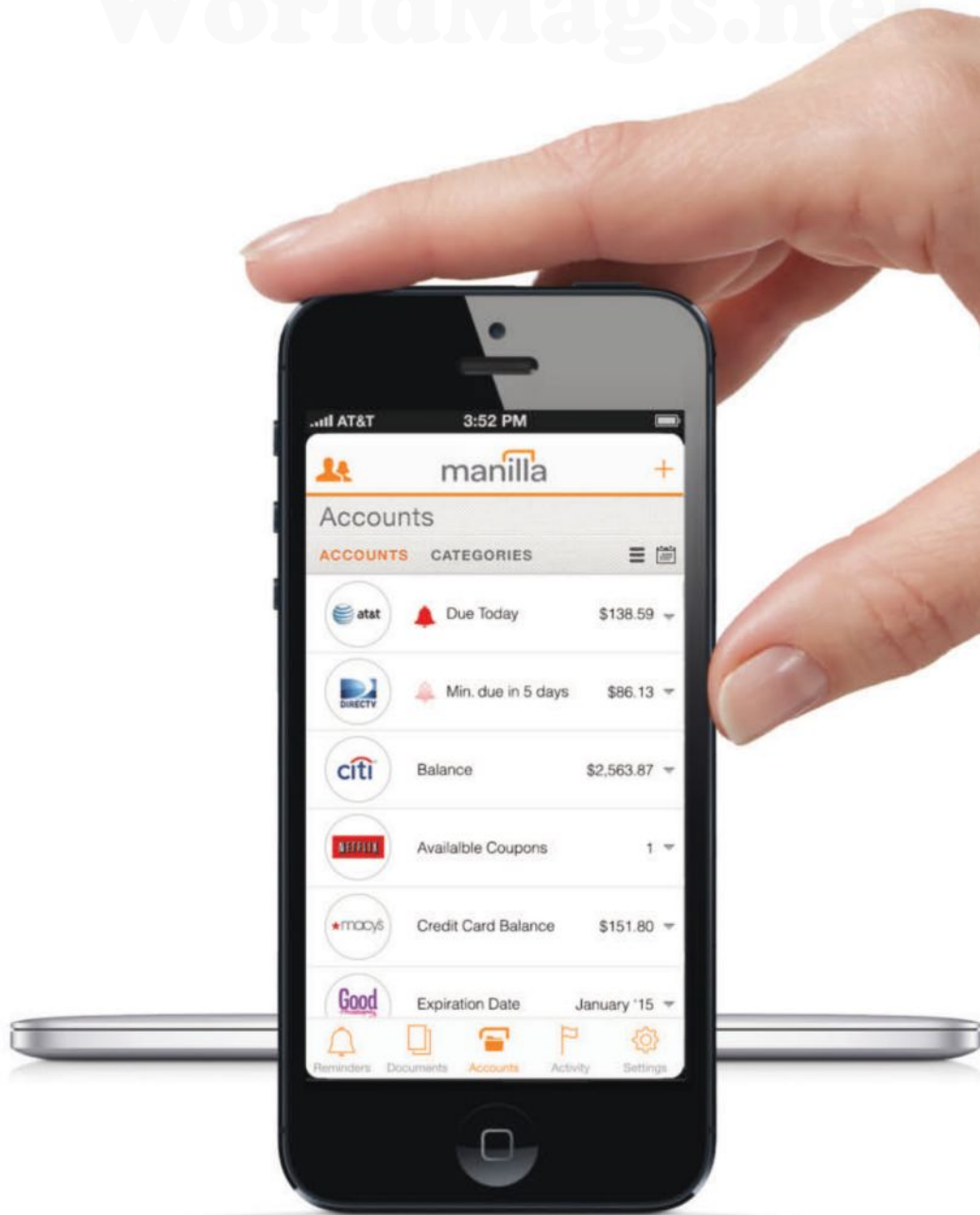
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we think
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▲ Shoe-in

This stylish 27.8-by-16.5-inch, linen-blend ottoman has a rich inner life: Lift off the top, and you'll find pockets for ten pairs of shoes, as well as center space for boots, tights, or whatever else you want to store. **(Tanisha Shoe Ottoman, originally \$295, now 20 percent off with code OPRAH; safaviehome.com)**



▲ Sort It Out

Relieve separation anxiety by tossing your clothes into these cotton-lined straw bags before your laundry pile gets unmanageable. Each tote has sturdy wooden handles, so you can easily stash and carry. **(Dransfield and Ross laundry totes, \$80 each; neimanmarcus.com)**

► Specs-tacular

This stylish lacquered box houses up to eight pairs of glasses, with an inner partition that keeps them upright. **(Red OYObox, originally \$250, now 20 percent off with code OPAH; oyobox.com)**



▲ Poker Champ

There's no law that says fireplace accessories have to look Ye Olde Cabin. This stainless steel set's brush, poker, tongs, and shovel all hang on a sleek, modern stand. **(Blomus Chimo four-piece tool set, originally \$296, now 20 percent off with code OPAH; allmodern.com)**



▲ Mix Master

No more batter-fingered searches for your mixer attachments: This clever gadget features a clip-on chamber that holds the beaters and power cord. **(Universal Expert Hand Mixer by Sebastian Conran, \$80; westelm.com)**

▼ Yes, I'll Hold

We defy you to find more organizational power per square inch: This little 22-by-5-by-2.75-inch caddy (made from sustainably harvested New Zealand wood) has a dry-erase surface and seven-day calendar; three hooks for coats, keys, or bags; plus three compartments for magazines, pens, mail—and pretty much anything else you can stuff into it. **(Sort It Out! Dry-Erase Wall Caddy, originally \$40, now 20 percent off with code OPAH; threebythree.com)**



▲ Card Sharp

Gift and customer loyalty cards are money, basically, which means you can't afford to misplace them. This cute alphabetical mini accordion file holds them all, plus receipts, coupons, and your other essential scraps of paper. **(Grape Leatherette Cubby, originally \$20, now 20 percent off with code OPAH; cardcubby.com)**



▲ Let's Hang

Swap your plastic hangers for these slim, slip-resistant flocked-velvet numbers in a pretty lace print and instantly expand your closet possibilities. (Jill Martin for QVC, set of 25 shirt hangers (shown) and 25 all-purpose hangers, \$33; qvc.com)



▲ Tray Chic

Sure, they're pricey. But you'll have these elegant, stingray-inspired trays forever to corral knickknacks or serve martinis. (Made Goods Doris serving tray set, \$775; shopcandelabra.com)



► Trash Talk

If a garbage can and dustpan had a love child, this would be it. Made of scratch-resistant powder-coated iron, the bin comes with a magnetically attached birchwood brush; the dustpan detaches from the top when needed. (Brendan Ravenhill Dustbin, \$149; westelm.com)



▲ Style File

This chic pink file, handmade from fine Italian leather, has both beauty and brains: It expands to reveal nine pockets roomy enough to hold folders and documents, making it your office on the go. (Bella Expandable Tote, \$96; seejanetwork.com)



▲ Treasure Chests

Lightweight yet strong, these stackable and collapsible storage bins can (when filled) pull double duty as coffee tables or extra seats. (Rump Roost bins, \$50 to \$60 each; scoutbags.com)

► Good Medicine

As lovely as a jewelry box, this 14-slot vegan leather case separates your vitamins and pills into a week's worth of morning and evening doses. Handy on the road or on your nightstand. (Geneva Pill/Vitamin Box, \$40; tossdesigns.com)



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NIC+ZOE

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NICANDZOE.COM

MODELS: PETER ROSA/STUDIO D.; HAIR: HIKARI FOR RENÉ FURTERER/CELESTINE AGENCY; MAKEUP: DAVID TIBOLLA FOR MAC/CELESTINE AGENCY; MANICURE: ROSEANN SINGLETON FOR CHANEL AT ART DEPARTMENT; SHOE: COURTESY OF BRIAN ATWOOD; NECKLACE: RICHARD MAJCHRZAK/STUDIO D.; STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS; BAG: MARKO METZINGER/STUDIO D.; STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS; GLASSMAN: SERGIO KURHAJEC.



DRESS, \$395;
PINKTARTAN.COM.
EARRINGS, \$150;
ROBERTLEEMORRIS
.COM. **SHOES, SJP,**
\$375; NORDSTROM
.COM/SJP

BAG, SR SONDRÁ
ROBERTS, \$125;
IRRESISTIBLES.COM



WorldLags.net



SHOE, B. BRIAN
ATWOOD, \$495;
212-415-4739.
NECKLACE, JAMI,
\$70; SHOPJAMI.COM

Spring Fashion LOOK BOOK

Attention, ladies! It's the season for open-toe shoes. And flirty dresses. And the perfect handbag (or three) to swing in the sunshine. O creative director **Adam Glassman** has all this and more, plus tips on how to wear the latest looks. So shrug off that winter sweater and get ready to be fashionably inspired.



By the numbers

- 6 exciting new lines
- 69 stunning accessories
- 17 fabulous trends
- 1 Carly Simon reference
- 46 items under \$100



From Runway to O-Way

That '70s Show

Think Carly Simon circa "You're So Vain": Wide-leg jeans, shirtdresses, and other classic pieces are super wearable in earthy colors; graphic prints add a boho touch. Cork and horn accessories keep the look grounded—and what's not to love about a fancy hippie sandal?



BAG, \$128;
CWONDER.COM

DRESS, \$428;
KATESPADE.COM

PANTS, RACHEL ZOE, \$215;
SHOPBOR.COM



CARDIGAN, \$99;
CHICOS.COM

NECKLACE, \$195;
MICHAELKORS.COM

DRESS, MICHAEL MICHAEL KORS, \$120;
NORDSTROM.COM

SANDAL, \$258;
TRINATURK.COM



DIANE VON FURSTENBERG



TOMMY HILFIGER

Good Sports

This is a more dressed-up version of the athletic trend that's been huge the past few seasons. These sleek, streamlined pieces make sporty elements—like neoprene, perforation, and contrast seaming—suitable for work, brunch, and just about anywhere but the gym.



SWEATER, \$89;
ANNEKLEIN.COM

TANK, AUTUMN CASHMERE, \$180;
OLIVE & BETTE'S;
212-206-0036

DRESS, \$240;
BAILEY44.COM



PANTS, \$168;
WALTERBAKER.COM

JACKET, \$795;
VERONICABEARD.COM

BOOT, L.A.M.B., \$375;
HEELS.COM

BAG, \$95;
DKNY.COM

CRAZY for It!

I spotted this jacket immediately amid the multitude of racks in our fashion closet: Its flattering shape and punchy, always-in-style print make it an accent piece you'll keep forever, to pair with everything from an office pencil skirt to weekend jeans.

\$1,550; ADAMLIPPES.COM



HOT LAUNCH

Carrie Forbes Slides

As easy as flip-flops, these handwoven raffia shoes are inspired by traditional Moroccan slides. The padded leather sole is extra comfy, and the detailed weave (from an indigenous design) adds an exotic touch to any outfit.

CARRIE FORBES, \$260 A PAIR; A'MAREE'S, CALIFORNIA, 949-642-4423



'70S AND SLIDES: MARKO METZINGER/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.-J. BENNETT REPRESENTS. SPORTSWEAR: RICHARD MAJCHRAK/STUDIO D. STYLIST: ANITA SALERNO FOR R.-J. BENNETT REPRESENTS. ADAM LIPPES: ADAM LIPPES REPRESENTS. CARRIE FORBES: GABRIEL RIVERA FOR R.-J. BENNETT REPRESENTS. NECKLACE: COURTESY OF MICHAEL KORS. BOOT: COURTESY OF L.A.M.B. '70S RUNWAY: FRAZER HARRISON/GETTY IMAGES. SPORTSWEAR RUNWAY: CATWALKING/GETTY IMAGES.

N

NATORI

FULL FIGURE
celebrating curves

nbynatori.com

WorldMags.net

Love That!

Pretty Pleats

The latest pleats are soft, relaxed, and more cool girl than schoolgirl.

WEAR IT NOW...

A sweater adds warmth—and a casual touch—so you can wear the dress for more than cocktail parties.

A graphic print bag and shoes keep the look edgy, not matchy.

DRESS, \$158; DONNA-MORGAN.COM. SWEATER, \$250; AYR.COM. BAG, \$358, AND SHOES, \$225; COACH.COM

...WEAR IT LATER

Pleat-free hips are sleek, not frumpy.

Go classic with a gold belt and strappy sandals for warmer months.

BELT, STELIOS, \$65; 203-866-4000. SHOES, ALEXANDRE BIRMAN, \$695; SHOPBOP.COM

TREND ALERT!

THE HOTTEST BAGS OF THE SEASON

The fastest way to update your wardrobe? A new purse in an of-the-moment shape. Here are the trends I saw on the runways, with options at every price.

HIGH FASHION

HAPPY MEDIUM

SWEET AND LOW

BASKET



TORY BURCH



SONDRA ROBERTS, \$125



NILA ANTHONY, \$72

MINI DUFFEL



VICTORIA BECKHAM



KATE SPADE SATURDAY, \$295



TARGET, \$40

CROSS-BODY



RAG & BONE



TUMI, \$595



NILA ANTHONY, \$77

CAMERA



MIU MIU



TILA MARCH, \$775



JCPENNEY, \$50

FRINGED



GUCCI



REBECCA MINKOFF, \$295



LUCKY BRAND, \$178

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LISETTE-L.COM/Oprah

WorldMags.net

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TREND ALERT!

Flower Power

Florals for spring are a no-brainer, but this year's crop really is groundbreaking: modern, sharp, and not too girly. Here are some fresh-from-the-garden-inspired pieces, along with real-life bouquets created by New York City event and floral designer Matthew Robbins.



GRAPHIC FLORAL

The A-line shape glides over hips. Pair it with a fitted yellow top and kitten heels for a vintage look.

THE FLOWERS Green and yellow ranunculus.

SKIRT, TRACY REESE, \$288; ANTHROPOLOGIE.COM

BOLD AND BEAUTIFUL

Wear it with a crisp white shirt, a black tee, or, if you're in a colorful mood, one of the brights in the flowers.

THE FLOWERS Anemones, ranunculus, and roses.

SKIRT, \$248; TRINATURK.COM

UPSCALE BOHEMIAN

Great for those who are afraid to wear color near their face. The black and white up top acts as a neutral.

THE FLOWERS Mums, waxflowers, and roses.

DRESS, \$189; TALBOTS.COM

TROPICAL WITH A TWIST

This adds a whimsical touch to everything from jeans to pencil skirts. Just make sure all other pieces are a solid color.

THE FLOWERS Orchids and green fronds.

BOMBER JACKET, \$98; GAP.COM

MODERN COUNTRY

If your thighs look good in these, by all means, wear them. Try them with a boyfriend blazer in blue or white.

THE FLOWERS Purple and white sweet peas.

PANTS, \$198; 7FORALLMANKIND.COM

SOPHISTICATED GARDEN PARTY

This would look fantastic over a sheath or with a white top and khakis.

THE FLOWERS Delphinium and tweedia.

JACKET, \$110; RAFAELLASPORTSWEAR.COM

HOT LAUNCH Peter Pilotto for Target

The London-based design duo took the fashion world by storm with their pattern-happy aesthetic. (Gayle King is a big fan.) Now the look is accessible to everyone, with their new collection for Target, all under \$80.



DRESS, \$70; TARGET.COM AND NET-A-PORTER.COM

CRAZY for It!

Women have been coveting the David Yurman cable bracelet for years. In honor of the 30th anniversary of this signature piece, the brand's new limited edition collection features a well-priced aluminum version in fun bright colors.

\$350 EACH; DAVIDYURMAN.COM



MARKO METZNER/STUDIO D; STYLIST: GABRIEL RIVERA FOR R. J. BENNETT REPRESENTS. PANTS: COURTESY OF 7 FOR ALL MANKIND. WHITE JACKET: COURTESY OF GAP. FLOWERS: MATTHEW ROBBINS DESIGN, MATTHEWROBBINSDESIGN.COM.

GREAT BUYS UNDER \$100!

ORANGE CRUSH

TREND ALERT!

MATCHING SETS

These duos hark back to my grandmother's day—in a good 1950s glamour way. To keep the look modern, wear the pieces with a casual outfit like rolled-up jeans and a button-down.



SHOE, \$295, AND BAG, \$375; TORYBURCH.COM



NEW COLLABORATION!

SHOE, \$110, AND BAG, \$65, OSTWALD HELGASON X ALDO RISE; ALDO SHOES.COM



SHOE, \$305; AND BAG, \$395, LKBENNETT.COM

CRAZY for It!

This roomy Minnie Rose anorak (available in sizes XS to XL) has a nipped-in waist, a longer back, and fitted shoulders, making it look good on everyone, whether you're bootylicious or boyish.

ORIGINALLY \$385 EACH, NOW 20 PERCENT OFF WITH CODE OPRAH; MINNIEROSE.COM



MAX MARA



\$35 Don't be afraid to layer brights: This well-cut blazer lets the embellishment on the orange top (\$98) peek out perfectly from underneath. (Top, bodenusa.com. Blazer, Merona; target.com)



\$80 Orange you glad to put away your same old black handbag? This rich luggage-brown bag looks great with fiery clothing. (thelimited.com)

\$46 Gold studs and a zipper detail make a shirt-dress party worthy. (dressbarn.com)



\$68 This versatile top can go from weekend Audrey (paired with tapered pants) to workplace Katharine (worn under a trench or a blazer). (topshop.com)



\$99 An exotic print, a tie bottom, and a flash of sequins make this flattering tunic extra special. (chicos.com)

A gold belt (\$65) pairs beautifully with these cotton-blend trousers (\$30). (Pants; tjmaxx.com. Belt, Stelios; 203-866-4000)



\$55 to \$70 each Bold gold bangles look fantastic with orange—and let you channel your inner Wonder Woman. (avmaxaccessories.com)



\$69 Yes, you can wear orange accessories with orange clothing. Try it with this tangerine sandal. (miashoes.com)

Orange will be everywhere this season. This particular red-orange shade looks fabulous with every skin tone and haircolor.

ORANGE: RICHARD MAJCHRZAK/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. BAGS: RICHARD MAJCHRZAK/STUDIO D. STYLIST: ANITA SALERNO FOR R.J. BENNETT REPRESENTS. JACKETS: MARKO METZINGER/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. RUNWAY: VICTOR VIRGILE/GETTY IMAGES.



HOT RELAUNCH

Norma Kamali
Sweats Collection

The sweatshirt is having a moment right now, so it's fitting that the designer who popularized stylish sweats in the '80s just launched a sleek, flattering collection that strikes the perfect balance between simple and sophisticated.



COAT, \$485, AND FISHTAIL SKIRT, \$245;
SHOP.NORMAKAMALI.COM

TREND ALERT!

MESH-BAND WATCHES

Want a slinkier alternative to the ubiquitous boyfriend watch? Try this season's mesh-band timekeepers, available in various metals (and black!) to match everything else in your accessory wardrobe.



FROM TOP:
\$135; SKAGEN.COM.
\$675; SHINOLA.COM.
PULSAR, \$135; KOHLS
.COM. MONDAINE, \$350;
PRINCETONWATCHES
.COM. \$3,100; EBEL.COM



IRIS & INK, \$525;
THEOUTNET.COM.
SHOES, SJP, \$375;
NORDSTROM.COM/SJP

TREND ALERT!

