



THE OPRAH
MAGAZINE

THE HAPPINESS HABIT

Discover the two things joyful people do every day

OOF! AHHH!

OPRAH'S NEW
WORKOUT

FUNNY PHOTOS,
PG. 88

THE YEAR OF YOU!

Unlock the
secrets of true
motivation...
and watch your
life soar


Always Hungry?

THE SURPRISING SOLUTION
TO CONSTANT CRAVINGS

SCHLUMPY NO MORE!

25 style resolutions
for real women



A couple stands on a rocky shore at night, looking up at a vibrant display of the aurora borealis in the dark sky. The aurora shows bright green and purple streaks. In the background, a calm lake reflects the lights, with snow-capped mountains and a small town visible under a starry sky.

THE PLACES YOU GO SHOULD
TAKE YOUR BREATH AWAY,
ESPECIALLY THE
DRIVER'S SEAT.

Toyota Avalon

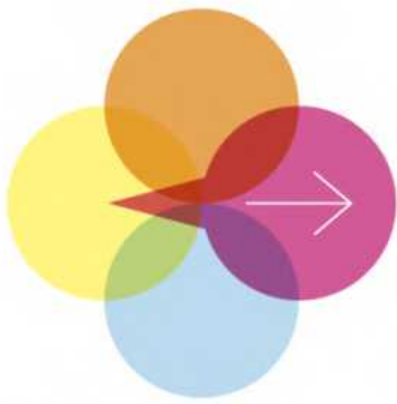
toyota.com/Avalon



Options Shown.



**Let's
Go
Places**



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Twenty-five beauty and fashion resolutions—try a snazzy new lipstick! upgrade the pj's!—you owe it to yourself to keep.

ON THE COVER: Oprah photographed by Ruven Afanador. **FASHION EDITOR:** Jenny Capitain. **HAIR:** Nicole Mangrum. **MAKEUP:** Derrick Rutledge. **SET DESIGN:** Fi Campbell and Tamasin Reid for Still Sets. **On Oprah:** Top and bottom, Crane & Lion. Shawl, Bajra. Wrap bracelets, Vincent Peach. Beaded bracelets, Sequin. *For details see Shop Guide.*



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“The past is merely yesterday’s present: ordinary, at times beautiful, and tragic too.”



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Let's Eat!

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CLOCKWISE FROM TOP RIGHT: BRETT RYDER, MARKO METZINGER, GREGOR HALENDA, EMILY KATE ROEMER, JEFF HARRIS, CHRIS BUZELLI, RUVEN AFANADOR.

What unhealthy thing would you like to eliminate from your life this year?

THE OPRAH MAGAZINE

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Gayle King

Maybe not eliminate; let's say cut back on Colbert/Fallon/Kimmel/Noah/Wilmore/Corden when I should be asleep.

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Comparing myself to others.

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Talenti's sea salt caramel gelato...or maybe not.

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Buffets: Portion control is so much easier if I don't serve myself!

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INSTAGRAMMER OF THE MONTH
@hollywoodbailey
CONTRIBUTING FRIEND
Virginia Vitucci

Nail and cuticle biting—especially now with a shiny new engagement ring to show off!

Snoozing my alarm for an hour on weekday mornings.

Saying no to opportunities because they seem unfamiliar. This year will be the year of YES.

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Making up excuses when I have plans that I want to get out of. Sorry, friends I've done this to!

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My obsession with Team Fitz versus Team Jake on Scandal. I could give a 30-minute PowerPoint presentation on why Olivia should pick Jake.

Insomnia. I really shouldn't be walking around the house at 2 A.M.

Checking email before I'm even out of bed in the morning. That's ten minutes I waste not getting my butt to the gym.

My pack-a-day gum habit.

Eating lunch at my desk when Central Park is right outside our office!

Unhealthy relationships. Who needs 'em?

My online shopping addiction. Admitting it is the first step!



Behind the Scenes

Rise and SHINE

For January's cover, timing was everything.

TO GET THIS RADIANT shot, the *O* crew went to work in the dark, setting up at 5 A.M. so our cover model could greet the sunrise. It was a challenging wake-up call, but at least the dress code was comfortable. "I could live in pajamas all day long," said Oprah, who practices yoga and meditation regularly. —MEGAN DEEM

Reboot your yoga routine—as Oprah does—with the 65 class videos on this app. *Yoga Studio* by Gaiam, \$4; itunes.com



Oprah's delicious arm candy comes in 12 colors.

