



THE OPRAH
MAGAZINE

VE YOUR BEST LIFE

"I feel like my whole life is in makeover mode. Big changes abound for me."

—Oprah



Half Their Size!
How 5 Women
Lost 676 lbs
And what you can gain from their stories

The Prettiest, Cheapest Clothes We've Ever Seen
Jennifer Lopez shows us her stunning new line

TRANSFORM YOUR LUCK • HABITS • HEALTH • HAIR • FRIENDSHIPS • ENERGY

The MAKEOVER

106 Inspiring Ways to Change Things Up

STRESS LEVEL • DIET • STYLE • SPIRIT
ISSUE!

What Your Body Language Is Saying Behind Your Back

Learn how to send a better message (page 192)

You're Invited to Dinner at Dr. Oz's House
Zucchini never tasted so good!

SEPTEMBER 2011 \$4.50



OPRAH.COM

The *O* List

Makeover Edition

A few new,
vastly improved
things
we just love!

Salad Sold Separately >

What do you get when you combine age-old craftsmanship with innovative design? A chic, handblown cruet for serving oil and vinegar. (**Andalucia, La Rioja, and Modena**, originally \$49 to \$54, now \$44 to \$49; nycruets.com)



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You Light Up My Life >

Why even bother with a shade when the Plumen bulb has been twisted, braided, and reimagined to shine so beautifully all on its own? (Sam Wilkinson and Hulger for Plumen, \$30; thefutureperfect.com)



Raising the Bar >

Chewy, crunchy, sweet, salty, and highly addictive—this luscious handmade candy bar puts the vending machine stuff to shame. (Zzang! Bars, originally \$6 each, now \$4.50 each with code OPRAH; zingermans.com)



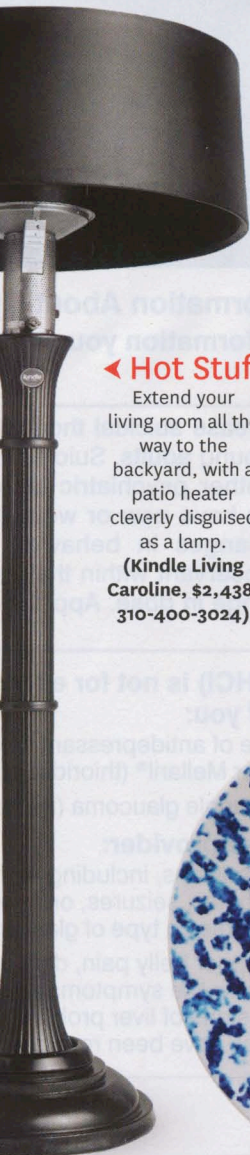
You Can Dish It Out >

Italian designer Paola Navone brings contemporary flair to a style that's been around for centuries. Not your great-great-grandmother's spongeware! (Richard Ginori 1735, starting at \$20 each; 800-215-1193)

< Hot Stuff

Extend your living room all the way to the backyard, with a patio heater cleverly disguised as a lamp.

(Kindle Living Caroline, \$2,438; 310-400-3024)



Pushing It >

Replacing fruit puree concentrates with real whole fruit is what makes these sorbet push-ups taste like actual fresh fruit—only so much cooler.

(Jolly Llama's Sorbet, Squeezups, originally \$5 for four-pack, now \$3.50 with code OPRAH; foodzie.com)