Get Shirty

Oprah loves a good shirtdress. Lucky for her (and you!) it's a big trend this season. The best part? It's less Laura Petrie, more modern and polished. Here are some fresh takes on the classic.



NEW LAUNCH!

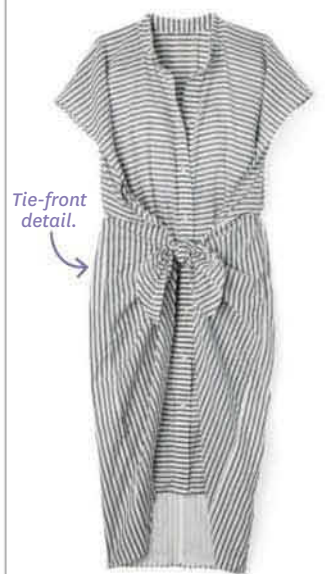
A fitted waist adds definition without a belt.

\$128; TRADE-MARK.COM



Wear over leggings or skinny pants if you want more coverage.

10 CROSBY DEREK LAM, \$395;
NEIMANMARCUS.COM



Tie-front detail.

COREY BY COREY LYNN CALTER,
\$184; SWEETLADYJANE.BIZ



Side panels create a layered look.

HALSTON HERITAGE, \$375;
HALSTON.COM

CRAZY for It!

When I first saw these shoes, I immediately assumed that they cost a fortune. Each pair oozes style, the attention to detail is incredible, and the construction is high quality. Imagine my delight when I learned they were all under \$100. You're welcome, ladies.



FROM LEFT: MIA, \$59; SHOES.COM.
MARC FISHER, \$89; MACYS.COM.
REPORT SIGNATURE, \$89;
REPORTSHOES.COM

NORMA KAMALI, WATCHES, AND 10 CROSBY DEREK LAM DRESS: MARKO METZINGER/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. DRESSES: RICHARD MAJCHRZAK/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. SHOES: RICHARD MAJCHRZAK/STUDIO D. STYLIST: ANITA SALERNO FOR R.J. BENNETT REPRESENTS.

GREAT BUYS UNDER \$100! SWEETNESS AND LIGHT

\$75 There's nothing bubblegum about this pink: A **crystal-accented watch** is even more sophisticated in rose gold. (Anne Klein; amazon.com)



\$98 Try a **light blue moto jacket** instead of the usual black for a luxurious look. (Jacket, RD Style; lordandtaylor.com. Sweater, \$79, Joe Fresh; 212-219-2850)



BURBERRY PRORSUM

\$75 Clothes don't have to be dark to be slimming. This **fit-and-flare dress** flatters all figures. (Eva Mendes for New York and Company; nyandcompany.com)



\$88 Subdued purples update a **flowy tee**. (splendid.com)



\$45 **Glam studs** rough up a pale pink clutch. (United Colors of Benetton; benetton.com)



\$84 Tuck a white top into this **peachy pencil skirt**, or wear it with another pastel for a spring take on color mixing. (oasis.andotherbrands.com)



\$44 each **Shiny gold** is the freshest way to accessorize pastels. (wimberlyinc.com)



\$89 **Blush and rose gold** are a match made in spring-shoe heaven. (Nine West; zappos.com)



\$23 Lace detail at the shoulders adds a romantic vibe to a **seafoam tunic**. (Mossimo; target.com)



TREND ALERT!

TEXTURED WHITES

Nothing says spring-summer more than white clothing. And in a twist straight from the runways, this season's whites are textured and patterned. Here are three key pieces, at splurge and save prices.

THE DRESS



SPLURGE

\$425; TORYBURCH.COM

SAVE

\$35; OLDNAVY.COM

THE BLAZER



SPLURGE

\$428; NANETTELEPORE.COM

SAVE

\$99; MUSEAPPAREL.COM

THE SKIRT



SPLURGE

\$495; REBECCATAYLOR.COM

SAVE

\$88, 1.STATE; 646-562-4700

These dusky pastels are so wearable. Think muted roses, blues, and purples—nothing too Jordan almond-y.

RICHARD MAJCHRZAK/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. WHITE DRESSES AND SKIRTS: RICHARD MAJCHRZAK/STUDIO D. STYLIST: ANITA SALERNO FOR R.J. BENNETT REPRESENTS. WATCH: COURTESY OF ANNE KLEIN. RUNWAY: VICTOR VIRGILE/GETTY IMAGES.



HOW TO WEAR

Fancy Sweatpants

Slim, sleek, and super flattering, these updated sweats are a fresh alternative to cargoes or skinnies.



GIRLS' NIGHT OUT

PANTS, 424 FIFTH, \$324; LORDANDTAYLOR.COM. **BLAZER**, \$495; HAUTEHIPPIE.COM. **TOP**, ADRIANNA PAPELL, \$129; NORDSTROM.COM. **CLUTCH**, RAFFI. **SHOES**, JESSICA SIMPSON



CREATIVE OFFICE

PANTS, \$325; RAG-BONE.COM. **JACKET**, \$650; MACKAGE.COM. **TOP**, RISTO, \$375; OPENINGCEREMONY.US. **TOTE**, L'AGENCE. **SHOES**, KURT GEIGER

WEEKEND UPDATE

PANTS, \$78; ARMANIEXCHANGE.COM. **SWEATER**, \$79; JOEFRESH.COM FOR STORES. **SHIRT**, \$60; MASSIMODUTTI.COM. **SCARF**, STELLA & DOT. **BAG**, REBECCA MINKOFF. **SHOES**, VIA SPIGA

FOR DETAILS SEE SHOP GUIDE.

HOT LAUNCH

Truly Zac Posen

No one in America does a gown better than Zac Posen does. He thinks like an old-world couturier (even though he's only 33), and his fit is top-notch. So who better to team with David's Bridal for special-occasion dresses? If you're a bride, run, don't walk, to see his wedding collection; everyone else, take a look at this gorgeous evening wear.



BORDEAUX DRESS, \$225, AND **GRAY WITH LACE DRESS**, \$195; DAVIDSBRIDAL.COM

TREND ALERT!

NAUTICAL BY NATURE

Sailor stripes? Been there, done that. The latest take on nautical is much more literal, so say aye to clothing and accessories featuring anchor, sailboat, and flag motifs. It's impossible not to smile when you're wearing one of these happy pieces.

SKIRT, \$295; CATHERINEMALANDRINO.COM



SWEATER, \$30; OLDNAVY.COM



DRESS, S.I.L.K. \$420, TRACY BRENT; 203-458-9100



CLUTCH, EDIE PARKER, \$1,395; BERGDORFGOODMAN.COM

BLOUSE, \$90; TALBOTS.COM



RICHARD MAJCHRZAK/STUDIO D. STYLIST: ANITA SALERNO FOR R.J. BENNETT REPRESENTS. DAVID'S BRIDAL: MARKO METZINGER/STUDIO D. STYLIST: GABRIEL RIVERA FOR R.J. BENNETT REPRESENTS. CLUTCH: COURTESY OF EDIE PARKER.



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AND A MUD PUDDLE.
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O, Beautiful!

HIGH-STYLE MAKEUP | MIGHTY MASKS | BLOW-OUT WISDOM

LOOK WHAT
WE FOUND!

Best Buds

A country garden inspired this unforgettable, classic collaboration between fashion designer **L'Wren Scott** and makeup artist **Bobbi Brown**: the **Amnesia Rose Palette** in rose, lilac, and violet for eyes, lips, and cheeks and four complementary shades of moisturizing matte lipstick (from left: Wine, Vintage Red, Cosmic Lily, and Heather Mauve). (Palette, \$68, and Lip Color, \$28 each; bobbibrowncosmetics.com)



O, Beautiful!

50+

THE NUMBER OF POLISHES OWNED BY NEARLY A THIRD OF O READERS, ACCORDING TO OUR ONLINE POLL.



[TRENDING NOW]

SHADY LADIES

It's a great time to be a nail polish freak. These days drugstore aisles are full of whatever the heart could desire, from purple glitter to polka dots. But once your collection has assumed epic proportions, how can you keep track of it all? We've discovered a cult of organizers we like to call the Nail Polish Wheel People (NPWP), who paint little plastic wheels of model nails to catalog the shades in their stash. If your bathroom looks like a nail salon, you too could be an NPWP. Happy organizing! (*Beauty Secrets Nail Polish & Art Wheel*, \$6; sallybeauty.com)

For polish colors see Shop Guide.



LOOK WHAT WE FOUND!

CASE IN POINT

Speaking of nail polish love, if you and your enamels enjoy trips together, you'll want this **Kestrel Nail Care Case** (\$48; anthropologie.com), with compartments for four bottles and elastic straps for small nail files or orange sticks.

John Frieda Colour Refreshing Gloss (\$13; drugstores)

WHY WE LOVE IT: *This weekly treatment keeps your colored hair looking vibrant and fresh from the salon (or the box). Available in six shades, the gloss is infused with pigments developed specifically to renew faded color, as well as dimethicone to boost shine. Apply a quarter-size amount after shampooing and conditioning, wait three to five minutes, and then rinse.*



Sleeping Beauties



It's no fairy tale: "The skin regenerates while you sleep," says dermatologist Jeanine Downie, MD. Which may be why we're seeing an abundance of overnight masks. "They can help the reparative process," says Downie. Here is such stuff as dreams are made on.

ALL NIGHT LONG

MAKE THE MOST OF YOUR Z'S WITH GENTLE SMOOTHING AND DEEP HYDRATION.



FOR BRIGHTENING
AmorePacific Moisture Bound Sleeping Recovery Masque (\$60; sephora.com) boosts radiance, rehydrates dry skin, and clears pores with an astringent.



FOR SENSITIVE SKIN
Peter Thomas Roth Camu Camu Power C x 30 Sleeping Mask (\$68; sephora.com) soothes redness, irritation, and inflammation, leaving your complexion softer and with fewer wrinkles.



FOR DULL SKIN
Kiehl's Ultra Facial Overnight Hydrating Masque (\$35; kiehls.com) provides intense hydration for dry skin. Apply a generous layer to your clean face, wait 10 minutes, and wipe off the excess.



FOR ANTI-AGING
The lightweight formula of **L'Oréal Paris Revitalift Triple Power Intensive Overnight Mask** (\$25, drugstores) contains moisturizing glycerin and hyaluronic acid to reduce the appearance of fine lines.

POWER NAP

TEN TO 15 MINUTES WITH ONE OF THESE EYE MASKS IS ALL IT TAKES TO WAKE UP LOOKING REFRESHED.



Shiseido Benefiance WrinkleResist24 Pure Retinol Express Smoothing Eye Mask (\$63 for 12 single-use application packets; shiseido.com) softens the appearance of eye-area wrinkles and brightens dark circles.



Freeman Beauty Feeling Beautiful Coffee & Chai Energizing Paper Eye Mask (\$2 for one single-use packet; freemanbeauty.com) is infused with caffeine to reduce puffiness and redness.

LOOK WHAT WE FOUND!



ONE WITH EVERYTHING

Minimalists will find makeup nirvana with the **Aerin Kaleidolight Palette** (\$70; aerin.com), which features five flattering shades of powder. Sweep a fluffy brush over the whole thing for an all-over highlighter or a blush brush over just the pink to brighten your cheeks, or play up your eyes with bronze, beiges, or lavender.

WE TRIED IT!



Knot So Much

One of our favorite colleagues complained that she struggled with knots the size of cotton balls in her long, thick hair. Her post-shampoo routine, hampered by largely unsuccessful attempts at detangling, was taking precious hours out of her life. So, helpful coworkers that we are, we recently offered her the bamboo **Wet Brush** (\$30; thewetbrush.com). After a few days, she reported: "Now I get out of the shower, gently tug the brush through my hair, and in 45 seconds—tops!—the tangles are gone." Fewer snarls, more smiles.



O, Beautiful! WorldMags.



Val's BEAUTY BUZZ



A dreamy, iconic scent.

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



Butter Up

The mere sight of these three cheerful candy-colored tins of **L'Occitane Ultra Soft Cream** (\$22 each; usa.loccitane.com) reminds me that spring is just around the cold, windy corner. Lightly scented with vanilla—delicious!—rose, or lime, the rich shea-butter formula moisturizes deeply without leaving residue.



ONE-SENTENCE REVIEW

MAC Masterclass Brush Collection

(\$25 to \$42; maccosmetics.com)

With ergonomically designed handles and lush synthetic bristles, these elegant brushes let you apply makeup like a pro.

Play Misty for Me

If you, Marilyn Monroe-style, wear nothing to bed but Chanel No. 5, here's a new way to get (un)dressed: a hair mist (\$65; chanel.com) that's lighter than the eau de parfum. The formula won't weigh down your sexy bed head, so spritz it in your waking hours, too.



Soap Studs

Washing up has just become more luxurious: **Lafco House & Home True Liquid Hand Soap** (\$29 each; lafco.com) is made with fatty-acid-rich premium olive oil, so it moisturizes as it cleanses. It's also free of detergents, parabens, dyes, and preservatives and is scented with essential oils. My hands-down favorite is the delicate, fruity Moonglow Apricot (apricot, freesia, and rosewood), but the other seven scents are equally transporting.



How can I make a blow-out last?

Not to be completely obvious, but, two words: shower cap. For extra protection against steam, use one with terry-cloth lining and secure elastic edging, says Roz Safdari, senior stylist at the Rita Hazan Salon in New York City. Sleep on a satin pillowcase, because it creates less friction on your hair. If your scalp tends to get oily, work a dry shampoo into your roots only. And for a quick morning restyle, set your dryer on hot and smooth the hair around your face with a flat boar-bristle-and-nylon-blend brush, which gives you enough traction to pull the hair tight, eliminating frizz.

If you have a question about makeup, skincare, or haircare, e-mail askval@hearst.com.

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Feeling Good

WHY DIET MATTERS MORE THAN EXERCISE

O ROAD TEST: RELAXATION DRINKS



A Safer Side of Cancer

Some forms of the disease may never be life threatening. Which raises the fraught question: Should we treat them at all?

By Jihan Thompson

F

OR DECADES doctors have taken a kitchen-sink approach to treating cancer, typically trying anything and everything—surgery, radiation, chemo, and other powerful drugs—to beat back the disease. And now there's even more of it to fight: As we've become better at screening for cancer, diagnoses have increased. Yet some cancers are so slow growing that oncologists have begun to ask if we're heaping on treatment needlessly. "There will always be people who say, 'I'm risk averse—give me everything you've got,' and that's fine," says breast surgeon Laura Esserman, MD, co-leader of the breast oncology program at the University of California, San Francisco's Helen Diller Family Comprehensive Cancer Center. "But plenty of others don't feel that way, and they give us the opportunity to truly think differently about the care we provide." Here, three bold new ideas that are reshaping cancer medicine.

"STOP CALLING EVERYTHING CANCER"

Few words can deliver the same gut punch as the C word. And the common misconception that a diagnosis is a potential death sentence now has some doctors pushing to drop the term from certain forms of the disease. One compelling example is thyroid cancer. Diagnoses have skyrocketed 185 percent since 1975, leading to more treatment (including the removal of all or part of the thyroid gland)—but not necessarily to greater rates of survival. People with small papillary thyroid tumors have about a 99 percent chance of beating the disease, roughly the same as 30 years ago—which has prompted many doctors to question the need for surgery at all. Consider also how we treat ductal carcinoma in situ (DCIS), a type of breast cancer that occurs in the milk ducts but has not spread to the breast tissue. "Essentially, no one dies of low-grade DCIS," says



Esserman. "And for some women diagnosed with low-grade lesions, after we remove the affected area, their risk of developing invasive cancer in ten years is less than 5 percent, yet we recommend radiation, and in some cases these patients also opt for a mastectomy. There's still no evidence that these treatments make a difference in their survival." Changing terminology could lead patients to make more conservative treatment choices: A recent report found that when doctors described DCIS as a breast lesion, 66 percent of women opted for medication or regular checkups over surgery—compared with only 53 percent when it was called non-invasive cancer.

"LET'S JUST WATCH AND WAIT"

At one time, even if doctors believed that a less aggressive approach would be best, they had no way to definitively predict which cancers would spread and which wouldn't. That's beginning to change: According to a 2013 study in the *Journal of the National Cancer Institute*, a new test that can analyze 12 genes in DCIS tumors is able to predict the risk of a tumor recurring. "This tool may help us determine who has a low risk of

recurrence and may not need radiation," says study coauthor Nancy Davidson, MD, director of the University of Pittsburgh Cancer Institute and member of the Breast Cancer Research Foundation's Scientific Advisory Board. Similar tests are in the works for colon cancer.

"TREATMENT MAY BE RISKIER"

Doctors are starting to make a stronger case for when the collateral damage from treatments like surgery and radiation, which can cause infertility and joint problems, might not be worth it. Results of a recent clinical trial found that when women with metastatic breast cancer underwent six rounds of chemo followed by the removal of the tumor plus radiation, they had no better chance of survival two years later than those who had only chemo. In fact, there was a small uptick in deaths among those who opted for more treatment. "No therapy is fail-safe, so we have to make sure that the benefits outweigh the harms," says Davidson. "The good news is that with the right approach, many women will be able to get on with their lives. First, though, we have to change the mindset that more treatment is always better." **O**

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Calm in a Can?

Like liquid chill pills, these beverages promise to make you mellower in just a few sips. Three O staffers drank them for two weeks to see if they lived up to the hype.

THE DRINK:
JUST CHILL

THE PROMISE:
Offers relaxation without drowsiness.



THE SCIENCE: The drink's most touted ingredient is L-theanine, an amino acid found in green tea leaves; it may help you calm down by increasing the brain's production of alpha waves, which are associated with relaxation. One small study found that people who took 50 milligrams of L-theanine (one can of Just Chill contains more than three times that amount) exhibited increased alpha activity.

REAL-LIFE ROAD TEST: "I'd reach for a can at 3 P.M., when my occasional state of unfocused frazzledness sets in. I was expecting to feel sleepy, but instead my productivity spiked, and I felt far more attuned to the task at hand. While I was pleasantly surprised by the 40 minutes of sharp concentration that followed, the aftertaste leaves something to be desired."

—KATIE ARNOLD-RATLIFF, SENIOR EDITOR

THE DRINK:
NEURO SLEEP

THE PROMISE:
Leads to a high-quality slumber, so you can perform better the next day.



THE SCIENCE: In addition to L-theanine, melatonin, and magnesium, Neuro Sleep contains 5-HTP, a chemical compound that boosts serotonin production, possibly improving sleep. But according to the National Institutes of Health, there's insufficient evidence that the chemical is safe or effective for alleviating sleep disorders.

REAL-LIFE ROAD TEST: "With a 6-month-old baby, it's hard for me to fall asleep some nights even if I'm dog tired. But after making this Hi-C-tasting drink my nightcap, I found myself drifting off within 20 minutes. Even though I'm a light sleeper, I wasn't roused by every little sound—I could still hear my son when he woke up, but my sleep was deeper. Plus, I felt extra energized on mornings after I drank one compared with the days when I had skipped it." —KRISTI STEWART,

EDITORIAL PROJECTS COORDINATOR

THE DRINK:
KOMA UNWIND

THE PROMISE:
Soothes your worried mind.