The easy way to do a layered bracelet look. Sequin, \$58 for set of three; sequin-nyc.com



Creative director Adam Glassman finds the perfect spot for Oprah in the amphitheater on her property.

A TWIST FOR THE WRIST

These cool, quirky bracelets were inspired by prayer beads.



ADJUSTABLE

Tai, \$120; shopbop.com



WRAP

\$245; chanluu.com



JWELED

Carole Shashona, \$3,000; Barneys New York, 212-286-8900

YOUR MOMENT OF ZEN

Made with soft, drapery fabrics and easy but flattering silhouettes, these stylish clothes are the ones you'll be wearing long after your last sun salutation of the day.



AIRY TANKS

Yummie by Heather Thomson, \$44 each; yummilife.com



SLEEK SWEATSHIRT

\$69; athleta.com



PLUSH CARDIGAN

\$298; eileenfisher.com



GOOD TASTE. WHAT ELSE DO YOU NEED?



EXPERIENCE
A CUP ABOVE

acupabove.com

NESPRESSO
What else?



The Question

This month we're wondering...

What are you looking forward to saying goodbye to in 2016?



since, I've added one thing to it. So far I've cut out fast food, cheap chocolate, crummy coffee, and wine in a box. This year it will be empty calories—with an exception for cookies!

BARBARA TRUAX
Novato, California

I never realized how psychologically paralyzing clutter can be. I've started getting rid of old emails, erasing unwanted numbers from my phone, and donating items to a women's shelter. As I clear some of my physical surroundings, my mind has started to flow with creativity again. As Johnny Nash says, *I can see clearly now; the rain is gone.*

DONNA COLBERT
Jacksonville, Florida

Four years ago, I asked myself the same question and started a list. Every New Year's Day



I'm saying goodbye to the idea that anyone else's way of doing things should be my own. No one else can live my life—why would I try to live theirs? We may all be part of one whole, but that does not make us the same. I am my own phenomenon.

MONICA WORTH
Sperryville, Virginia

The incredible sadness that 2015 brought with the death of my husband's stepfather. I am truly looking forward to turning toward our life with our three beautiful children and our ten-year anniversary in June.

CAROLYN SUTTON
Omaha



Hair relaxers! I've used them for 30 years because I thought I had bad hair or would look like Florida Evans from *Good Times*. But I realize my hair is healthy, soft, and shiny. I'm good—as long as I don't get caught in the rain.

DANIELLE LANGFORD
Naperville, Illinois

As much as I have learned about taking in every minute of life from my first hello with cancer, I will relish every minute of saying goodbye to it.

DIANA WILLIAMSON
Sedona, Arizona

All my life I've craved time and space to listen to myself, but instead, I spent it fulfilling obligations. Starting in the new year, I want to let go of putting my relationship with myself on hold.

LYNN TRYBA
Greenfield, Massachusetts

I'm leaving behind the little voice in my head that says, *You don't work out enough. You don't write enough. You don't do enough. You are not enough.*

MELODY WALLACE
Owensboro, Kentucky



Neglecting my personal life. During a recent vacation to Costa Rica, I was in the jungle holding my phone in the air to catch a signal so I could respond to work emails. I should've been appreciating waterfalls and toucans.

CINDY KUHLMAN
Colleyville, Texas

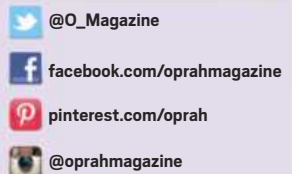
OUR NEXT QUESTION

What piece of clothing is your best friend?

Tell us at oprah.com/question or email us at thequestion@hearst.com, and your response could be featured in our March issue.

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We Hear You!

In November, you were grateful for inspirations great and small.

Beyond Words

English is my second language, so the cover lines really resonate with me when I read *O* each month. What got me feeling positive about the November issue was the line “Celebrate Who You Are Now!” I am trying to find a new job or career, and some days are not perfect, but I keep telling myself that I should celebrate each one. As an unemployed mother of two, I can pick up my kids from school earlier; I’m able to go running at 1:30 P.M.; I can read more; I can try new recipes. But all that will pass, so let me cherish these moments now.

MATEJA BAEBLER
Ljubljana, Slovenia



being who loved me best. He, too, was a “remarkable creature” who made my life better every single day that he was by my side.

