

As seen in



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 THE OPRAH  
 MAGAZINE

LIVE YOUR BEST LI

GETTING G  
**LOVE**

**How to**  
 • Find it  
 • Risk it  
 • Let it go  
 • Make it gro  
 • **Live it every day**

**YOU DON'T HAVE TO BE THIN**  
 to be gorgeous

The knockout clothes that prove it

**NEW DIET MAKEOVERS**  
 for constant snackers

**THE HAPPINESS PLAN**  
 Latest research on finding joy  
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SPECIAL REPORT  
**SEXUALLY ABUSED MEN**  
 Could your husband be one of them?

the **O** list



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