THE SCIENCE: Small studies have shown that the root of the valerian plant, a key ingredient in this beverage, may aid in reducing insomnia—but the effect was found only at doses of 400 milligrams or more. At just 15 milligrams per can, Koma Unwind offers significantly less.

REAL-LIFE ROAD TEST: "At first, I chugged Koma only before bed—the grape taste was not for me, and it made me so sleepy that I was dead set against drinking it at the office. But during a particularly tough day that had me on edge, I downed a can at my desk. I could feel its effects within 30 minutes—I was able to tune out distractions and focus on the work in front of me. It definitely slowed me down a bit, but also kept me from losing the whole afternoon to anxiety and agitation."

—ABBE WRIGHT, ASSISTANT EDITOR

Should You Try a Relaxation Drink?

For our testers, the three drinks seemed to lead to greater serenity, but one question remained on everyone's minds: Are they safe? Compared with anxiety and sleep medications, which go through rigorous clinical trials, these beverages are loosely regulated by the Food and Drug Administration. They can pack as much sugar as a can of soda (Koma has a whopping 46.5 grams!) while

offering such small amounts of their herbal ingredients that you're unlikely to feel a lasting effect, says Sylvie Stacy, MD, a resident in preventive medicine at the Johns Hopkins Bloomberg School of Public Health, who has reviewed the safety and efficacy of these kinds of drinks. "The placebo effect likely plays a role in making you feel relaxed," she says. "It's instinctive to want to use

something that seems to work so quickly and effortlessly, but, while consuming one of these calm-down drinks every once in a while likely won't do you any harm, be careful about relying on them too much." Bottom line: If you're constantly resorting to a quick fix to sleep or relax, you should consult a doctor to pinpoint the root of the problem. —EMMA HAAK



WANT TO BOOST YOUR HEALTH?

Turn to page 124



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LATELY THERE'S

been so much focus on newcomers like acai and kale that less glamorous fruits and vegetables are sometimes treated like second-class citizens. But researchers are discovering new reasons to get excited about the old standbys. The best part: You probably already stock many of them in your kitchen.

—JESSICA GIRDWAIN

Celery

A fixture on the oft-ignored crudité platter, celery is back on the must-eat list as a potential cancer fighter. It's a top source of a flavonoid called apigenin. Researchers recently discovered that when pancreatic cancer cells were treated with apigenin, 44 percent of the cells died. Apigenin activates a chemical reaction inside diseased cells, causing them to self-destruct, says study coauthor Elvira de Mejia, PhD. While eating celery can't cure pancreatic cancer (you'd never be able to eat enough), de Mejia says that over time a diet containing apigenin-rich foods may help prevent the disease.

Grapes

The skins of these snackable bites are bursting with resveratrol, the same superstar antioxidant that helps make red wine good for your heart. Now a study in *Molecular Nutrition & Food Research* has discovered that resveratrol may also aid in boosting immunity—by helping increase levels of a molecule that kills bacteria and viruses. Study coauthor Adrian Gombart, PhD, says adding more grapes to your diet may even protect you from contracting infections in the first place.

Mushrooms

For years fungi have been thought to be heart healthy and immunity boosting. Now science shows that they may even help prevent breast cancer by lowering estrogen levels, says Shiuan Chen, PhD, professor and chair of cancer biology at Beckman Research Institute of City of Hope in Duarte, California. Chen found that when postmenopausal women consumed 13 grams of mushroom powder (the equivalent of 1½ cups of white button mushrooms) per day for three months, their estrogen production dropped by 27 percent.

Bell Peppers

Researchers have long known that smokers have a lower risk of developing Parkinson's, a disease characterized by a loss of brain cells that make dopamine. No doctor would encourage lighting up, but there may be another way to get the benefit: peppers. They're a safe source of nicotine, which may protect dopamine-producing cells, says Susan Searles Nielsen, PhD, whose study, published in the *Annals of Neurology*, found that eating peppers (mostly bell peppers, but spicier varieties count, too) twice a week or more was associated with at least a 30 percent reduced risk of Parkinson's.





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While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

HIT THE GYM

EXPERT: Michele Olson, PhD, professor of physical education and exercise science at Auburn University at Montgomery, Alabama

“Yes, you can lose weight with diet alone, but exercise is an important component. Without it, only a portion of your weight loss is from fat—you’re also stripping away muscle and bone density. Since working out stimulates growth of those metabolic tissues, losing weight through exercise means you’re burning mostly fat. The number on the scale may not sound as impressive, but because muscle takes up less space than fat does, you *look* smaller and your clothes fit better. Data show that to lose weight with exercise and keep it off, you don’t need to run marathons. You just need to build up to five to seven workouts a week, 50 minutes each, at a moderate intensity, like brisk walking or Zumba. Resistance training helps, too. But don’t just do isolated weight-lifting exercises like biceps curls—you’ll get leaner faster by using your body weight against gravity, as with movements like squats, lunges, push-ups, and planks. And, of course, beyond burning fat, people shouldn’t forget that exercise can have other impressive health perks, like improving the quality of your sleep, lowering your cholesterol, and reducing your stress level.”

The Last Word on Exercise vs. Diet

When it comes to slimming down, which one matters more? Two experts weigh in.

EAT SMART

EXPERT: Shawn M. Talbott, PhD, nutritional biochemist and former director of the University of Utah Nutrition Clinic

“As a rule of thumb, weight loss is generally 75 percent diet and 25 percent exercise. An analysis of more than 700 weight loss studies found that people see the biggest short-term results when they eat smart. On average, people who dieted without exercising for 15 weeks lost 23 pounds; the exercisers lost only six over about 21 weeks. It’s much easier to cut calories than to burn them off. For example, if you eat a fast-food steak quesadilla, which can pack 500-plus calories, you need to run more than four miles to ‘undo’ it!

“So, what should you eat? It’s true that low-carb diets tend to be the most popular because they offer the fastest results, but they can be difficult to sustain. I recommend striving for a more balanced plan that focuses on fruits and veggies, lean proteins, and whole grain carbs. And never cut calories too low (this causes your metabolism to slow, and you can start losing muscle mass). For a healthy daily calorie count, allow 10 calories per pound of body weight—so a 150-pound woman should shoot for a 1,500-calorie target. That way, you should be able to lose weight no matter how much you exercise.”

—AS TOLD TO SARAH Z. WEXLER



THE LAST WORD: While diet and exercise are both important for long-term weight loss, remember this: “You can’t out-exercise a bad diet,” says Talbott.

In The Know

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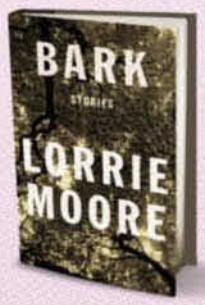


What We Talk About When We Talk About Life

AFTER ALL THESE YEARS, LORRIE MOORE STILL DAZZLES.

DEATH, DIVORCE, AND INDECISION haunt the characters in **Bark**, Lorrie Moore's eagerly anticipated new story collection (Knopf). How can you properly apologize to the ghost of a newly dead friend you failed to visit as she lay dying? What can you do when your husband begins to behave like a space alien—or maybe he is just having an affair. And is there an appropriate birthday gift for a teenage son who is totally deranged?

For all their genuine sadness and existential angst, these powerfully, almost savagely, human stories shine with a spirit of playfulness and the logic of love. They celebrate the possibility that even the most jaded among us can still be won over by a glimmer of compassion, as in "Foes," when a man suddenly comprehends the deep suffering of a woman with whom he is patronizingly arguing politics. Characters are pushed to the edge of what they



can endure, at which point it turns out that they can endure still more.

Moore, who published her remarkable debut, *Self-Help*, 29 years ago, also knows how to push a metaphor past poignancy to brilliance. A woman muses, "Aloneness was like riding a bike. At gunpoint. With the gun in your own hand. Aloneness was the air in your tires, the wind in your hair. You didn't have to go looking for it with open arms. With open arms, you fell off the bike."

The Iraq war, the election of Barack Obama, and the death of Michael Jackson ground these stories in our America. Moore interweaves public failures with individual, private ones to create a seamless tragicomic fabric and reminds us that laughing is something like choking, which is a lot like crying.

—BONNIE JO CAMPBELL

The Things They Carried

A stunning novel spotlights a real-life atrocity and asks us to look beyond ourselves at something bigger.



Evening author Susan Minot's daring new novel, **Thirty Girls** (Knopf), was inspired by the 1996 abduction of a group of teenagers from their Catholic boarding school in Uganda by the militant Lord's Resistance Army. Minot, who wrote a nonfiction piece on the incident and was never able to get the story out of her head, succeeds, through her fictionalized version, in making us

care as much as she does. The book draws its power from parallel portraits of two female protagonists who, on the face of it, have almost nothing in common: Esther Akello, one of the 30 kidnapped girls who give the book its title, and Jane Wood, an American journalist who has felt adrift since her divorce and now, in mid-life, is in search of a new purpose to anchor her.

We learn, through Esther's thoughts and observations, the harrowing details of her months with the rebel soldiers and her struggle to recover afterward—how, while in captivity, she was forced to watch as children were groomed to be killers; how she was raped and gave birth to a child of her own; how she survives by deciding “not to remember.”

Meanwhile, Jane has traveled from the United States to East Africa to talk with the abductees and give voice to their stories. Her friends in Nairobi, Kenya, her home base, are a group of glamorous expats who dress for dinner, drink vodka in the bush, and water-ski on Lake Victoria. Being in their company almost causes Jane to lose sight of her goal—especially when that company includes Harry, a younger man who becomes the object of her obsession; their physical attraction consumes and destabilizes her.

Minot's cleanly sculpted prose and capacity to penetrate and open the mind and heart challenge us to step outside our comfort zone. Finally, there comes this realization: Esther and Jane aren't so different at all. We recognize their stories as ours. —FRANCESCA MARCIANO



MINOT
in New York
City, 2013.

INSIDE SUSAN MINOT'S CREATIVE PROCESS

Q It took you seven years to write this book. Why?

A: My mind is a tangle, and my writing isn't articulate out of the gate. I have to work to express myself. I write and write, and then get rid of a lot I've written. I'm holding on to it until the very last drafts, and then there it all goes.

Q Do you need quiet around you when you work?

A: I usually write at one end of the kitchen table in the small New York apartment I share with my 12-year-old daughter. For me, it's not about sensory deprivation—I like being connected to where I am while I work.

Q In looking for a subject to write about, do you wait for inspiration to strike?

A: Inspiration is not the true motivator of work. Inspiration is like an eclipse: It comes

rarely. I find that painting or drawing is a good way to focus and quiet the mind to put one more in the mood for the occupation of writing.

Q Do your dreams ever supply you with material?

A: Dreams are like short stories written by the psyche—I wish I could write as well as my dreams. I look to them for clues about things I might be more preoccupied with than I realize. —AS TOLD TO LEIGH HABER



10 TITLES to Pick Up Now

This Is Not an Accident: Stories By April Wilder

Off-kilter, wacky, disaster prone: The characters in Wilder's inventive stories are all these things, and they're also unmistakably, disconcertingly familiar.

What Works for Women at Work By Joan C. Williams and Rachel Dempsey

Written by a mother-daughter duo, this decidedly unwonky examination of gender bias doubles as a playbook on how to transcend and triumph.

Chance

By Kem Nunn

Nunn has won praise for his "surf noir" fiction, but in this quirky novel set in San Francisco, the suspense unfolds on dry land, when a neuropsychiatrist gets a little too involved with one of his troubled patients.

After I'm Gone

By Laura Lippman

In this edge-of-your-seat tale, a man's disappearance has unexpected consequences for the women he's left behind.

The Widow's Guide to Sex & Dating By Carole Radziwill

From the author of the best-selling memoir *What Remains* comes a cheeky, affecting debut novel about a woman grieving for her husband and gradually learning to get back in the game.

I Am Abraham: A Novel of Lincoln and the Civil War

By Jerome Charyn

One of our most intriguing fiction

writers takes on the story of Honest Abe, narrating the tale in Lincoln's voice and offering a revealing portrait of a man as flawed as he was great.

The Wives of Los Alamos

By TaraShea Nesbit

Imagine being dropped in the desert in New Mexico with no idea why. No, it's not science fiction; it's a fascinating first novel that explores what it might have felt like to be strangers trapped together in a remote military town, keeping a nation's most controversial secret.

Falling into Place: An Intimate Geography of Home

By Catherine Reid

In hypnotically poetic language, Reid reflects on the natural world and the parallels and lessons it holds for humans, as well as on love, passion, and literature.

The UnAmericans

By Molly Antopol

In these provocative stories, the forces of family and history—whether Israeli, American, or Russian—are inescapable.

Nothing Like a Dame: Conversations with the Great Women of Musical Theater

Edited by Eddie Shapiro

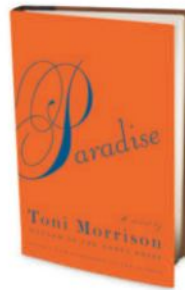
Elaine Stritch, Patti LuPone, Chita Rivera, Bebe Neuwirth, and Audra McDonald are among the leading ladies taking center stage in this sparkling compilation that chronicles the life and times of the Great White Way.

—ABBE WRIGHT



Eden, Reimagined

In a new introduction to her 1997 allegorical tale, *Paradise*, set in Ruby, Oklahoma, Toni Morrison offers a glimpse into the man—her grandfather—who helped inspire the novel, her first after winning the 1993 Nobel Prize. Here's an excerpt:



"We called him Big Papa. He stood in the vegetable garden peeling a yam with his pocketknife. Then he ate the raw slices slowly, carefully. If he wanted the chair you were in, he stood

there, silent, looking at the sitter until you got the message and got up. He was too religious for any church. He drew pictures of my sister and me and gave us the gift of chewing gum. Wherever he was—on the porch, at the kitchen table, in the garden, in the living room reading—that's where the power and deference were. He didn't exert power; he assumed it. And it was in part from knowing him that I felt I could understand and create the men in Ruby."

A Book to Steal from Your TEENAGER



When did young adult novels become so exhaustingly supernatural? Get back to reality with the wickedly entertaining

No One Else Can Have You

(HarperTeen). Debut novelist

Kathleen Hale skips the vampires

and zombies, instead delivering the funniest YA heroine since *Harriet the Spy* and a healthy dose of good old-fashioned murder. —NATALIE BEACH

Beautiful Creatures

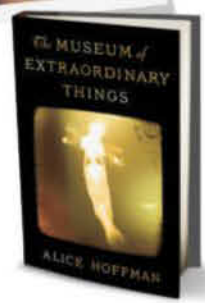
In the Coney Island of a novelist's dreamscape, against all odds, love wins.

ALICE HOFFMAN, author of the 1998 Oprah's Book Club pick *Here on Earth* and more recently *The Dovekeepers*, returns with her 24th novel, a richly textured work balancing magical realism with historical fact. Set in New York City just after the turn of the 20th century, **The Museum of**

Extraordinary Things (Scribner) tells the story of Coralie, the only child of the museum's cunning proprietor, who lives above her dad's boardwalk exhibition of oddities and human freaks. Her father will do anything to bring in crowds, even if it means enlisting Coralie, an accomplished swimmer, to pose as a mermaid and perform alongside the Wolfman and the Butterfly Girl. Meanwhile, Russian immigrant



HOFFMAN in New York City, 2013.



Eddie Cohen breaks from his Orthodox Jewish community, becoming a spy for the "Seer of Rivington Street," a self-proclaimed wizard known for tracking down husbands who have deserted their families. After an apprenticeship with a photographer leads Eddie to his true calling, he captures on film the fiery blaze of the Triangle shirtwaist factory and with it inadvertently documents the birth of a labor reform movement.

In Hoffman's spellbinding tale, the New York City of 1911 straddles the past and present: Electricity has begun "snaking through Brooklyn, turning night into day," the woods of upper Manhattan are giving way to sidewalks and streets, and factory owners will stop at nothing to keep prices low and workers marginalized. In a gritty nation on the brink of profound change, there is always still the chance that something miraculous can happen—as when Coralie and Eddie meet and find not just love, but hope. —A.W.



FOODIE FIGHT

Sibling rivalry is on the menu in a mouth-watering new novel.



RESTAURANT LIFE is famously grueling, with its long hours, financial ups and downs, and rigid pecking order reminiscent of the military, not to mention the necessity of doing a lot of thinking (and standing) on one's feet. **Bread & Butter** (Doubleday), Michelle Wildgen's wildly entertaining third novel, offers a behind-the-scenes view of this culinary cosmos, where a misfired plate might prompt a public tongue-lashing, and competition

between restaurants can all but unravel a family. In a struggling Pennsylvania town, brothers Britt and Leo have established Winesap, their just-upscale-enough eatery, as a profitable presence on the local food scene. Which makes the nearby restaurant venture undertaken by their younger brother, Harry, something of a slap in the face: "People are going to compare us, whether it makes any sense or not," sighs Thea, Winesap's executive chef, upon hearing the news. As Harry's pan-crisped socca with baccalà and arugula squares off against Britt and Leo's venison with salty pistachio brittle, comparisons do arise—and tempers flare. Against this backdrop of brothers-on-brother combat, Wildgen serves up romantic intrigue (Leo unwisely falls for Thea, and Britt for a regular named Camille, whom Harry also has his eye on), along with a generous dollop of satire as sharp as a prep knife. The result is a novel that's as much about the complex dance of family dynamics as it is about the mysterious world behind the kitchen door—and a divinely delicious read, to boot. —KATIE ARNOLD-RATLIFF

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WorldMags Connections

STORIES OF OUR LIVES



Meant to Be

After years at her father's side, *Natalie Baszile* finds the path she was destined for.

I

T'S FEBRUARY 1995.

I'm 28, seven months pregnant with my first child, the guest of honor at the baby shower my friends have thrown for me. I'm decked out in a hat made of paper plates and bows, surrounded by tables strewn with pink and blue confetti and miniature plastic babies. My mother is there, sitting in a circle with the rest of us. I'm opening gifts. Mom waves her hand, gesturing. "Mine next." She sets a box the size of a sheet cake on my lap. I'm suspicious. My mother is at best an unpredictable gift giver, notorious for buying presents and then misplacing them, or for forgetting birthdays entirely. But I tear the lid off hopefully, peel back layers of tissue paper, and instantly recognize what's inside. My mother has given me my own baby book—an album covered in navy blue felt and trimmed in white rick-rack—the one she started 28 years ago, when she was just about the age I am now.

Each of the neatly arranged photos on the first pages is framed on a square of colored construction paper. There's 10-day-old me, no heavier than a bag of sugar, staring blankly into the near distance. There I am as a toddler, being held tenderly in my mother's arms; and at 2 with my dad, feeding goats at the Los Angeles ▶

Zoo—he was slim and dapper back then, with his *quo vadis* haircut and horn-rimmed glasses. A few pages in, artwork replaces the fading photos: a print of my tiny hand, my palm painted brown, each of my splayed fingers painted green, red, orange, or yellow to resemble turkey feathers. I inspect my pre-school self-portrait, my first-grade report card. On the bottom of each page, in her neat teacher handwriting, my mother had written a brief narrative, a summary of my life so far: “Spokane, Washington, July 1968. Canada and Idaho. Natalie, 2 yrs, 1 month. Saw snow for the first time. Loves Cream of Wheat cereal, corn on the cob, pickles, and listening to *Snow White* on her record player. Is terrified of snails and balloons. Cries every time her bare feet touch grass.”