NANCY LAROCHELLE
Charleston, Nova Scotia

One morning when I was opening the salon where I work, I had time to dive into the November issue and was really moved by “No Ordinary Love.” My heart beats for my fur babies, and I one-hundred-percent believe and know that there is truly nothing like the emotional bond that can exist between an animal and a human. I hope you’re able to find room in many more issues for these kinds of love stories.

KATELYN ALFORD
Rialto, California

Thank you for your beautiful feature “No Ordinary Love,” recognizing the special relationships between people and their pets. I live alone and would be lost without my West Highland terrier, Bruce Lee, who sits at my desk when I work, sleeps at my feet, and accompanies me each morning on beach walks with a big, goofy smile. My friends say that dog understands everything you say, and I know he does, especially when I tell him he takes my sadness away.

HELEN HAWKES
Ballina, Australia

Animal Magnetism

Thank you for the article “No Ordinary Love” in your November issue! It is wonderful for a magazine like *O* to recognize that “some of our most human relationships are the ones we have with animals.” I could relate to all the stories, and reading them brought tears to my eyes: My beloved Bernese mountain dog, Buddy, was euthanized on September 14, 2015. I lost my dearest friend and the



True Colors

We receive a lot of packages—especially in early fall, when we’re preparing for our holiday issues—but what we discovered when we unwrapped a parcel that painter André Garon sent us from Quebec definitely stood out. We think he really captures Oprah’s radiance in this fun work of art.

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Why I joined Weight Watchers

Inside every overweight woman is the woman she knows she can be. You look in the mirror and sometimes, don't recognize yourself because you've gotten lost, buried in the weight.

But nothing you have been through is ever wasted. So every time I tried and failed, and every time I tried again, and every time I tried again has brought me to this most powerful moment to say if not now, when?

I feel that way and I know millions of you feel that way too.

Are you ready?
Let's do this together.

Deal

Come join me.

www.weightwatchers.com



Here We Go!

H

HOW MUCH am I loving life lately? Let me count the ways!

First, there are the fantastic books I can't wait to sink my teeth into (you'll find engrossing new reads starting on page 72). Second, I'll be reading them in the comfiest clothes I can find—this athleisure trend is right up my alley (see page 42 for a few great pieces). Third, I'm thrilled by the insights of motivation expert Brendon Burchard—his passionate ideas about what it takes to better ourselves really opened my eyes (page 79). Fourth, this month Martha Beck makes a case for simply deciding to be happy. Okay, the process isn't actually as easy as it sounds, but that one decision might make all the difference (page 23).

It's time to dive into a new year, which means incredible possibilities are afoot. Maybe this is the year you'll finally figure out how to banish your constant hunger pangs. Or improve your wellness habits, for real this time. Or even find a way to love exercise—no, seriously! Turn to page 83 and see how *O* staffers discovered surprising, and surprisingly effective, ways to improve their health. (I recently did the same: Several months ago, I began seeing a trainer who's taught me a whole new way to work out—and I am now a convert. Learn the moves on page 88.)

Now repeat after me: Here's to good health. To the new year. To simply (or not so simply) deciding to be happy. To finally getting motivated.

And to chic loungewear.

Enjoy!



“One decision
might make all the
difference.”

FASHION EDITOR: JENNY CAPTAIN; HAIR: NICOLE MANGRUM; MAKEUP: DERRICK RUTLEDGE; SET DESIGN: FI CAMPBELL AND TAMASIN REID FOR STILL SETS.

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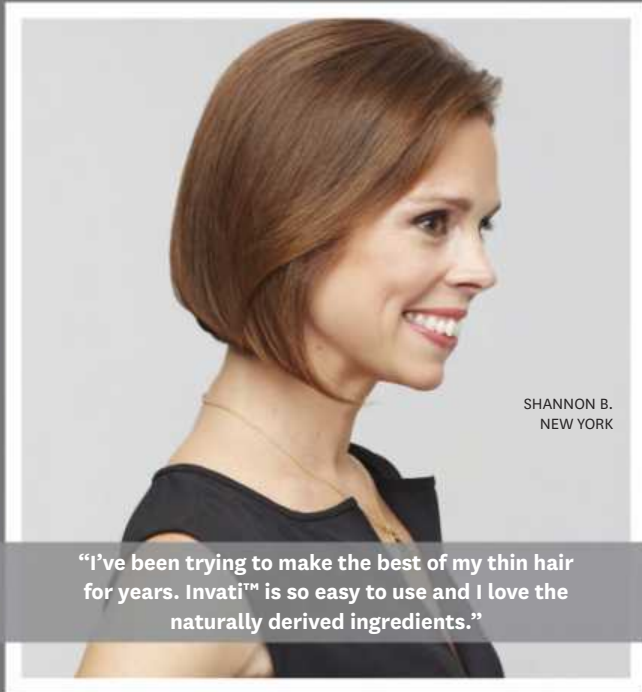
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THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

