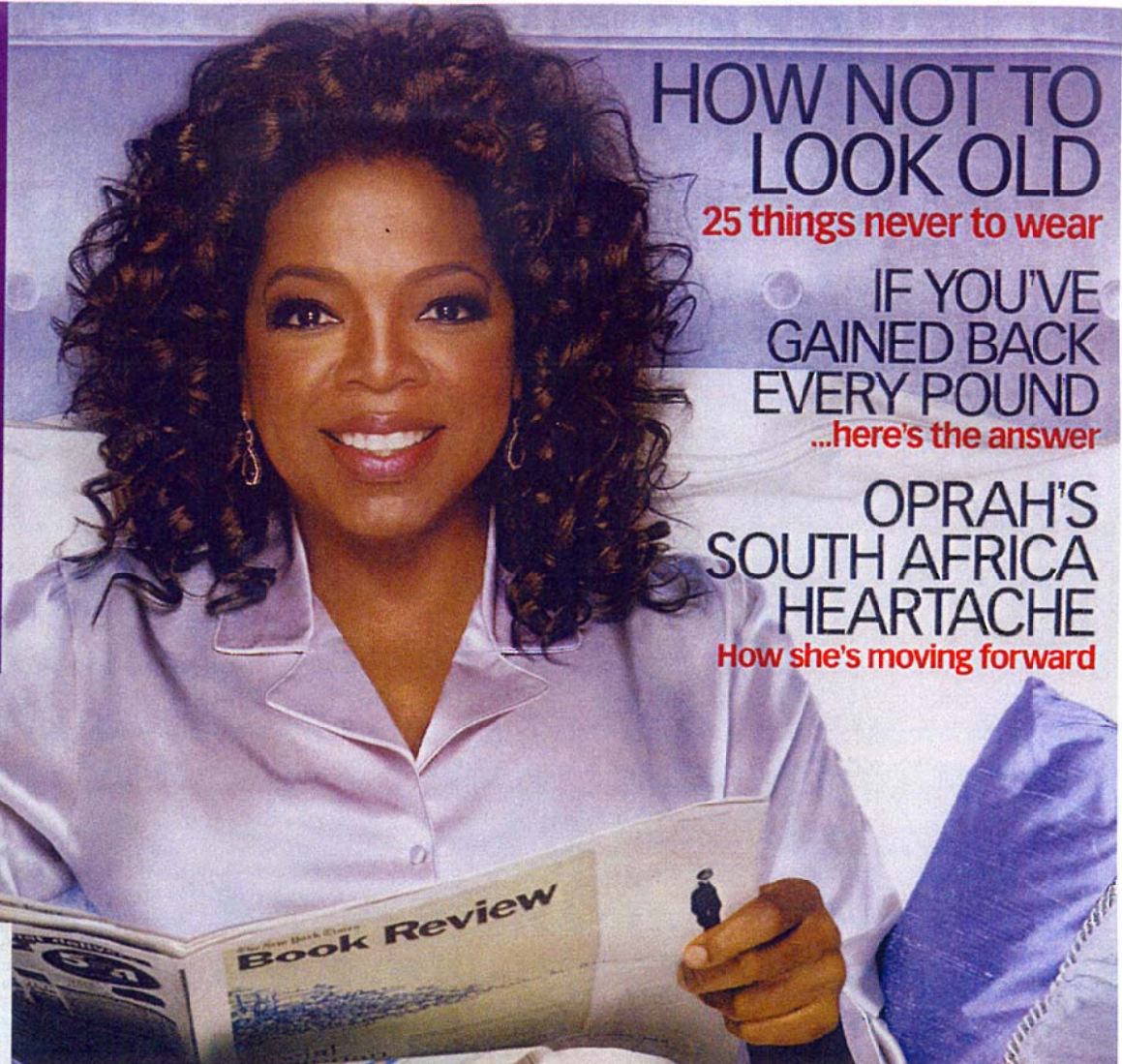


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THE OPRAH
MAGAZINE

YOUR BEST LIFE



HOW NOT TO LOOK OLD

25 things never to wear

IF YOU'VE GAINED BACK EVERY POUND

...here's the answer

OPRAH'S SOUTH AFRICA HEARTACHE

How she's moving forward

NEW YOU, COMING THROUGH!

Forget a head-to-toe makeover. From angling in bangs to upgrading your moisturizer to switching laundry detergents (yes, really), a change doesn't have to be a big deal to be a real breakthrough. We've got 53 smart little ways to make you feel dazzling. ▶

Portrait by Alex Beaucheme • Still lifes by Keate

53. See yourself as others do. Experts believe that others think you're 20 percent more attractive than you think you are.

THE TRANSFORMERS

We polled a battery of experts, from hairstylists and makeup artists to dermatologists and psychiatrists for changes—big and small—that can add up to a fresh look (and a fresh attitude). For their help, we thank:

- Debra Luftman, MD, cosmetic dermatologist in Beverly Hills
- Eva Ritvo, MD, associate professor of psychiatry and dermatology at the University of Miami Miller School of Medicine

HIGHER ENERGY, DEEPER REST!

EXACTLY WHAT YOU NEED—AND HOW TO GET IT (Plus: 4 hidden causes of fatigue)

53 WAYS TO GIVE YOUR LOOKS A LIFT

FRESH IDEAS, TREATMENTS, AND TREATS TO TRY RIGHT NOW

SELF-ESTEEM REPAIR KIT

THE RADICALLY NEW WAY TO BUILD GENUINE CONFIDENCE—FAST!



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