I keep turning pages, pausing to examine the artifacts that have come loose where the glue no longer holds them in place, until I come to a piece of folded paper tucked into the crease. I open it and read what my mother had written. I look up and across the room at her as a lump swells like a sponge in my throat. “I’ll be damned,” I say. “I’ll be damned.”

I’d dreamed of becoming a journalist—a war correspondent like Sam Waterston’s character in the movie *The Killing Fields*. But one day I had a conversation with my dad that caused me to shift focus. “What should I be when I’m older?” I asked him one Sunday after church. We’d driven down to Huntington Beach and were walking together slowly along the pier. “With your looks and personality, you should go into sales,” he advised. “You should come to work for me.” I didn’t need much persuading. His approval meant everything to me, and the certainty in his tone made me think he had to be right. I guessed I’d be going into the family business.

I graduated from high school and went on to the University of California, Berkeley, starting out as a business major and then switching to economics. As hard as I tried, I couldn’t make myself care about “guns and butter” or Adam Smith’s “invisible hand.” Each semester of those first two years, though, I treated myself to an English class as a reward for my suffering, and those hours were my happiest. I loved the English majors, how frumpy they all looked

in their clogs and wrinkled khakis as they camped out in the hallways to discuss novels between classes. I spent long weekend days in the Bancroft Library reading Gloria Naylor’s *The Women of Brewster Place*, Alice Walker’s *In Search of Our Mothers’ Gardens*, and Toni Morrison’s *Sula*, breathing in the words of my literary foremothers and feeling the first stirrings of a desire to write stories of my own. I enrolled in a creative writing workshop, where each week stu-

dents shared intimate tales of their struggles to figure out who they were. I’d found my tribe. I switched majors. At the end of the semester, our professor pulled me aside and whispered, “Keep writing.”



ON THE DAY before graduation, I drove over the Bay Bridge to San Francisco one final time. The water glistened to my right, and the Golden Gate rose above the curtain of fog in the distance. I felt a twist of regret in my gut. I was my best self when I wrote—curious and creative, vulnerable and fearless. I couldn’t imagine closing off that part of me. And yet. I’d made a commitment. I’d promised my dad that I’d come back to Los Angeles and join the family business.

He’d started out as a ketchup salesman for Hunt-Wesson Foods, then joined Kaiser Aluminum before starting his own business, Baszile Metals Service, in 1975, distributing aluminum sheet, plate, rod, and bar to the aerospace, defense, and aircraft industries.

My dad hired me as a sales associate. For the next seven years we worked side by side. Our offices were southeast of downtown L.A., near the sad trickle of the Los Angeles River and the crosshatch of rail yards, just down the street from the Farmer John slaughterhouse. On my way to work each morning, I passed trucks pulling long, reeking trailers packed with pigs, their snouts poking through the metal rails, their mud-smear hindquarters pressing against the mesh. On hot days, the air was the color of sweet tea from all the smog and smelled like blood and death.

If asked, I could rattle off the tensile strength of 7075 versus 2024 or 6061. I knew all about B-1 bombers and which type of aluminum NASA used on the space shuttle. I told myself it was a good gig. I had job security and saw my parents every day, which most of the time I liked. But I hated aluminum. I didn’t even like sales. I spent my days



Top: The author and her father in Pasadena, California, 1995.
Above: At the Los Angeles Zoo, 1968.

I was my best self when I wrote—curious and creative, vulnerable and fearless.

answering phone calls from hard-nosed, raspy-voiced purchasing agents looking for the cheapest prices and fastest delivery. Our inventory wasn't computerized for my first two years on the job, so when a customer called, I scribbled his query on a preprinted worksheet, put him on hold, and rushed to the metal cabinet against the wall, where I flipped through trays of yellowing handwritten index cards to confirm that we had the material in stock. And even when we did get computers, Dad didn't trust them, insisting that when I had an inventory question, I "check the tag." That meant going out to the warehouse—15,000 square feet of corrugated steel siding, oily concrete floors, and grimy louvered windows through which pigeons flew to nest in the rafters. I walked past the planer mill and the screeching saws whose blades threw off trails of orange sparks, down the cavernous rows, where aluminum plates as thick as king-size mattresses were stacked above my head.

What could be worse than checking tags? Cold calls. Which is what Dad wanted me to do when the phones weren't ringing. He dropped a phone book on my desk and told me to get busy. My heart sank as I leafed through the listings of machine shops; my stomach churned as I dialed. "This is Natalie, over at Baszile Metals," I'd say, feigning cheerfulness. "I'm calling to see if you need any quarter-inch I beams. Or how about some anodized 7075 tubing?"

I got lunch at a food truck that swung into the parking lot around 11 A.M. As it rolled through the gates, the driver punched the horn, and "La Cucaracha" blared through the speakers mounted on the truck's roof. I got in line and paid three bucks for a greasy egg sandwich and a shrink-wrapped apple pastry, which I gobbled down in the small lunchroom behind the office. Of course, what I really wanted to do was write, which I did every evening, often until midnight, in my little apartment on South Spring Street. I dreamed of writing full-time, of getting my stories published. But I was afraid of disappointing my dad. Every time we called on customers, he'd tell them how proud he was to have me on board, and they'd praise me for being a good daughter. I'd nod and agree that I was fortunate to have such a rare opportunity.

Friday, June 17, 1999.

I have decided to start a new journal as a symbol, a gesture, an acknowledgment of the new life I begin today: My life as a writer. I'm still not at the point that I can say that to anyone other than myself. If I were asked, I honestly don't know what I would say that I did. My days at Baszile Metals are not so saying that I worked for my family's business would be a lie. But as much as I long to say that I am a writer; to look at my reflection and call myself one, I am reluctant to do so, and probably will be until I am published.

It's 12:10 pm LA time, 2:10 Louisiana time
200 feet

A page from the journal Baszile began to mark the start of a new phase of her life—as a writer.

BUT NOW HERE

I am at my baby shower, holding my baby book—proof that writing has always been a part of me, that it's what I'm supposed to do. I read aloud a line my mother had written: "Los Angeles, 1971. Natalie, age 5. Loves to read. Favorite books: *Peter Rabbit*, *The Snowy Day*, *Whistle for Willie*, and *Little Bear*. Loves to write. Natalie is always making little books and writing stories." As I read the note again and again, something within me falls into place. I look at my mother and mouth, "Thank you."

It will take me another four years to leave my job. By then I'll have risen to vice president of sales. On the day I finally give notice, I walk into my dad's office, announce my plans, and underscore that my decision is final.

I know that to stay any longer wouldn't be fair to either of us. One day my dad will want to retire, and he'd be counting on me to carry the torch. He has spent his life building this business. I couldn't live with myself if I were the one who let it crumble.

I stand at his desk, bracing for his reaction. For a time he is silent. Finally, he removes his glasses and pushes back his leather cap—the one he wears every day, because he says it keeps his head warm. He leans back in his big black chair and slowly exhales. For a few seconds, he just stares at me, and as I look back at him, I see how he's aged. He's 50 pounds heavier than the young man in the photo feeding the goats. Suddenly I feel sick, knowing that I'm rejecting his dream, the one he thought we shared. I also know that what he wants most of all is to protect me. *The bottom is a long way down*. He sighs heavily, but says nothing. He nods and waves me out the door.

Outside, the sky is brown. I get in my car and drive over the railroad tracks, past the same sad trickle of the Los Angeles River, past the reeking slaughterhouse.

It will be 15 years more before my novel is published; the final draft will be my 13th revision. Writing will turn out to be the most challenging thing I've ever done besides raising my children. I will experience pendulum swings of exhilaration and crushing self-doubt. But I don't know any of that yet. Bumping over the railroad tracks, all I know is that I've leaped off the cliff. I'm terrified, but I can't stop smiling. **Q**

.....
Natalie Baszile's first novel, *Queen Sugar* (Pamela Dorman Books), was recently published.



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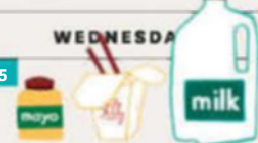



Are you ready
to de-clutter
your life?
Start here.



PETER
WALSH'S

One Month to a Saner You!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
02	03 The Door Tax Place an empty moving box near your door to collect items bound for Goodwill. Every time you leave your house this month, place one item in the box.	04	05  Cold Cut Open your fridge. Spend five minutes disposing of week-old takeout containers, expired condiments, and smelly milk.	06 
09 The Third Degree Chances are, you wear only what's near the top of your piles of T-shirts and sweaters. Put the bottom third of each pile in your donation box.	10 	11 5-5-5 In the next five minutes, find five items in the room where you are sitting to give away, five to throw away, and five to put away. Ready...go!	12	13 Inspector Gadget Spend 15 minutes unearthing electronics you no longer use: e-readers, game consoles, cameras. Sell them for cash using eBay's new valet service, Sell for Me.*
16	17 Primp My Ride Go to your car with two bags. Use one to collect trash and the other for anything else that doesn't belong there, from mail to kids' toys. Return these items to their places.	18	19 The Reckoning Walk into your hall closet. Identify five things that both you and I know you're never going to pull out again (old ski parkas, broken umbrellas). Donate or trash.	20
23 Company's Coming! Pretend dinner guests are arriving in 30 minutes. What would you tackle first: the dirty dishes, the toys strewn everywhere, the pile of shoes in your entryway? Now tackle it.	24	25 Minute to Bin It Dash madly around your house for one minute collecting old magazines, newspapers, catalogs, party invitations, and paid bills. Recycle or shred them.	26	27  Sock It to Me Empty your sock drawer onto your bed. Put the pairs you actually wear together and return them to the drawer. Use the rest to make cleaning rags.
30	31 Seven Minutes in Hell Go to the messiest room in your house and set a timer for seven minutes. Now put things away, make piles—and keep moving! Break that mental barrier! Get started!	*EBAY'S NEW SELL FOR ME program will send you a free box (or boxes), which you can fill with items worth at least \$50 in excellent condition—designer clothing, appliances, collectibles—and send back, postage free. Valets will sell your haul; you'll get 70 percent of the sales. In certain cities, you can arrange for a truck to come to your home to collect your items. Visit ebay.com/sellforme for more information.		

PHOTOGRAPH BY BURCU AVSAR

O's organizing guru has a month's worth of fun (really!) challenges to kick off March's De-clutter Mania!

MARCH

SATURDAY

01

FRIDAY

07

Undecorate

Challenge yourself to find five trinkets or decorative items that don't fill you with joy when you look at them. Put them in your Goodwill box.

08

14

15

If the Shoe Sits...

Gather your family's worn-out sneakers and drop them at any Nike or Converse store; they will be shredded and turned into playground surfaces and turf fields.

21

22

Pulling Your Weight

Weigh each family member. Now give everyone ten minutes to bag things they own to give away. Weigh everyone again; whoever has "gained" the most weight wins.

28

29

Single File

Open your file drawer and identify your least organized folder. Now spend 15 minutes making it your most organized.



VIDEO: PETER AT HOME!

FOR MORE FUN CHALLENGES, VISIT OPRAH.COM/DECLUTTERVIDEO OR SCAN HERE. (NEED A SCANNER? DOWNLOAD A FREE QR READER IN THE APP STORE.)

DE-CLUTTER

for a

CAUSE 2014



Last year *O* and Peter Walsh challenged you to get rid of it for *good*, offering to help one lucky reader throw a town-wide yard sale to benefit a cause of her choice. From among hundreds of worthy proposals, we selected a yard sale organized by Kristi Bates, of Westford, Massachusetts, who wanted to honor her late 10-month-old nephew, Aidan (he died in a drowning accident in 2012), by refurbishing a local playground.

Bates's inspiring event—featured in the November issue of *O*—pulled in more than \$16,000; the playground opened last fall.

This year we're issuing our challenge again! Visit oprah.com/declutterforacause2014 to submit your proposal. We'll feature one reader's yard sale in *O*—and send Peter Walsh to help make it a success!



We're going to enjoy 2,425 lazy mornings together

That's 406 hidden presents, 1,030 "wake-up mom" jumps, and 2,425 "just a bit longer" moments.

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The Life Improvement Store

OUT WITH THE OLD AND IN WITH THE NEW

So, now that you've cleaned up, and cleared out all of your old items, what's next on your agenda? A fresh, new look for your home! The IKEA store makes it easy to give your home a fresh, new look whenever the makeover bug bites. Here are some quick tips to help you get inspired!

ADD SOME FLUFF

It's the soft, fluffy textiles that make a place your own—with a rug in your favorite color or curtains you've sewn yourself. Where getting a new look is as easy as changing your bed linens. All of the things that bring a home to life.



UNDERCOVER OPERATION

For cozy snuggle times at home, our affordable fabric sofas give you years of comfort in lots of styles and colors. With removable covers, you can update and change the look of your sofa. Plus, most of the covers are machine-washable, so no worries about kids' messy fingers.



NO PLACE LIKE HOME

Hang your fondest memories on every wall. Plant an indoor garden to show off your green fingers. Whatever decoration you choose, let your personality lead the way. Because that's how the place you live in becomes the place you call home.

AFFORDABLE SOLUTIONS FOR BETTER LIVING

Before you know it, a new season will be here, and you'll be ready. The IKEA store has everything you need to get your home ready no matter what the season. For more refreshing inspiration, visit IKEA-USA.com or your local IKEA store.



TURN THE PAGE FOR...

a month of Peter Walsh's strategies for your stuff!
PLUS: Enter the De-Clutter for a Cause challenge.

MARCH
2014

Got clutter? Have no fear! O and Peter Walsh are here with a towering stack of tips, tricks, and outside-the-box rules to help you *master the mess* once and for all (page 106)—and if you need a little *load-lightening inspiration*, take it from Oprah, who recently let go of *a lifetime's worth* of possessions in one fell swoop (page 118).... Want to *streamline your skincare routine*? Let us guide you to the best products for today, tomorrow, and the years to come (page 132)....
Get ready to lighten up!...

PROP STYLIST: MOLLY FITZSIMONS/BIG LEO

THE *New Rules* OF *De-Chuttering*



Looking to get organized—and breathe easier—this spring? O's serviceable *and* soulful guide can help you make a plan, follow through, purge what doesn't work, treasure what does, and get started *living*—with less.

PHOTOGRAPHS BY
BURCU AVSAR

Give It Away Now

The passing of two family members taught **Donna Brazile** that when you love something, you should let it go.

→ **IN 2012, I LOST MY FATHER AND MY OLDER SISTER** Sheila within the space of a few months. If you've ever lost a family member, I don't need to describe the wrenching emotions that accompany the death of someone so close or the tears that still come unexpectedly. But one thing nobody tells you about is the *stuff*. As the bossiest of my parents' nine children, I had to oversee everything my dad and Sheila left behind. Months later, I was still picking through my father's military records, his guns dating to the Civil War, his 15 Bibles, and Sheila's art supplies and pawnshop finds. It took every bit of inner strength I had to figure out what to do with these things that had great value for my father and sister, who now weren't around to answer my questions: *Why'd you buy that? Who do you want me to give it to?* The guitars Sheila collected, the family gumbo pot I'd borrowed and then sent back to New Orleans after Katrina wiped out my dad's kitchen, the crucifixes he carved from tree branches—you can't just throw those things away! And so my living room began to resemble a Catholic gift shop, my grief became inescapable, and I sank into a mild depression.

I started thinking about my own basement and closets. I moved to Washington, D.C., at age 21 and have saved almost everything I've accumulated since: racks of clothes I can't fit into (or wouldn't want to); thousands of books (including 18 copies of Shirley Chisholm's *Unbought and Unbossed*); enough spatulas to host a celebrity cook-off, minus the celebrities; and a collection of vinyl, cassette tapes, and eight-tracks—Diana Ross, Barbra Streisand, Nina Simone, Boz Scaggs, the Temptations—that fills an entire room of my house, because apparently when I got into

MORE CLEVER WAYS TO GIVE IT AWAY

My grandmother's Project 296 is named for her Ohio address. She invites one of her children per weekend to help tackle a closet or a section of the basement. (Only one—any more, she says, and they'll stay up late talking and lose focus.) With their help, she's digitized her photos and recipes and made books that tell family stories, like the reason we eat oysters on Thanksgiving. And she's assigned colored Post-it notes to each kid's family, which we can use to claim furniture we'd like to inherit. I've got my eye on the four-poster bed my mom slept in as a girl. —**ABBE WRIGHT**





BUT FIRST, KNOW WHAT IT'S WORTH

In 2007, a ceramic bowl sold for \$3 at a tag sale in New York state. The bowl's new owners then discovered it was a 1,000-year-old relic from China's Northern Song Dynasty; it was snapped up at auction for more than \$2 million. Here's how to determine whether that gilded birdcage bequeathed to you by Uncle Sal has hidden value—before you part with it.

GOOGLE AND EBAY: If an item has no identifying mark, search descriptive words (for example, "green glazed pitcher, grapes on side") to find images or Web sites that could provide key information. Or browse through eBay's Collectibles & Art section for similar items to determine current market value.

GOANTIQUES.COM: If you know the name, designer, or manufacturer of your collectible—and if it's worth something—there's a good chance you'll find an identical or similar one here.

ABEBOOKS.COM: Curious about whether your yellowing copy of *To Kill a Mockingbird* has any value? Type in the title, author, and date of publication, and this site will search thousands of booksellers to find any offering the same or a similar edition. —**NAOMI BARR**

music, *I got into music*. Then there are files from the political campaigns I've worked on: My garage is lousy with Bill Clinton and Al Gore. A year ago, when Joe Lieberman called to ask whether I had his stuff, I said, "Probably, but it's not on top."

I can imagine one of my 17 nieces and nephews walking through my door someday and having no idea where to start. My significant other is an 11-pound Pomeranian; *I'm* the only one who knows what in my house has real value and who will treasure it when I'm gone. So I made a decision: I'm getting rid of it now. I'm 54, in perfect health. But I never want someone else to have to go through my stuff and decide what's important. I want to be the boss while I can.

I started by digitizing my music so I could give it to the New Orleans Public Library, which lost a lot of records during Katrina. I hope some young girl from my old neighborhood will wander in, listen to Ella Fitzgerald like I did, and just shut out the whole world. I'm gifting my diamond studs to my nieces on their 21st birthdays. The music that shakes my soul, the books that have kept me going, my best reserve wines: I want to share them *now*.

This process has been a major undertaking—and an exercise in gratitude. I've seen and experienced so many things, and I want to help others experience them, too. I'm saving memorabilia from my activist days for the new African American history museum in D.C.: a program from the 20th anniversary of the March on Washington, the signatures Rev. Jesse Jackson used to get on the presidential ballot in 1984.

My load already feels lighter. I've unearthed my dining room table and can now welcome guests into my home. The other day I dropped into Macy's and left with just two pairs of stockings. I'm too busy getting rid of things to be interested in accumulating any more.