ROOTED IN CONFIDENCE

Your hair is an expression of you. And a great hair day can make you feel like you can take on the world. With **Aveda's invati™ solutions for thinning hair**, thicker, fuller, more luxurious hair can be yours. An innovative **3-step system**—exfoliating shampoo, thickening conditioner, and scalp revitalizer—thickens your hair and reduces hair loss by 33%*, helping keep the hair you have longer. See how these O readers have transformed their hair with Aveda products, and find easy pro tips and techniques to make the most of your hair, every day.

*Due to breakage, in a 12-week clinical test of the invati™ system

Hair by Ian Michael Black and Ricardo Dinis



GET THE LOOK

Any great hairstyle starts with healthy hair. **Aveda's invati™ solutions for thinning hair** is specially created to give you thicker, fuller hair, and reduce hair loss by 33%*, helping you keep the hair you have longer. Plus, learn how to have the ultimate hair day, every day, with our expert tips below.

*Due to breakage, in a 12-week clinical test of the invati™ system.

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Visit oprah.com/aveda to find out how to try **invati™** for free + enter to win a full size **3-step** system, as well as additional Aveda products and styling tools from O!

FULL & SOFT

1. Start with the **invati™ 3-step system**
2. Spray on **thickening tonic** and blow dry with a round brush
3. Curl hair with a curling iron to create movement
4. Apply a small amount of **control paste™** to hands and gently scrunch into bottom of hair to soften the look

AVEDA

THICK & SLEEK

1. Start with the **invati™ 3-step system**
2. Spray on **thickening tonic** and blow dry with a round brush
3. Use a flat iron and a fine-toothed comb to smooth ends of the hair
4. Spray **air control™ light hold hair spray** to set the look

AVEDA

BEACHY WAVES

1. Start with the **invati™ 3-step system**, apply **be curly™ curl enhancer** to damp hair and blow dry with a diffuser
2. Curl hair away from your face, using a curling iron
3. Flip hair over and apply **shampure™ dry shampoo** to back of hair to add texture
4. Finish by flipping hair back and applying to roots just around face

AVEDA

NATURAL BODY

1. Start with the **invati™ 3-step system**
2. Apply **smooth infusion™ naturally straight** to damp hair
3. Blow dry hair with a round brush
4. Smooth **dry remedy™ daily moisturizing oil** into ends as a finishing touch

AVEDA

Live YOUR BEST Life

INSPIRATION, MOTIVATION, CELEBRATION



*“The body knows things
a long time before the
mind catches up to them.”*

—SUE MONK KIDD, *The Secret Life of Bees*

The Gratitude Meter

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



O LIBS

Samantha Bee

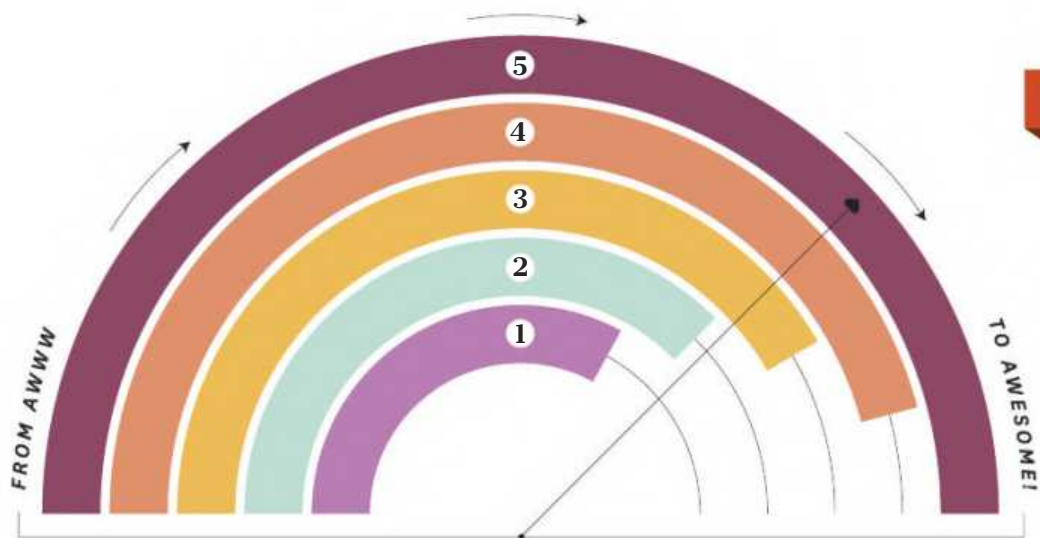
The *Daily Show* alum, host of the forthcoming TBS late-night show *Full Frontal with Samantha Bee*, fills in a few blanks.