Considering one's own mortality is a great reminder that today's all we've got. There's nothing wrong with stuff. But I want to spend less time cleaning, organizing, and thinking about mine. I have too many other things still to do.



*You Need
No More Than
33
Items in
Your Closet*

IN 2006, COURTNEY CARVER, then an advertising executive in Salt Lake City, was diagnosed with multiple sclerosis. After learning that stress could worsen her symptoms, she set about ridding her life of things that made her anxious, from her debt to her clutter. Carver had habitually stopped by the mall and also enjoyed shopping online. The result: a closet stuffed with items she barely wore—which made getting dressed time-consuming and overwhelming.

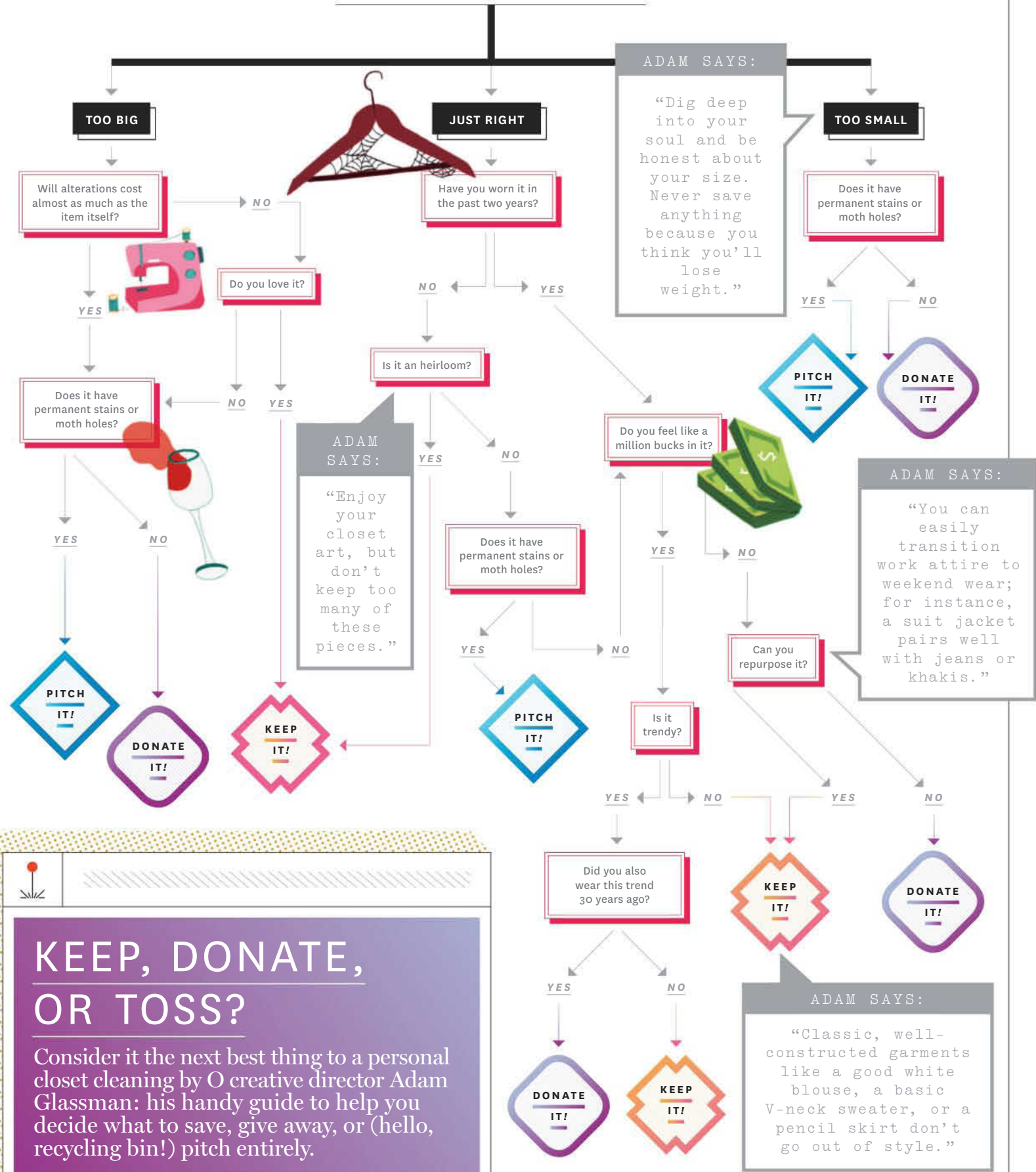
Carver had read that most of us wear only 20 percent of our clothes 80 percent of the time, so she decided to try making do with only 33 items—a number she chose just because it “sounded challenging.” First she selected her sunglasses, purse, and trenchcoat; next, a few staples that were easy to mix and match, including jeans, a black tank, and a gray blazer. Carver wondered whether colleagues would notice her limited wardrobe—but she forged ahead and boxed up the rest of her clothes, planning to rotate them every three months to accommodate the changing seasons. She chronicled her efforts on a blog, Project 333, laying out parameters for those who wanted to try their own experiments: shoes, accessories (even jewelry), and outerwear count toward the 33 items; underwear and exercise clothes do not. (“But those yoga pants have to be going to yoga!” she cautions.)

Carver now says a simpler closet is the gateway to a simpler life. Not only is getting dressed a breeze, but since she sticks to well-fitting basics rather than buying trendy styles, “I get more compliments than ever before.” She has donated much of her excess clothing to charity. In 2011, she quit her day job to focus on her Web site, BeMoreWithLess.com, which offers advice and e-courses to others hoping to pare down. Says Carver, “Not one of my happiest memories is tied to anything I own.” —A.W.

LOUIS ARMOIRE AVAILABLE AT ABC CARPET & HOME. FLOR CARPET DESIGN SQUARES AVAILABLE AT FLOR.COM.

THE O QUIZ

START HERE: HOW DOES IT FIT?



QUIZ ILLUSTRATIONS BY ESME LONSDALE

KEEP, DONATE, OR TOSS?

Consider it the next best thing to a personal closet cleaning by O creative director Adam Glassman: his handy guide to help you decide what to save, give away, or (hello, recycling bin!) pitch entirely.

Don't Be Afraid to Start Over

When **Karla Starr** got divorced, she learned that furniture and high-thread-count sheets are *not* the stuff that makes a life.

GROWING UP, I NEVER HAD MUCH MONEY. But while it was hard, as a kid, to appreciate hand-me-downs, my reflexive frugality eventually allowed me to survive as a freelance writer. Then I married a man who excelled in a technical profession, worked long hours, and reveled in being able to buy things without consulting the price tags. Together we built a life: nice linens, a decent couch. By the time we added the ice cream maker and mid-century modern media unit, all closet space—and breathing room—had disappeared.

Before we could upsize, I left Oregon to spend two months in New York for work. My husband and I had only been married for three years, but the forced separation made us realize we were happier apart. I stayed back East, telling him to keep our stuff. When I returned for my clothes, I was greeted by a few duffel bags and boxes of books. Everything I owned fit snugly into the corner of my mom's home office, where I stashed it temporarily between her printer and aloe plant.

First, I felt panic: I'd taken a liking to sleeping on 600-thread-count sheets, and now I'd regressed to couch surfing, unable to host a proper get-together or show off my good taste in eclectic textiles. But as I contemplated the things I no longer owned, I saw them in a new light. Our high-end stove-top grill reminded

me that my ex refused to try the foods I like. Our gigantic flat-screen TV, purchased to indulge a shared love of film, now signified the hours I spent distracted by the violent blasts of his video games. I hadn't noticed the weight of the disappointments I'd been living with until they were gone, until my failed marriage was no longer staring at me from a bookshelf stuffed with board games and camping gear from our doomed attempts to connect.

My ex assumed that he got the better deal because he didn't have to buy new plates. But I got a lightness both physical and psychological. I now live with two roommates, and my room is mostly empty. To see a blank slate in place of my formerly curated life is at once terrifying and thrilling.

When you have nothing, there are no small additions. A cheap dresser can't hide in a corner when it's the only furniture in the room, so I pause before allowing new things into my life. I want to own objects that comfort me or inspire me to seek adventure: maps of Morocco and Turkey, books by Joan Didion and Susan Sontag, who motivate me to write. Reminders not of who I was, but who I want to be.

Friends act as though I've barely escaped a fire, emerging from the wreckage with only the clothes on my back. I prefer to think of myself as the architect of my own life, purposefully rebuilding from the ground up.



FINISH THE CYCLE:

A PETER WALSH THEORY

Consider your washing machine: You'd never fill it with dirty clothes, let it run for 20 minutes, then turn it off and let the clothes sit for two days. That would create a stinky mess! So it is with our daily routines: Doing things halfway wrecks havoc. That's why it's important to finish each cycle. For example, if you bring a dirty plate into the kitchen, don't leave it on the counter—*put it in the dishwasher!* When you pull on sweatpants after work, don't toss your skirt onto the bed—*hang it in your closet.* If you bring in the mail, don't drop it on the table—*sort it* (recycle any junk; leave bills in a flat tray). Each of these tasks requires about a minute, which is minimal compared with the time you'd waste later looking for that skirt or bill.



THROW A JUNK SWAP PARTY

Jenny Gottstein, cofounder of Score!, which hosts massive public swaps on both coasts ("Redistribute. Reuse. Reinvent."), explains how you can gather your friends and trade a few things you don't want for some you do.

1. Invite guests at least a month in advance. This will give them time to unearth the treasures lurking in their closets and cabinets.
2. Ask everyone to bring clean, working items that just don't fit into their lives, like a never-used breadmaker or an extra yoga mat. You could also request that items fit

- a theme—say, Kitchen Confidential.
3. Display everyone's items on tables. Then take turns claiming one item at a time. After three rounds, turn it into a free-for-all.
4. Ask a couple of friends to help you box up anything remaining for Goodwill. Wine is usually a sufficient bribe. —A.W.



If You're Stalling Out, Try Repeating a *De-Clutter* *Mantra*

“THAT UGLY
SWEATER YOUR
MOTHER GAVE
YOU IS NOT YOUR
MOTHER.”



A few of our favorite
Peter Walsh-isms.

“YOU ONLY
HAVE THE
SPACE
YOU HAVE.”

“FLAT SURFACES
ARE NOT
STORAGE AREAS.”

“WHEN YOU
PUT THINGS INTO
A PILE TO DEAL
WITH ‘LATER,’ YOU
HAVE LOST THE
BATTLE.”

“EVERYTHING IN YOUR HOME
SHOULD REFLECT YOUR VISION FOR
THE LIFE YOU WANT.”



RULE No. 09

IT IS 2014. GET YOUR DIGITAL HOUSE IN ORDER.

Clutter on your computer, smartphone, or tablet is almost as distracting as a mess in your living room. With these services, you can tidy all your devices right up.



DESKTOP

Never again will your cute kitten-themed desktop wallpaper be hidden by unsightly icons. With Fences for Windows (\$10; stardock.com) or Desktop Groups for Mac (\$10; kitestack.com), you can sort icons into organized clusters on your desktop, which can be visible or hidden, so they're easy to find and easier on the eyes.



PHOTOS

The photo management software Picasa (free; picasa.google.com) will scan your hard drive for pictures and help you sort them into albums by date, by place, or even by face. (It also syncs with Google+ for hassle-free sharing and other nifty features, including one that uses algorithms to identify the best shots.)



PASSWORDS

Keep track of your gazillion usernames and passwords with LastPass (free; lastpass.com), which securely stores log-in info for an unlimited number of Web sites. Install the program in your Web browser, set up a master password, and LastPass will remember the sign-in details for your favorite sites. —RACHEL SWABY





FORK IT

“Everyone has a place in their house for forks. If you found a random fork in the bathroom or under the couch, you’d immediately know it didn’t belong there and would return it to its drawer without another thought. Everything in your life should be this easy to put away. If an item occupies no specific location when not in use, it becomes clutter.”

—Productivity consultant Steve McClatchy, author of the new book *Decide: Work Smarter, Reduce Your Stress, and Lead By Example*, who developed a more organized approach to life after growing up in a home with 11 siblings





RULE No. 11

YOU HAVE OUR PERMISSION TO GET RID OF...

- That waffle-cone maker you once hoped would promote family togetherness.
- Children's Tylenol... if your children are in grad school.
- User manuals. Trust us, they're online. And by the way, so are takeout menus.
- Your half-dozen paperweights. (Unless you work directly in front of a wind machine.)
- Stuff you've bought from TV at 3 A.M. It's time to choose: You can have the Perfect Bacon Bowl or the ThighMaster, but not both.
- The ice skates you've had since 1996—unless you're Michelle Kwan.
- All those VHS tapes with every episode of *Thirtysomething*. It's time to admit it: Your VCR is DOA.
- Gravy boat: Why? Fondue pot: Really? Potato masher: Fine. Potato mashers: Uh-uh. (If you are ever in a situation that requires multiple potato mashers, we say make a run for it.)



RULE No. 12

USE WHAT YOU HAVE

Is your fridge crowded with the remnants of recipes past? Here, a few creative solutions for some common leftover ingredients.



CHICKEN STOCK

GLAZED CARROTS In a large skillet, heat 1 tsp. oil over medium heat. Add ½ pound carrots, quartered, and cook until golden, 5 to 7 minutes. Add 1 cup chicken stock and cook, covered, 3 minutes. Stir in 3 Tbsp. orange juice (or 3 Tbsp. lemon juice plus 1 Tbsp. maple syrup or honey) and reduce stock to a glaze, 2 to 3 minutes. Garnish with pecans or fresh parsley.



CELERY

CREAMY POTATO SOUP In a large pot, cover ½ bunch chopped celery, 1 large diced potato, 1 chopped onion, and 2 peeled garlic cloves with 3 cups water. Simmer 15 to 20 minutes, then transfer to a blender with ½ cup low-fat Greek yogurt and 1 tsp. dried tarragon; puree until smooth. Season to taste with salt and pepper.



COCONUT MILK

COCONUT PUDDING In a saucepan over low heat, whisk ¼ cup sugar, 2 Tbsp. cornstarch, and ¼ tsp. salt. Whisk in 1 cup each unsweetened coconut milk and milk and bring to a gentle boil, stirring until texture resembles heavy cream, 1 minute. Remove from heat and stir in ¼ tsp. vanilla extract or a spoonful of peanut butter. Chill and top with sliced fresh mango.



PESTO SAUCE

BREADED CHICKEN In a shallow dish, mix ½ cup pesto with 2 Tbsp. each Dijon mustard and mayonnaise. Coat boneless, skinless chicken breasts with the mixture, then cover with bread crumbs. Bake until cooked through, 15 to 20 minutes.

Recipes by Melissa d'Arabian, host of the Food Network's Ten Dollar Dinners.

RULE No. 13

Life Will Always Be Messy. That's a Good Thing.

Psychiatrist **Melva Green, MD**, coauthor of *Breathing Room: Open Your Heart by Decluttering Your Home*, reveals the truth about the piles of stuff that just keep coming back. (Hint: They can set you free.)

→ **TO CLUTTER IS HUMAN.** We collect stories, experiences, and memories—why not things? It's natural to accumulate, and to believe otherwise is a setup for disappointment and failure.

Almost everything we hold on to—even down to our junk mail and extra pens—symbolizes what's happening in our lives on an emotional and psychological level. Since we are constantly evolving, it makes sense that our possessions are, too. Think about the items you loved years ago that no longer speak to who you are. Maybe you have tons of expensive dishes because you used to love to host big dinner parties—but these days you appreciate a quiet evening with just you and the dog. You don't need those dozen place settings anymore, and that's as it should be. Just because something made you happy in

the past doesn't mean that you have to keep it forever.

When your clutter comes back (and it will), you might be tempted to criticize yourself. Instead, try to remember that de-cluttering is a chance to open up physical and mental space, creating room for possibility. It's something that should happen periodically, because your closets and shelves contain so much more than stuff. They may hold love, joy, and comfort—say, your grandmother's linens. But they also may harbor items that bring you guilt or regret—like the trinket your ex gave you—and it's time to let those things go. As you clean, you can and should be mindful of every item you give up and what it once did for you. Engage with your things. And as your pile grows, dig in and appreciate it. It means you're growing, too. **Q**

Everything Must Go!

Last fall, when Oprah auctioned off hundreds of her belongings (armoires, electric bikes, olive green velvet sofas...), she discovered what our possessions really say about us—and how liberating it can be to set them free.

Portrait by LORENZO AGIUS

Photo Reportage by LUCA TROVATO



October 29, 2013: Crates are being opened, knickknacks are being unwrapped, and paintings are being hung—all in preparation for a major purge party. Ready or not, the auction is happening in just four days.

THE DAY WAS GOING TO GET VERY BUSY VERY FAST. I HAD SOME CHAI

and some quiet and a walk with the dogs, but I can't say I was convinced that caffeine and puppy love would be enough to see me through this one. So I curled up on my sofa, took a deep breath, and let my eyes rest on a painting that I'd fallen in love with a while back at a gallery on Michigan Avenue. I admired how the chandelier cast crystal teardrop shadows that ricocheted across the walls, I glanced over at the beautiful desk I'd picked out for Stedman, and I ran my fingertip around the rim of a pretty little bowl on the antique end table I'd spotted in London a couple of years ago. There's a lot to be said for getting lost in a few good memories, soaking in the familiar—spending the morning





Would it be wrong to bid on my own rug?

hanging out at home. There was just one tiny problem: I was not at home. I was, in fact, several miles from home at the Santa Barbara Polo & Racquet Club, having a moment in one of three enormous tents filled with the things that, for better or for worse, tell the story of my life. I was attempting to get my mind around the idea that in a day or two, the chairs from my Harpo office circa 1996, the Victorian French brass bed from my place in Telluride, the green velvet sofas from my screening room, the cream and mustard rug from Gayle's room, the Staffordshire lions from the dining room, the wrought-iron and bronze balustrade from the staircase, the armoire from the den, the white-slipcovered George Smith chaise longue from the bathroom, the ottomans, the benches, the dressers, the coffee tables, the sideboards, the bureaus, the lamps, the sconces, the mirrors, the artwork, the cabinets, the trunks, the candlesticks, the andirons, the presents, the tchotchkes, the souvenirs, the stuff I thought I had to have, the stuff I swore I'd always treasure, the stuff I'd liked and loved and cherished would all be going, going, gone.

Auctioning off these pieces would be a fantastic opportunity to raise hundreds of thousands of dollars to further the education of all the graduates of my Leadership Academy for Girls in South Africa. It would also be a chance to pare away the things that no longer go with my life. Those pine library stairs over there? Well, I bought them in 1988 because I liked them in theory, but the truth is, I never really had a library big enough, so they've been sitting in storage for more than 20 years. That basket? Believe it or not, I used to keep my financial papers in it—the smallest home office on the face of the earth! The French Empire chaise with gold-leaf, melon-shaped feet; the 19th-century tole-decorated washstand; the set of six 18th-century Louis XVI à la reine Jean-Baptiste Lelarge armchairs with hand-embroidered upholstery—all of this was purchased a million somebody else's ago. What can I say? They seemed like a good idea at the time—and times change.

When you're just coming into your own, nobody ever teaches you how to ask for less. But over the years, you begin to make distinctions;



They say there's no place like home, but this tent filled to the rafters with so many of my possessions does make me wonder.

▼ Why use a vault when you can store every vital financial document you own in a basket? Somewhere my accountant is shrieking!



This 19th-century French chandelier (attributed to Baccarat) is as tall as creative director Adam Glassman.



▲ You need a lot of space and imagination for these two sofas. I watched some great movies on them when they were in my screening room.

This Victorian brass bed was made for napping.

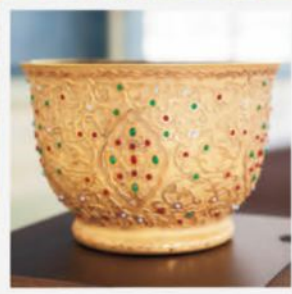


▲ I love dolls because I wasn't allowed to have one growing up—but even if I had been, finding a black one would have been nearly impossible. So this Jumeau baby from the 1800s was a rare discovery. In the end, Gayle persuaded me not to part with her.

▼ These pieces from my staircase took two years to make. The people who crafted them also did my front gate and fireplace screen. They're works of art, but now they feel too grand for the way I want to live.



Aren't these library steps fantastic? They deserve to be surrounded by great literature, not stuck in a storage warehouse.

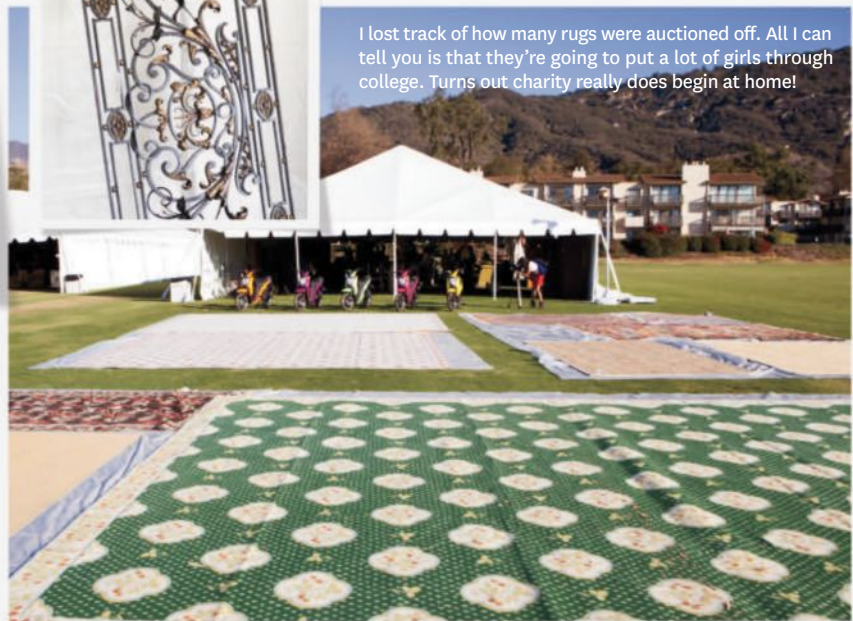


▲ This bowl, made of glass, enamel, and semiprecious stones, is very regal. It's just not very me anymore.

◀ I don't have pictures of my ancestors, so I put up mirrors. This 18th-century French trumeau mirror has a canvas panel with a hunting scene painted on it. Very to the manor born...



I lost track of how many rugs were auctioned off. All I can tell you is that they're going to put a lot of girls through college. Turns out charity really does begin at home!



▼ I signed this original canvas banner for *The Color Purple*, hoping it would bring the person who bought it as much joy as the experience of making the movie brought me.



▲ I was a reluctant auctioneer at first, but I wound up having a blast!



▲ I guess I went through a major armoire phase. This one is faux bamboo.



Sold to the lady in green! She bought the *Color Purple* banner, and guess what: She's giving it to her mom!

you start to focus on what's important, and you start to release what's superfluous. You realize that a single piece of art that really speaks to you can be far more powerful than a wall filled with "important" works, that a meal eaten with feet up and pajamas on is usually a lot more pleasurable than any fancy-shmancy food at a black-tie gala, that good conversation with an old friend beats just about everything—that less actually is so much more.

In a perfect world I would end on that note. But here in the real world, I'll admit that I did feel a midlevel anxiety attack coming on

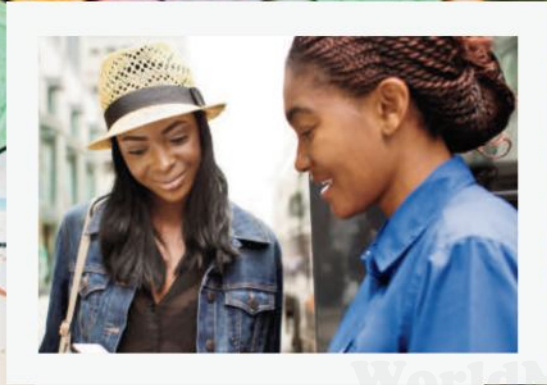
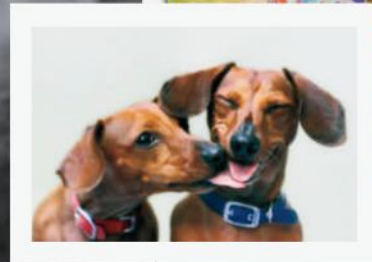
as I paced up and down the lush lawn of the polo grounds, saying my goodbyes. For just a split second, I considered bidding on my own folk-art needlepoint rug with the lovely leaf design, but knowing what you need is more than knowing what you want. And what I need is dogs and books, light and space. Instead of feeling walled in by stuff, I want to feel surrounded by calm. As for all those gifts given by all those people? Well, I took a deep breath and opted to hang on to the generosity of the gesture. But I was finally ready to let somebody else enjoy all my stuff. 📺

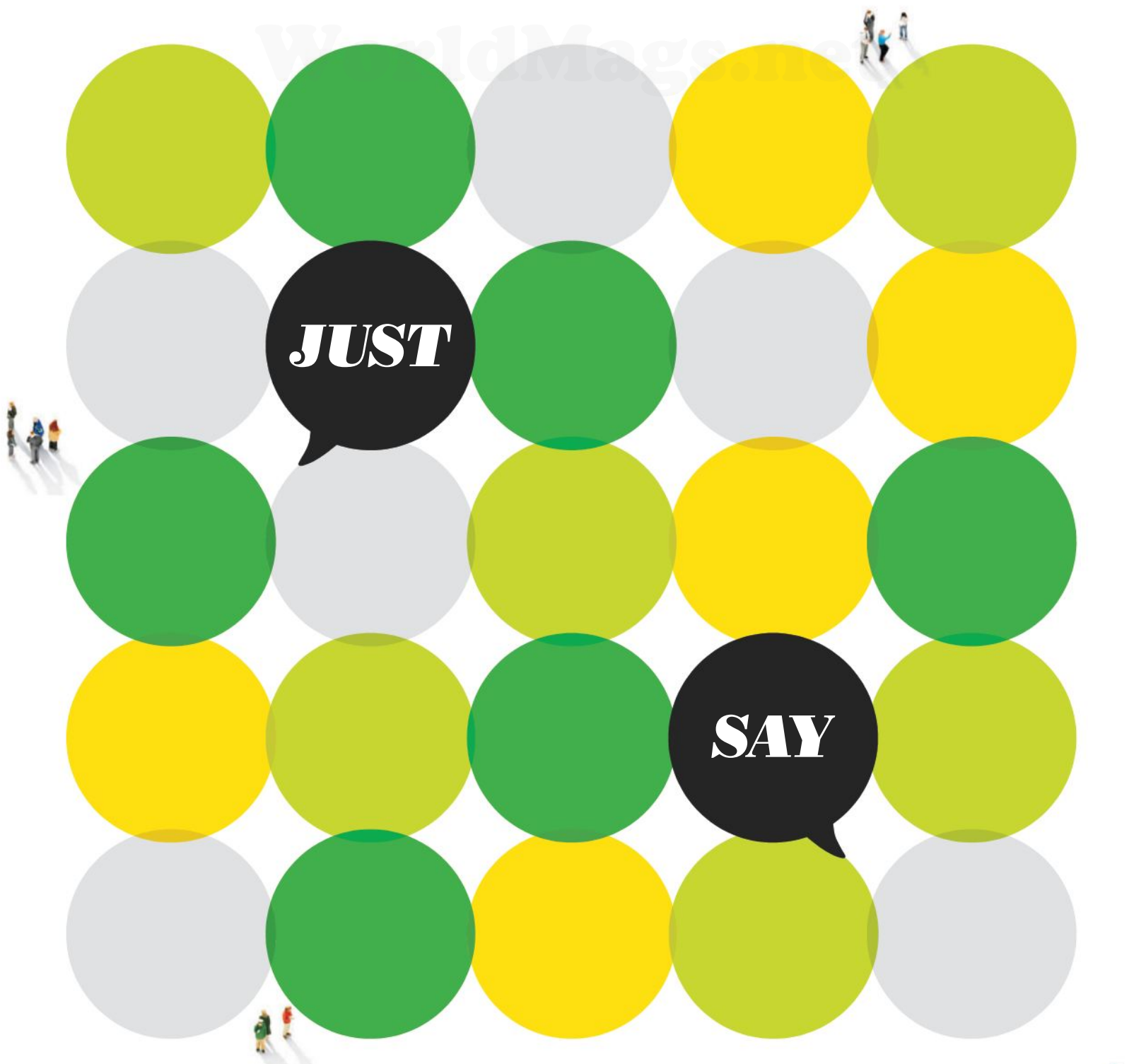


SOLD! For exclusive behind-the-scenes video from Oprah's auction, download the O iPad app from the iTunes Store.



These electric bikes made my Favorite Things list in 2012. But when they didn't have enough horsepower to get up the hill at my place in Hawaii, they were unfavorited in a hurry. If you live in the flatlands, they're terrific.





HELLO

It's a simple greeting, but its power is profound: Science reveals that social interaction can help us live healthier, happier, and longer lives. Yet too many of us are missing out on chances for connection. **Sanjay Gupta, MD**, reports on an epidemic quietly sweeping society—and why we should all...





...speak up!

HER LONELINESS was worst at night. As soon as her head hit the pillow and darkness surrounded her, she'd be engulfed in a longing she couldn't shake. Morning wasn't much better: another day, another forced smile as she tried to mask the emptiness she felt inside.

Over the past year as I've investigated the human impact of loneliness, the stories I've uncovered have stopped me cold. In part because I never expected to hear them from the people in front of me, people with no outward hint of a problem. But mostly because the descriptions of their sense of isolation were so heartbreaking: *"It's unceasing, toxic, brutal."* *"I feel invisible."* *"It's*

like living with a hole smack in the center of your chest—a hollow feeling." *"My loneliness magnifies every pain in my body."*

According to estimates by University of Chicago psychology professor John T. Cacioppo, PhD, coauthor of *Loneliness: Human Nature and the Need for Social Connection*, at any given time at least one in five people, or roughly 60 million Americans, suffers from loneliness. By this I mean both the acute bouts of melancholy we all feel from time to time, as well as a chronic lack of intimacy—a yearning for someone to truly *know* you, *get* you, *see* you—that can leave people feeling seriously unmoored.

As researchers have discovered, loneliness is hardly just a social issue; its physical impacts are among the most profound in modern medicine. Air pollution, obesity, and excessive alcohol use have been found to increase a person's mortality risk by 6, 23, and 37 percent, respectively. Loneliness may increase your risk by a shocking *45 percent*. And it's not just the body that suffers: A study published in 2012 found that older lonely people are 64 percent more likely to develop dementia than their more connected counterparts are.

How can your social life have such a dramatic impact on your health? The oft-repeated theory is that friends encourage

us to take care of ourselves and they step in when we're not feeling well; however, research shows that the dynamic may play out on a deeper level: Cacioppo was part of a team that discovered loneliness may actually alter genetic activity in the body. In people who felt as though they had few social connections, the researchers found that certain genes linked to inflammation were overexpressed, while other genes involved in antiviral responses were suppressed. Being lonely, it turns out, can literally make you sick.

But what has captured my attention in particular is the literal pain of loneliness. A remarkable study led by Naomi Eisenberger, PhD, an associate professor of social psychology at UCLA, found that being excluded—which can push you to the social perimeter and, as a result, cause feelings of loneliness—triggered activity in some of the same regions of the brain that register physical pain. From an evolutionary perspective, this makes sense; our prehistoric ancestors relied on social groups not just for companionship, but for survival. Staying close to the tribe brought access to shelter, food, and protection. Separation from the

group, on the other hand, meant danger. Today when we feel left out, our bodies may sense a threat to survival, and some of the same pain signals that would engage if we were in real physical danger are flipped on. In the chronically lonely, levels of the stress hormone cortisol shoot up higher in the morning than in more socially connected people and never fully subside at night. As a result, a person can be left feeling fatigued, edgy, and irritable.

Yet for all we're learning about how much harm isolation can cause, we seem to be growing more detached. According to data from the General Social Survey, people reported having one fewer close friend in 2004—down from three friends to two—than those asked the same question in 1985. And nearly 20 percent of people said they had only one confidant with whom they felt comfortable sharing important matters.

What's changed? "No one picks up the phone anymore," says Frances Reimers, a 34-year-old marketing executive in Alexandria, Virginia. "Sure, I have friends who like or comment on something I've posted on social media, but that's not really friendship." Indeed, while social media has

given us more ways to communicate, many experts believe it may also leave us more alienated. It's the deteriorating quality of our relationships that concerns researchers like Harry Reis, PhD, a professor of psychology at the University of Rochester. "We need to interact with other people on a fairly deep level, and that's what many of us are missing," says Reis. Are texting, tweeting, posting, and liking solely to blame? Of course not, but for those who tend to hide behind screens instead of going out and socializing, online networks provide an illusion of interaction that is a poor substitute for real connection.

It also doesn't help that as a society, we continue to wall ourselves off from family and friends largely by choice. "I live far from my family, but I don't complain about how isolating that feels, because I've told myself it's just part of being independent," says Tiffany Congilosi, 25, whose husband is in the military. In fact, these days living alone or separated from our extended families is seen as a marker of maturity and financial success. When we do find ourselves surrounded by others, we often look for ways to keep our

LEVELS OF LONELINESS

In the late 1970s, researchers at UCLA created a Loneliness Scale, which is now the most widely used measure of a person's relative degree of isolation. With the help of one of the scale's original creators, we've ranked situations that can leave you feeling disconnected.



When does ordinary loneliness become something more serious?



There's no set length of time marking the transition from acute to chronic loneliness. What matters is how you deal with your feelings. "Blaming yourself impairs your ability to find satisfaction in any relationship," says Hawkley. "You may get used to isolation, which in turn makes it harder to engage socially and pushes you even more to the periphery." This can cause some to lose trust in everything and everyone around them. And at its extreme, and in very rare instances, there's a danger to this kind of loneliness: "I witnessed this while covering the shooting of Congresswoman Gabrielle Giffords and 18 others in Arizona, the massacre in Aurora, and the horror in Newtown," says Gupta. "Experts almost always described the shooters as 'loners' or 'isolated.' While these tragedies brought up many complex issues, including gun control, loneliness is one factor we can address." While most people who suffer from loneliness will never turn violent, it's not a condition we can afford to ignore, says psychiatrist Jacqueline Olds, MD. "Once we acknowledge loneliness—without making a person feel ashamed—we can conquer it." —EMMA HAAK

PREVIOUS SPREAD: FROM TOP, LEFT TO RIGHT: RICHARD FOULSER/TRUNK ARCHIVE, JACK HOLLINGSWORTH/BLEND IMAGES/CORBIS, MIKE THEISS/NATIONAL GEOGRAPHIC CREATIVE, NICOLE FRANZEN/OFFSET, CHRIS CRAYNER/TRUNK ARCHIVE, MAJIS & DAX/AUGUST, CHRIS GRAYNER/TRUNK ARCHIVE, SETH CASTELL/TANDEMSTOCK, FRAME: PLAINPICTURE (2), SARAH BRIDGEMAN/OFFSET, MASKOT/OFFSET, ASCOLGAN PHOTOGRAPHY, FLICKR OPEN/GETTY IMAGES, CULTURA/ALAMY, CAVAN IMAGES/OFFSET, CHRIS CRAYNER/TRUNK ARCHIVE, ICONS: MIKEY BURTON.



distance: In one Pew poll, 13 percent of cell phone owners admitted to pretending to use their phones to avoid interacting with those around them. And with the rise in automation—self-checkout kiosks, online banking, Siri—it’s now easier to avoid communicating with whole swaths of people in ways we simply couldn’t have imagined only a few generations ago. A certain solitariness has gradually become the norm. “I know there are people who love me, but it seems as though no one really wants to take time to reach out to talk and just be together anymore,” says Kim Wood, 53, who spends her days caring for her elderly mother.

Despite how common loneliness is, it seems destined to be one of the last great emotional taboos. “I see patients who say they’re depressed, but when they explain

what’s really bothering them, in many cases they’re not depressed at all,” says psychiatrist Richard Schwartz, MD, co-author of *The Lonely American: Drifting Apart in the Twenty-First Century*. “They’re lonely, but haven’t labeled it that way. We’ve destigmatized depression to a point where people are more comfortable saying ‘I’m depressed’ than ‘I’m lonely.’” It’s as if “lonely” were synonymous with “loser.” “My girlfriends asked why on earth I would admit in a national magazine to being lonely,” Reimers says. “But it’s important to be honest. Generally, my life is A-plus, but 15 percent of the time it’s not, and I need a little help. It’s not always easy to articulate to friends that you need them to step up.”

To be sure, there’s nothing loserish or even unique about feeling lonely. But ex-

perts warned me that it’s impossible to paint a portrait of a lonely person with broad strokes. Loneliness doesn’t discriminate—it can affect the single and the attached, the city dweller and the suburbanite. And what’s missing can be different for everyone. For Rebecca Staples, a 46-year-old single mother of three, it’s the lack of a romantic partner and a sense of fulfillment that brings on overwhelming emptiness each night. Emily White, on the other hand, says her feelings of isolation first stemmed from not having a like-minded community when she was in law school. “I didn’t share the goals of the people around me, so it was hard to fit in,” says White, who chronicled her experience in *Lonely: Learning to Live with Solitude*. “I knew I didn’t want to practice law, but I stuck it out for a few years. There’s this notion that someone success-

YOU HAD ME AT...

A LOOK BACK AT SOME OF HISTORY’S MOST MOMENTOUS HELLOS.

1525

King Henry VIII bids his wife’s lady-in-waiting, Anne Boleyn, a saucy good morrow. Union results in Church of England, Elizabeth I.

1851

Susan B. Anthony encounters Elizabeth Cady Stanton on upstate New York street; “pleased to meet you” turns into 50-year feminist crusade.

1918

Tender is the night F. Scott Fitzgerald says hello to Zelda Sayre, his future mad muse, at an Alabama dance.

1954

Ella Fitzgerald meets Marilyn Monroe at L.A. jazz show. The next year, Marilyn sits front row when Ella sings at the Mocambo nightclub.