I ALWAYS LAUGH WHEN... I hear my three children playing with their dolls, channeling the things I say when I'm angry. Like "Guys, that is unacceptable. Absolutely not. We spoke about this." It's incredible to hear your own words from the mouths of stuffed animals.

THE FIRST THING I DO WHEN I GET HOME IS... immediately take off my pants. Then I walk around half-dressed for a while. But it's not sexy half-naked, it's awful half-naked. Pants are like boa constrictors to me. I guess I could get bigger pants. I should probably just do that.

MY BIGGEST PET PEEVE IS... when I'm in a meeting with a man who has some control over my work, and the only thing he can think to ask me about is my children—and then he clearly doesn't care about the answer. I bet most professional women have found themselves in that position. Also, I don't like when people pee in public. I mean, does anyone?

PEOPLE ARE SURPRISED TO LEARN... that I really enjoy domestic chores. We recently moved into a new building for the show, and when I saw the office kitchen, I said, "I need bleach and rubber gloves!" We're going to have the cleanest kitchen in late night, no question. I'm probably setting the women's movement back 100 years, but I'll be there at midnight with my bucket. —AS TOLD TO MOLLY SIMMS



1

BRUSH HOUR

Cue the pup-arazzi! Los Angeles dog stylist Jess Rona is not only a canine groomer, she's also an aspiring director, filming short clips of her four-legged customers' blow-outs in slow motion for her Instagram account and setting them to beats by everyone from Beyoncé to Fleetwood Mac. The results will have you grinning from ear to ear. (@jessronagrooming)



2

PARENTAL GUIDANCE

Sorry, Dr. Spock, there's a more relatable mommy whisperer in town. Sara Given's book, *Parenting Is Easy*, is a snarkalicious send-up of unrealistic images of pregnancy and motherhood. With facetious captions for the photos—"Your teens will love it when you dance in public"—Given is poised to become the hero of non-superhero parents everywhere.



3

SPIN THE BOTTLE

Oenophiles, here's something to sip on. The Coravin is a handy tool that lets you pierce a cork (which later reseals itself) and pour yourself a glass of vino without having to open the entire bottle. Plus, the clever gadget pushes inert gas back into the bottle to keep your next taste as fresh as the first. Wine not? (coravin.com)



4

GLOBAL WORMING

Could lowly mealworms save humankind? According to ongoing studies at Stanford University, squirmy signs point to yes. Researchers recently discovered that the small wigglers can nibble on Styrofoam without damaging their digestive tract—and turn the nonbiodegradable nightmare into usable compost. Writhe on.



5

SURROUND SOUND

If a tree falls in one forest in Estonia, everyone can hear it—thanks to interior architecture students at the Estonian Academy of Arts. The eco-advocates built a trio of massive wooden megaphones in a nature center that reflect the sounds of the forest's flora and fauna and invite visitors to sit in the larger-than-life amplifiers and listen. —ZOE DONALDSON

SHOW and Tell

What would it mean if the world knew your story—and how would it change you, enrich you? *O* has partnered with Instagram on a game-changing new initiative, #MyStory, that gives you the chance to find out. Here, five Instagrammers tell us where they're coming from—and reveal the power of sharing their true selves with millions of others.*



1



2



3



4



5

1. Patricia Lay-Dorsey

"I've been an artist for decades and have always preferred to see only the sweet stuff. But now that I'm 73, I lived for about a year as a child. When I moved here, I felt like my life had come full circle. And the friend? We fell in love, too. Now we co-own a clothing design company. I'm still on a journey, but my hope is that people will see me sharing all parts of myself—as a black woman, as an entrepreneur—and relate, wherever they are on their journey."

—@patricialaydorsey

a friend in New Orleans and fell in love with it—the heat, the architecture, the people. It reminded me of Monrovia, Liberia, where I lived for about a year as a child. When I moved here, I felt like my life had come full circle. And the friend? We fell in love, too. Now we co-own a clothing design company. I'm still on a journey, but my hope is that people will see me sharing all parts of myself—as a black woman, as an entrepreneur—and relate, wherever they are on their journey."