1957

John Lennon plays church gig; between sets Paul McCartney teaches him to tune his guitar. Pair forms foursome you may have heard of.



ful or attractive can't be lonely. But it's not your looks that matter. If you feel like no one sees you for who you really are, you're going to feel alone."

At the heart of all of this is a basic need to be acknowledged. In fact, a Purdue University study found that people who made eye contact with strangers reported feeling less disconnected than those who felt as if people looked right through them. Reaching out, even in the smallest ways, can inch us closer to more meaningful relationships, which research shows can prevent much of the damage social isolation causes. People with larger social networks are less likely to get sick, and their memories are sharper. Social support can even reduce physical pain. In a study co-authored by Eisenberger, when women in long-term romantic relationships were asked to rate the pain from heat applied to their arms, they reported lower levels of discomfort when looking at pictures of their partners.

Perhaps most shockingly, research has found that friends may be an essential key to longevity: Over a given period, people who have strong ties to family, friends, or coworkers have a 50 percent greater chance of outliving those with fewer social connections. If our relationships can have such an effect on our overall health, why don't we prioritize spending time with the people around us as much as we do exercising and eating right? We may assume everyone else is either too uninterested or busy for conversation, but what if, as a society, we began to challenge that assumption? What if we made the first move, setting off the potential for a deeper connection? All it takes is a willingness to reach out. And it begins with a simple hello.



Strength in Numbers

HOW FRIENDS KEEP YOU HEALTHY.

FEWER COLDS

A study in *The Journal of the American Medical Association* found that after healthy people were given nasal drops containing a strain of cold virus, those with six or more types of social ties (including friends, coworkers, and fellow volunteers) were four times less likely to get sick than those with only one to three types of social relationships.

LOWER BLOOD PRESSURE

Researchers have found that people with hypertension who feel they can open up to friends are about a third less likely to have their condition go uncontrolled. In another study that tracked people for four years, those who were the least lonely could expect their blood pressure to be 14.4 points lower than that of those who were the most isolated.

LESS STRESS

When researchers from University College London measured cortisol levels (one marker of chronic stress) in individuals 30 minutes after the subjects woke up, they found that the loneliest people had levels 21 percent higher than the most socially connected.

BETTER SLEEP

In a small study in *Psychological Science*, researchers monitored college students' sleep patterns and found that those who reported feeling more connected to their peers fell asleep 14 minutes faster and spent 17 fewer minutes awake during the night than their more solitary counterparts did.

IMPROVED COGNITION

Socializing can give your mind a workout: According to one study, the more frequently people interacted with others, the higher they scored on cognitive tests. Plus, research in the *American Journal of Public Health* found that among older women, those who had daily contact with friends saw their risk of developing dementia reduced by 43 percent compared with those who had contact less than once a week. This may be because social interaction helps form new synaptic connections, staving off cognitive decline.

TOP: FROM LEFT: JODIE GRIGGS/FICKR OPEN/GETTY IMAGES, KIM MYERS/ROBERTSON/TRUNK ARCHIVE, MATELLA/CULTURA/GETTY IMAGES, MASKOT/ALAMY, KLAUS VEDEL/GETTY IMAGES, SAM EDWARDS/GETTY IMAGES, STEPHEN STAL PHOTOGRAPHY/ALAMY, MAGGIE HALLAHAN, "YOU HAD ME AT..." FROM LEFT: GETTY IMAGES (3), BETTMANN/CORBIS, GETTY IMAGES (3), COURTESY OF GAYLE KING, GETTY IMAGES (3).

BY ARIANNA DAVIS AND ZOE DONALDSON

1963

Ben Cohen and Jerry Greenfield bond over athletic ineptitude in junior high gym, go on to create treats universally preferred to exercise.

1971

Tech-geek undergrad Steve Wozniak hears about teen named Steve Jobs. Steve meets Steve; now we have iPhones.

1976

Oprah Winfrey and Gayle King work at Baltimore's WJZ-TV. Snowstorm hits; sleepover is suggested; ultimate BFF-ship forms.

1991

RNC chief of staff Mary Matalin eyes Dem consultant James Carville. Ensuing wooing proves love conquers all...party affiliations, that is.

2009

Greetings from more than 25,000 people are beamed to planet Gliese 581d as part of Hello from Earth initiative. Saying hi no longer just for earthlings!





HELLO



WHO HAVE YOU SAID

We've partnered with Skype to combat loneliness and encourage more face-to-face interaction. Join our mission to reach out and connect. It's easy. It's free. And it can change someone's life—even yours.

Say hello!

Wherever you are at this very moment, find someone to connect with. Maybe it's the person sitting next to you on the bus, the coworker in the office a few feet away, or a neighbor just down the street. Whoever it is, we want you to start a conversation today.

Share a virtual hello.

Though you can't always be close to the people you need to reach out to most, using Skype can help keep your connections strong. "It's easy to chat on the phone, but nothing beats being able to see another person's face," says Amy Rosenstein. She uses Skype to stay connected with a friend of nearly 30 years who relocated to Hong Kong in 2009. "We'll have coffee 'together' during some of our calls—it's almost like we're sitting at the same table. The distance between us immediately fades away."

Send your story of connection to us.

Tell us about a hello you gave or received by posting to Twitter, Facebook, Instagram, or Vine using the hashtag **#justsayhello**—or send us a Skype video message. Visit oprah.com/justsayhello to learn more.



**USE
SOCIAL
MEDIA
FOR
GOOD**

We all know that social media can leave us feeling detached, but experts agree that the online world doesn't have to isolate us—if we use it the right way. In fact, the average user of a social-networking site has more close ties and is half as likely to be socially isolated as the average American, according to a Pew poll. "Speaking face-to-face is always best, but online is better than nothing," says University of Chicago psychology professor John T. Cacioppo, PhD. "When you use social media as a way to promote richer interactions in the real world, that's a very good thing." The bottom line: It's okay to start the conversation online—as long as you don't let it end there.



SETH
ROGEN



KATE
UPTON



KERRY
WASHINGTON



RICO
RODRIGUEZ



KELLY
RIPA



MICHAEL
STRAHAN



Join the celebs who've joined
our campaign. See the video at
oprah.com/justsayhello.

HELLO TO TODAY?

GET TALKING!

The opportunities for connection
are endless. Let these conversation
starters inspire you.

*Your barista knows
your name and
milk percentage
by heart. Now
ask him what he
likes to drink.*

*A little humor for
the ride up: What
did one elevator say
to the other? "I think
I'm coming down
with something."*

*Switch up your
dog-walking route
and encounter new
leash luggers.*

*Just once, skip the
E-ZPass lane and
toss a smile at the
tollbooth operator.
It gets lonely
out there!*

*Skype with a long-
distance relative
and show off your
new apartment,
new haircut,
new anything.*

*Volunteer at a
senior center. It's a
great way to make
friends—and a
smart way to hone
bingo strategy.*

*See a fellow
treadmiller with
the same snazzy
neon sneakers?
Chat her up during
cooldown.*

*Expand beyond
your office pals
and connect with
that one coworker
you don't know a
thing about.*

*Supermarket
price check taking
forever? Kill time
by trading recipes
with the nice lady
behind you.*

*Allow neither rain
nor sleet nor snow
to keep you from
saying a quick
hello to your mail
carrier.*

*About to send a
text? Delete it.
Dial. Speak. Be
delighted by the
sound of another
human voice!*

*The Nordstrom
salesclerk asks,
"May I help you?"
Even if you're
just browsing, take
her up on it.*

*At your next pedi,
dive feetfirst into
conversation
with the woman
dutifully caressing
your toes.*

*Time to settle in
for an eight-hour
flight—and share
your Biscoff
cookies with your
seatmate in 28D.*

WELL DONE!

Now challenge yourself to say even more hellos tomorrow.

CELEBS FROM LEFT: ALBERTO E. RODRIGUEZ/GETTY IMAGES; MICHAEL N. RODRIGUEZ/GETTY IMAGES; FOX VIA GETTY IMAGES; ALLEN BUCHHEIT/GETTY IMAGES; JEFFREY MAYER/GETTY IMAGES; JEFFREY MAYER/GETTY IMAGES; PHOTOBANK/GETTY IMAGES; J. CARTER RINALDI/FILMMAGIC/GETTY IMAGES; ICONS: MIKEY BURTON.



PORTRAITS BY
*ALEXANDRE
WEINBERGER*

STILL LIFES BY
ADAM VOORHES

If you're overwhelmed by the seemingly infinite array of lotions and potions out there—and the added wrinkle that your best choices change as you age—you've come to the right place. With advice from leading dermatologists, we've created a core regimen for each decade, so you can enjoy complexion perfection (and a streamlined routine) your whole life long.

Essentials

PROP STYLIST: ROBIN FINLAY

20s

Now is the time to develop good habits to preserve your youthful glow, says Jennifer Linder, MD, assistant clinical professor of dermatology at the University of California, San Francisco. The one guaranteed to shore up your chances of gorgeous skin in the decades to come? You guessed it: applying sunscreen religiously. You might be noticing dryness for the first time, so a moisturizer is essential. If you're one of the many 20-something women who suffer from acne, you may see that it's shifted from the forehead and midface to the jawline, which means it's hormone related. The breakout treatments you've been using may now be too aggressive; it's time to switch to a less drying routine.

YOUR FACE BASICS

CLEANSER It's best to wash your face twice a day, but if you can manage only once, do it in the evening: Never sleep in your makeup, says Linder. Does your skin feel squeaky-clean after cleansing? Then you're stripping it of necessary natural oils, and it will eventually feel dry, tight, and itchy. Use a nonsoap face wash. For oily complexions, one with salicylic acid or benzoyl peroxide is a good choice. For combination or dry skin, try a creamy cleanser.

MOISTURIZER Look for one with broad-spectrum (UVA/UVB) protection and SPF 30. Linder recommends a moisturizer with titanium dioxide or zinc oxide. To ensure that you remember to use it, keep the bottle near your toothpaste; apply it all over your face, neck, décolleté, and—whenever they're exposed—the tops of your ears.

NIGHTTIME TREATMENT Peptides (strings of amino acids) may have a role in preventing fine lines and wrinkles, so try a peptide serum with hydrating ingredients like hyaluronic acid. If you have acne or are already seeing signs of sun damage like sunspots (hyperpigmentation), use a prescription retinoid lotion or cream or a product containing retinol, the over-the-counter version.



THE ESSENTIALS



Soap-free creamy cleanser: Garnier Clean+ Smoothing Cream Cleanser



Salicylic acid cleanser: Clearasil Daily Clear Refreshing Superfruit Wash



Serum: Caudalie Vinexpert Firming Serum



Moisturizer: Perricone MD Photo Plasma Broad Spectrum SPF 30



Retinol product: Vichy LiftActiv Retinol HA Advanced Concentrate



Acne spot treatment: Clinique Acne Solutions Clinical Clearing Gel



30s

If you've been diligent with sunscreen, you most likely haven't seen a radical change in your skin since your 20s. But this is the decade when your complexion may start to look dull because of slower cell turnover, so regular exfoliation should be your top priority, says Ellen Marmur, MD, associate clinical professor of dermatology at Mount Sinai Medical Center in New York City. Sun worshipers will see an increase in fine lines and damage like dark spots and loss of elasticity—but it's never too late to get with the (sun protection) program. This is also the decade when you may begin to notice crow's-feet, dark circles, and sagging of the lower eyelids, says Doris J. Day, MD, clinical associate professor of dermatology at NYU Langone Medical Center.

YOUR FACE BASICS

CLEANSER You want to continue to protect your skin's natural barrier, so use a gentle face wash in the morning and evening, says Marmur. To make dull skin more luminous, try a cleanser with hydroxy acids, which increase cell renewal; you can also use a mild scrub several times a week or a cleansing brush.

SERUM AND MOISTURIZER Keep it up with the broad-spectrum SPF 30 hydrator; for an extra boost of protection from environmental aggressors like pollution and UVA/UVB rays, layer a vitamin C serum underneath. (It can also help with hyperpigmentation, says Linder.) Look for one containing at least 15 to 20 percent L-ascorbic acid, the most effective form of the vitamin. A facial oil is a good way to moisturize and add back your glow, says Marmur. It has some light-reflective qualities and drenches the skin, plumping it and temporarily diminishing fine lines. Just don't forget to add sunscreen.

NIGHTTIME TREATMENT Your focus should be on repairing the thin skin around the eye area. Choose an undereye cream with niacinamide (anti-redness), caffeine (anti-inflammatory), or retinol (collagen building), says Day. For the rest of your face, a prescription retinoid or a retinol night cream is your best bet for preventing wrinkles.

THE ESSENTIALS



Cleanser:
SkinMedica AHA/
BHA Exfoliating
Cleanser



Serum:
SkinCeuticals
C E Ferulic



Moisturizer:
Fresh Seaberry
Moisturizing
Face Oil



Sunscreen:
Dermalogica
Super Sensitive
Shield SPF 30



Undereye cream:
Lancôme
Absolue Yeux



Retinol night cream: RoC Retinol
Correxion Sensitive
Night Cream

40s

In this decade, dark-skinned women are usually just beginning to see fine lines, wrinkles, and other age-related issues like loss of volume, says Brooke Jackson, MD, associate professor of dermatology at the University of North Carolina at Chapel Hill. In fair-skinned women, sun damage continues to show up as splotchiness and hyperpigmentation. And many 40-somethings contend with hormone-related problems such as acne and perimenopausal dryness.

YOUR FACE BASICS

CLEANSER Use a milky or creamy cleanser morning and night. As long as it's gentle, any cleanser is fine, although if you're plagued by occasional pimples, try a face wash with salicylic acid.

SERUM AND MOISTURIZER To repair and protect, look for a serum rich in antioxidants, like vitamin C or E, or epidermal growth factors to help stimulate collagen production, says Jackson. (If you've become particularly concerned about your eye area, give your eye cream an extra boost with a specialized serum containing the same ingredients.) Over that, layer a broad-spectrum UVA/UVB SPF 30 moisturizer.

NIGHTTIME TREATMENT It's worth it to spend a bit more on your bedtime regimen, says Jackson. Regular use of a prescription retinoid is like making a deposit in your 401(k): Retinoids boost reserves of collagen and elastin, preventing future sagging. Not only are they antiaging, they also reduce acne, a bonus for women still suffering through breakouts.



THE ESSENTIALS



Cream cleanser:
Nourish Organic
Moisturizing Cream
Face Cleanser



**Salicylic acid
cleanser:** Olay
Regenerist
Regenerating
Cream Cleanser



Facial Serum:
PCA Skin Total
Strength Serum



Eye serum:
Philosophy Time in
a Bottle for Eyes



Moisturizer:
L'Oréal Paris
Revitalift Triple
Power SPF 30
Day Lotion



Retinol cream:
Dr. Dennis Gross
Ferulic + Retinol
Fibroblast Anti-
Aging Moisturizer



50s+

It's true at every age, but especially important now: Being beautiful comes from feeling happy and taking good care of yourself. So if you haven't made that your primary goal, do it today, says Cheryl Karcher, MD, associate clinical professor of dermatology at NYU Langone Medical Center. In your 50s, you really appreciate the benefits of having made wise lifestyle choices, which are more important than genetics in influencing the rate at which you age, says Darrick Antell, MD, assistant clinical professor of surgery at Columbia University. In his studies of twins, he found that not smoking, avoiding excess sun exposure, and managing stress can have a major impact. You may be noticing thinner skin and sagging. Bone loss around the jaw can lead to jowls; fat loss can create a sunken look. Lines and wrinkles deepen, and hyperpigmentation increases. You may also notice that your skin is dry and flaky.

YOUR FACE BASICS

CLEANSER You want to protect your skin barrier, because the drier your skin, the more susceptible it is to damage, says Karcher. Wash daily with a creamy moisturizing cleanser for sensitive skin.

SERUM AND MOISTURIZER Start with a serum containing antioxidants like vitamin C or E, resveratrol, or green tea. Over that, layer your moisturizer and a broad-spectrum sunscreen with an SPF of at least 30. Redness due to rosacea can be minimized with Mirvaso, a new gel that decreases swelling of blood vessels. Hyperpigmentation can be reduced with creams containing 2 percent hydroquinone, phytophenol, or kojic acid.

NIGHTTIME TREATMENT It's simple: Moisturize and repair. You need a rich night cream with peptides, a hydrating prescription retinoid, or retinol cream or lotion. If the retinoid causes dryness, mix it with a moisturizer or a night cream, or use it only three times a week. You can apply retinoid cream up to your lower eyelids. Be sure to use the night cream on your neck and the retinoid on your chest and the backs of your hands.

For details see Shop Guide.

FASHION EDITOR: JENNY CAPITAIN. HAIR: DOMINGO QUINTERO FOR SERGE NORMANT AT JOHN FRIEDA. MAKEUP: CLAUDE MANGU FOR SERGE NORMANT COLLECTION AT RAY BROWN. STYLING: JESSICA WELLS FOR SERGE NORMANT. MANICURE: JULIE REPPES FOR LORIST. BEAUTY PRODUCTS: COURTESY OF COMPANIES. KANDALEC FOR CHANEL BEAUTÉ.

THE ESSENTIALS



Cleanser:
Yes to Carrots
Daily Cream
Facial Cleanser



Serum: Shiseido
White Lucent
Total Brightening
Serum



Moisturizer:
Algenist
Genius cream



Sunscreen:
La Roche-Posay
Anthelios 60
Ultra Light
Sunscreen Fluid



Hydroquinone cream:
Glytone Clarifying Skin
Bleaching Fading Lotion



Night cream:
Obagi Hydrate Luxe



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WHAT WILL YOU

gain

WHEN YOU LOSE?™





Let's Eat!

HAVE A SPICE DAY

Want an easy way to ramp up flavor? **SUNNY ANDERSON** recommends seasoning blends that pack a punch.

Sometimes taking the easy way out isn't just smart, it's tasty. I could spend hours laboring over decent homemade puff pastry, or I could buy a perfectly made boxed version in seconds flat. To me, the choice is clear. As a shortcut connoisseur, I'm also partial to bagged coleslaw, packages of cubed butternut squash—and spice blends, which bring big flavor with minimal effort.

My goal in the kitchen is to create something that's both familiar and a bit surprising, and spice mixes make it easy to pile on deliciousness without filling your cabinets with a hundred jars. I add pumpkin pie spice (a mix of cinnamon, ginger, nutmeg, cloves, and allspice) to pork tenderloin, which I stuff with spinach, apricots, and walnuts. The spices add a lovely hint of warmth. And while Chinese five-spice powder—mine



is a mix of star anise, cinnamon, cloves, fennel seed, and Szechuan pepper—is traditionally used in meat dishes, its undertones of licorice and clove make a crisp slaw of cabbage, carrots, and raisins really pop. Spice blends can shake up dessert, too. Take my apple tart with garam masala, which has notes of cumin, black pepper, cinnamon, and cloves: There's nothing more retro than apple pie, and then in rolls that fragrant mix of Indian spices, balancing the sweetened fruit.

The sweetest thing of all, of course, is how simple it is to use these flavor enhancers. Toss them into a dish or two, and you'll see just how versatile they can be. Spice blends are definitely timesaving, but they're also wow inducing, lip smacking, and, if you like shortcuts as much as I do, maybe even life changing.

Spinach and Apricot-Stuffed Pork Tenderloin

- 2 Tbsp. plus 1 tsp. extra-virgin olive oil, divided
- ¼ cup chopped Vidalia onion
- 2 Tbsp. chopped dried apricots
- ¾ tsp. pumpkin pie spice
- 1 (5-ounce) bag baby spinach, chopped
- 1 garlic clove, minced
- ¼ cup chopped walnuts (1 ounce)
- Kosher salt
- Ground black pepper
- ½ cup apricot preserves (5 ounces)
- ¼ cup chicken stock
- 1 Tbsp. chopped flat-leaf parsley
- 1¼ pounds pork tenderloin

1. Preheat oven to 375°. In a large ovenproof skillet, heat 1 tsp. oil over medium-high heat. Add onion, apricots, and pumpkin pie spice and cook, stirring, until softened, about 5 minutes. Add spinach and cook, stirring, until liquid evaporates, about 5 minutes. Add garlic and cook 1 minute more. Stir in walnuts and season with salt and pepper. Scrape filling into a bowl and set aside to cool.

2. Meanwhile, in a small saucepan, combine preserves with stock and a pinch each of salt and pepper. Simmer over medium heat until slightly thickened, about 5 minutes. Remove glaze from heat and stir in parsley.

3. Butterfly pork: Place tenderloin on a cutting board. Using a sharp knife, run blade along length of tenderloin parallel to board. As you cut, open meat until you have a flat piece. Using a meat pounder, pound tenderloin to ½" thickness. Season with ½ tsp. each salt and pepper and spread filling over meat. Roll tenderloin into original shape. Using kitchen twine, tie pork at 2" intervals. Season pork with ¼ tsp. each salt and pepper.

4. Using the same ovenproof skillet, heat remaining 2 Tbsp. oil until shimmering. Add rolled pork and cook over medium-high heat, turning, until browned all over, about 8 minutes. Transfer pan to oven and roast until an instant-read thermometer registers 145° in the thickest section, about 15 minutes. Loosely cover pork with foil and let rest 10 minutes. Remove strings and cut pork into 1"-thick slices. Transfer to a platter

and drizzle with glaze.

Makes 4 servings.

Active time: 30 minutes

Total time: 1 hour

Red and Green Five-Spice Slaw

- 1 Tbsp. finely grated orange zest (from 1 orange)
- ½ cup orange juice
- ¼ cup extra-virgin olive oil
- 2 Tbsp. honey mustard
- 1 Tbsp. lemon juice
- ½ tsp. Chinese five-spice powder
- Kosher salt
- ½ cup golden raisins
- 24 ounces coleslaw mix (or 8 cups shredded red cabbage, 8 cups shredded green cabbage, and 1 cup shredded carrots)

In a large bowl, combine orange zest, orange juice, oil, honey mustard, lemon juice, and five-spice powder and whisk until combined. Season with salt to taste. Add remaining ingredients. Toss and massage slaw until slightly wilted, about 1 minute. Refrigerate 2 hours. Serve chilled or at room temperature.

Makes 4 to 6 servings.

Active time: 15 minutes

Total time: 2 hours 15 minutes

Spiced Apple Tart

- ½ cup apple juice
- ½ cup rice vinegar
- ½ cup dark brown sugar
- 1 tsp. garam masala
- Finely grated zest of 1 lemon
- 1 piece refrigerated piecrust dough
- 2 Granny Smith apples (12 ounces), peeled, cored, and thinly sliced
- 1 Tbsp. lemon juice
- 1 tsp. chopped fresh thyme
- ⅓ cup granulated sugar
- 2 Tbsp. unsalted butter

1. In a small saucepan, combine 1 cup water, apple juice, rice vinegar, brown sugar, and garam masala and cook over medium heat until syrupy, about 10 minutes. Remove from heat and stir in lemon zest.

2. Preheat oven to 400°. Press dough into a 9" fluted tart pan with a removable bottom. In a medium bowl, toss sliced apples with lemon juice and thyme. Arrange slices in a single layer in

prepared tart pan. Sprinkle sugar over apples and dot with butter. Bake in center of oven until golden, about 50 minutes. Carefully brush apples with syrup and bake until glazed, about 15 minutes more. Let cool slightly. Cut into wedges and serve with remaining syrup.

Makes one 9" tart.

Active time: 45 minutes

Total time: 2 hours



FOOD STYLIST: CARRIE BURCELL/BIG LEO, PROP STYLIST: MOHITZ MOHNS/BUCCLEO, ANDERSON: TINA RUPP, HAIR: HADIYA BARBEL FOR HADIYA BARBEL COLLECTIONS, MAKEUP: J.J. GRANT, STYLIST: CANNON AT THE CANNON MEDIA GROUP FOR JUDY CASEY, DRESS: MICHAEL KORS



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www.Mags.net

MIXING BOWL

The makings of a delicious month, from a fish trick that hooked us to honey with zing.



Solved!

Cold Fish

Waiting for frozen seafood to defrost can be a drag—which is why chef Jesse Cool of the Flea Street café in Menlo Park, California, skips that step: “I sauté, broil, and roast fillets directly from frozen. I just add a few minutes to the usual cooking time,” she says. “As the fish thaws, its juices infuse the pan sauce.” Try the technique: In a bowl, toss 4 frozen **cod fillets** with 1 sliced **lemon**; ½ cup **olives**; 2 Tbsp. each **olive oil**, chopped fresh **parsley**, and sliced **red onion**; 1 Tbsp. **capers**; and ¼ tsp. **crushed red pepper**. Season with **salt** and **pepper**. In a skillet, heat 2 Tbsp. olive oil over medium-high heat. Add fish mixture and cook, covered, 5 minutes. Flip fillets; cook 3 minutes.

The Find

SWEET HEAT

If you're the type who thinks that most foods taste better with a squeeze of Sriracha, it's time to try Mike's Hot Honey. With an even more addictive sweet-spicy flavor, the versatile condiment gets its tangy heat from chili peppers and vinegar. Drizzle it over pizza, sautéed kale, popcorn, biscuits, and more. (\$10; mikeshothoney.com) —**LINDSAY FUNSTON**

Trend to Try

CH-CH-CH-CHIA!

Packed with omega-3s, chia seeds are taking over grocery aisles. Three standout products that contain the superfood:



Mamma Chia Chia Squeeze fruit and vegetable purees are easy to toss into a lunch box or gym bag. (\$2)



Made with coconut milk, the **Chia Co's Chia Pod** is like a cross between yogurt and tapioca pudding. (\$3.50)



When 3 P.M. hunger hits, reach for a chewy **Health Warrior Chia Bar**. Our favorite flavor: banana nut. (\$2)

“In the depths of winter, if I can't hop on a plane to St. Bart's, I shake up equal parts orange juice, bourbon, Campari, and aged vermouth and sip it on the rocks. A guy can dream, right?”

—SCOTT CONANT, CHEF AND OWNER OF SCARPETTA RESTAURANTS



My Go-to

MIDNIGHT SNACK

Late at night, I want a treat that feels indulgent but not heavy. Slices of tart Granny Smith apple topped with sharp cheddar and honey hit all the notes I crave: sour, salty, and sweet. And did I mention it takes, oh, three minutes to prepare? —**Joy Wilson**, blogger at joythebaker.com

CHEDDAR APPLE RINGS

Preheat broiler. Core 1 Granny Smith apple and slice into ½" rings; transfer to baking sheet. Sprinkle with 3 Tbsp. grated cheddar and broil until cheese is just melted. Drizzle with 1 Tbsp. honey and serve.



FISH AND APPLES: CHRISTOPHER TESTANI. FOOD STYLIST: CARRIE PURCELL/BIG LEO. PROP STYLIST: MOLLY FITZSIMONS/BIG LEO. HONEY: ALISON GOOTEE/STUDIO D. FOOD STYLIST: MARIANA VELASQUEZ/BIG LEO. CHIA: JOSÉ LUIS MERINO.



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THE POWER OF

3

A trio of fabulously simple dishes using **BONELESS, SKINLESS CHICKEN BREASTS, CARROTS, and FRESH THYME.**

Recipes by Marcia Kiesel

Chicken with Apples and Carrots

In a skillet, heat 1 Tbsp. **olive oil** over high heat. Cook 1 pound **chicken breasts**, seasoned with **salt** and **pepper** and cut into 1" pieces, 1 minute per side; set aside. Cook ½ Tbsp. olive oil, 3 sliced **scallions**, 4 thinly sliced **carrots**, and 2 **thyme sprigs**, covered, over medium heat 4 minutes. Stir in ½ cup **chicken stock** and 1 **Granny Smith apple** cut into matchsticks; cook 1 minute. Return chicken to skillet and simmer 3 minutes. Discard thyme; remove pan from heat. Stir in ¼ cup **sour cream**, 1 Tbsp. **soy sauce**, 1 Tbsp. **Dijon mustard**, 1 sliced scallion, 1½ tsp. thyme, and salt and pepper to taste. *Total time: 30 minutes.*

Chicken, Arugula, Thyme, and Pasta Stew

In a pot, heat 1 Tbsp. **olive oil** over medium heat. Cook ½ pound **white mushrooms**, quartered, and a pinch each of **salt** and **pepper**, 5 minutes; set aside. To the pot add 2 Tbsp. olive oil, 4 **carrots** (diced), 1 **onion** (diced), and 3 **thyme sprigs**; season with salt and pepper. Cook, covered and stirring occasionally, until soft, 10 minutes. Push vegetables to the side; add ½ Tbsp. olive oil and 1 pound **chicken breasts**, seasoned with salt and pepper and cut into chunks. Brown 2 minutes. Stir in 1 cup **chicken stock** and simmer, partially covered, 5 minutes. Discard thyme; return mushrooms to pot. Season with salt and pepper to taste and stir in 2 cups **arugula**, 2 cups **cooked pasta**, 2 Tbsp. **tomato paste**, and 1½ tsp. chopped fresh **thyme leaves**. *Active time: 30 minutes. Total time: 50 minutes.*

Pan-Roasted Paprika Chicken

Preheat oven to 400°. In a roasting pan, toss 6 halved **carrots**, 1 pound **red potatoes** (peeled and cut into wedges), 1 **onion** (cut into wedges), and 4 **lemon slices** in 2 Tbsp. **olive oil**; arrange in pan. Season with **salt** and **pepper** and scatter 4 **thyme sprigs** on top. Roast until golden, about 45 minutes. Nestle 4 **chicken breast** halves in pan, drizzle with ½ Tbsp. olive oil, and sprinkle with **paprika**, salt, and pepper. Roast until golden, about 15 minutes. Discard thyme; transfer contents of pan to a platter. Place pan on stove top and add ¼ cup **chicken stock**, 3 Tbsp. **lemon juice**, 1½ tsp. thyme, 1 Tbsp. olive oil, and 1½ tsp. paprika. Bring to a boil. Season with salt and pepper to taste. Pour over chicken and serve. *Active time: 25 minutes. Total time: 1 hour 25 minutes.*

Each recipe serves 4.



Shop Guide

(All prices are approximate.)

COVER *On Oprah*: Jacket, Richard Nicoll, \$1,847; net-a-porter.com. Top, Barneys New York, \$175; barneys.com. Pants, \$116; lisette-l.com. Earrings, \$1,950; jhadleyjewelry.com. Ring, Nava Zahavi, \$1,130; fragments.com. Shoes, Giuseppe Zanotti, \$695; net-a-porter.com for similar styles.

O'S SPRING FASHION LOOK BOOK

PAGE 64 *Bag chart*: Yellow basket bag, SR Sondra Roberts, \$125; irresistibles.com. Coral basket bag, \$72; nila-anthony.com. Blue duffel bag, Kate Spade Saturday, \$295; saturday.com. Red duffel bag, Merona, \$40; target.com. Leather cross-body bag, \$595; tumi.com. Cross-body bag, \$77; nila-anthony.com. White and orange camera bag, \$775; tilamarch.com. Pink camera bag, Lulu by Lulu Guinness, \$50; jcpenny.com. Tan fringed bag, Rebecca Minkoff, \$295, Posh Boutique; 615-465-6483. Orange fringed bag, Lucky Brand, \$178; macys.com. **PAGE 70** *On left model*: Clutch, Rafe, \$395; neimanmarcus.com. Shoes, Jessica Simpson Collection, \$98; macys.com. *On center model*: Tote, L'Agence, \$895; lagencefashion.com. Shoes, Kurt Geiger, \$450; 212-367-0830. *On right model*: Scarf, \$59; stelladot.com. Bag, Rebecca Minkoff, \$245; shopbop.com. Shoes, Via Spiga, \$155; bloomingdales.com.

O, BEAUTIFUL **PAGE 74** 1. CoverGirl Outlast Stay Brilliant Nail Gloss in My Papaya (250), \$5; drugstores. 2. CND Vinylux in Pink Bikini, \$10; cnd.com for salons. 3. Chanel Le Vernis Nail Colour in April, \$27; chanel.com. 4. Maybelline New York Color Show Nail Lacquer in Pinkalicious, \$4; drugstores. 5. Revlon Colorstay Longwear Nail Enamel in Rich Raspberry, \$8; revlon.com. 6. OPI Nail Lacquer in Miami Beet, \$9; ulta.com. 7. Sonia Kashuk Nail Colour in Pulp Fiction, \$5; target.com. 8. Chanel Le Vernis Nail Colour in Provocation, \$27; chanel.com. 9. OPI Nail Lacquer in Louvre Me, Louvre Me Not, \$9; ulta.com. 10. OPI Nail Lacquer in Honk If You Love OPI, \$9; opi.com for salons. 11. Estée Lauder Pure Color Nail Lacquer in Smashed, \$21; esteelauder.com. 12. Nicole by OPI Nail Lacquer in Show You Care, \$7; target.com. 13. Formula X for Sephora New Classics in Atomic, \$10.50; sephora.com. 14. China Glaze Nail Lacquer in Innocence, \$7; sallybeauty.com. 15. CND Vinylux in Strawberry Smoothie, \$10; cnd.com for salons. 16. Priti NYC Polish in Chorus Line, \$15; pritinyc.com. 17. Topshop Beauty Nails in Art School, \$8; nordstrom.com. 18. CND Vinylux in Tropix, \$10; cnd.com for salons.

SKINCARE ESSENTIALS

PAGE 134 Garnier Clean+ Smoothing Cream Cleanser, \$8; drugstores. Clearasil Daily Clear Refreshing Superfruit Wash, \$6.50; drugstores. Caudalie Vinexpert Firming Serum, \$89; caudalie.com. Perricone MD Photo Plasma, \$69; sephora.com. Vichy LiftActiv Retinol HA Advanced Concentrate, \$55; vichyusa.com. Clinique Acne Solutions Clinical Clearing Gel, \$25 for 30 milliliters; sephora.com. *On model*: Dress, \$375, blackhalo.com. **PAGE 135** SkinMedica AHA/BHA Exfoliating Cleanser, \$45; skinmedica.com for stores. SkinCeuticals C E Ferulic, \$153; skinceuticals.com. Fresh Seaberry Moisturizing Face Oil, \$50; fresh.com. Dermalogica Super Sensitive Shield SPF 30, \$48; dermalogica.com. Lancôme Absolue Yeux, \$125; lancome-usa.com. RoC Retinol Correxion Sensitive Night Cream, \$23;



drugstores. *On model*: Top, \$39; joefresh.com for stores. **PAGE 136** Nourish Organic Moisturizing Cream Face Cleanser, \$14; nourishorganic.com. Olay Regenerist Regenerating Cream Cleanser, \$22; drugstores. PCA Skin Total Strength Serum, \$86; pcaskin.com. Philosophy Time in a Bottle for Eyes, \$65; philosophy.com. L'Oréal Paris Revitalift Triple Power SPF 30 Day Lotion, \$25; drugstores. Dr. Dennis Gross Ferulic + Retinol Fibroblast Anti-Aging Moisturizer, \$72; dgskincare.com. *On model*: Dress, ML Monique Lhuillier Bridesmaids,

\$238; nordstromweddingsuite.com. **PAGE 137** Yes to Carrots Daily Cream Facial Cleanser, \$8; yestocarrots.com. Shiseido White Lucent Total Brightening Serum, \$170 for 50 milliliters; shiseido.com. Algenist Genius cream, \$110; sephora.com. La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid, \$30; laroche-posay.us. Glytone Clarifying Skin Bleaching Fading Lotion, \$46; dermstore.com. Obagi Hydrate Luxe, \$70; obagi.com for stores. *On model*: Top, Brunello Cucinelli, \$1,635; 212-627-9202.

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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. Bostron, 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. © 2014 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 that 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.



WorldMags.net *What I Know for Sure*

I

T WAS THE TUB that did it.

For the past 12 years, my most prized material possession was my bathtub, made from one solid piece of onyx hand-carved expressly for me by stonecutters in Italy. I loved that tub. Those of you who regularly read this column know that bathing is my hobby. I revel in all things that enhance the experience, which is why, over the years, you've seen so many bath products on "The O List." Bubble baths, salts, oils, capsules, bath pillows—they delight my senses and help soothe me, body and soul.

As I went through the process of de-cluttering and reconstructing my house with the goal of keeping only what fits my life now—a process I started in March 2012—I found letting go of things easier said than done. (Who knows: Maybe one day I'll open a museum and want that picture of me with MC Hammer, right?) Still, I released whole roomfuls of furniture, plus boxes of memorabilia, to friends and family. And had enough left over for two auctions. (The second one is coming this fall.) Really the only thing I *had* to hold on to was my onyx tub.

It came to a head one day when the contractor, architect, designers, and construction workers—13 people in all—crowded into my bathroom to discuss how to work around the tub. I had approved a redesign of the bathroom in all white, which meant the green onyx tub obviously no longer fit. I didn't care. I wanted to keep it.



ever learned about getting past our attachment to things came coursing through my mind. Why was I putting up a fight to save the tub? I could get a new one. I wouldn't be bathless.

So, impulsively (and partly out of sheer frustration), I said to the team with their clipboards and rulers, "Okay, take it out. That's it. I'm done. I'm letting it go." They cheered. I fled, trying not to cry. I couldn't understand why I was so emotional over a tub.

Two months later, I ran into Peter Walsh and mentioned how upset I'd been. Peter said, "You know the deal: If you want to know why the tub felt so important, you have to ask yourself what it represented." Good question, Peter. Here's my answer: It represented wealth. And "I've truly made

But as I stood there facing down the design crew, all the lessons I'd

it." It made me feel special. Lots of people have nice houses, but not many have a hand-carved-out-of-one-piece-of-onyx tub.

And letting it go meant...I wasn't special anymore? Sounds cray-cray. But super freeing to figure out what was behind my attachment.

For sure, the tub had become my symbol of success. For some people it might be shoes and handbags, cars, square footage, where you or your children attended school. For me it was a tub. (Did I mention it was hand-carved from a single piece of onyx?)

Releasing that tub opened me to all the changes that have come since. I literally raised the roof, gutted the kitchen, and brought in more light. Which, come to think of it, is a poignant metaphor for my new life.



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