—@denisiotruitt

2. Allison Meade

"I've always loved old cars and building things. In sixth grade, I desperately wanted to take shop, but my friends wanted me to take home economics with them, and I followed their lead. I deeply regretted it and decided I was never again going to choose a path just because it was expected of me. Now I'm a welder, artist, and firefighter. Women have told me, 'I thought it was fireman for a reason.' That's not okay! I want sixth-grade girls to know they can be firefighters, too."

—@oldsoulstudio

4. Jenn Zeller

"I live on a cattle ranch in South Dakota in the middle of nowhere. It's a 20-mile round trip to my mailbox. My photographs are a way to show people that a cowgirl isn't necessarily somebody you'd find at a rodeo—I'm out there bundling up to feed the cows when it's -30 degrees outside—and to start a conversation about where our food comes from. I want everyone who might not get to visit this beautiful place to see it through me." —@thesdcowgirl

5. Tess Holliday

"I've been a model for six years. In the industry, people with my body type are usually overlooked, so I use social media to share my life. I've gotten bullied with comments like 'How could you show off your body at your size?' But I want to motivate someone to look at herself differently—try on a dress she normally wouldn't wear or do something that scares her. We're told that when you're a certain size, you're not allowed to be happy. But I'm showing that I get to do what I love." —@tessholliday

3. Denisio Truitt

"When I got divorced in 2014, I was ready to get out of the Washington, D.C., area, where I'd spent my entire adult life. I visited



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CREATURE COMFORTS

CHOW HOUNDS

Some dogs have a nose for the finer things in life.

SUPER-SNIFFING CANINES are renowned for their work with police officers and exterminators, but they can also put those olfactory skills to use for a fancier purpose: truffle hunting. “Dogs really can be taught to find almost anything,” says Alana McGee, cofounder of the Washington-based Truffle Dog Company, which trains canines to locate the highly prized fungi that grow on tree roots. And unlike pigs, the better-known truffle trackers, pups are less likely to chew their haul. Instead, McGee rewards her scouts with their favorite treats: “Lolo likes cheese, Da Vinci gets hot dogs, and Duff would do *anything* for a Dorito.”

Whether a dog is roaming in the wild or in an orchard, the mission is simple: catch a whiff, track it down, and mark the site by tapping it with nose or paw. “A gentle touch is preferred,” says McGee, 32, a professional dog trainer and food lover who launched Truffle Dog in 2013. “My business partner has a dog who looks at her, barks, lies down, and then pokes the truffles with his foot—in that specific order!”

Though truffles are a gourmet treat (some types sell for \$1,000 or more per pound), even the humblest pooch can become a decent hunter. McGee believes that any breed—from pugs to poodles—can sharpen their snouts in about six months, although larger dogs might be able to cover more ground: “Having a Chihuahua check 10,000 trees wouldn’t be practical,” she says. “But it would be adorable.” —ELYSE MOODY

YOU DO WHAT?!



From top: Frenkel (center) in 2011, meeting with entrepreneurs in Uganda; a closer look at L’s packaging, made with recycled materials.

To Protect AND SERVE

Talia Frenkel would like to buy the world a condom.

ON HER LATEX LIGHT-BULB MOMENT

“In 2006, I started working as a photojournalist for the Red Cross and United Nations, traveling around the world to document humanitarian crises and devastating events like earthquakes and floods. During that time, I also saw the devastating effects of AIDS, the top killer of reproductive-age women globally. We have cheap tools that can prevent those deaths, but the people who need them most often can’t access them. So I decided to address that gap by creating condoms that would allow women to survive and thrive. In 2011, I launched my company, L. For every condom sold—they’re available online and at stores like CVS and Target—another is donated to a female entrepreneur in a developing country. So far, we’re partnered with more than 2,800 women in Swaziland and Uganda. They educate their peers about why this product is important and generate an income—everyone benefits.”

ON SATISFYING HER CUSTOMERS

“Consumers have the same complaints about condoms: They smell disgusting, irritate the

skin, and inhibit sensation. So we processed the latex to reduce the allergy-causing proteins and that rubbery scent. We also reimagined the packaging. When you walk down any condom aisle in America, you’ll see condoms reflecting more masculine images of conquest, which is out of touch with the modern view of sexuality. Our box is more gender-neutral. And our name resonates with both women and men. When people see the letter L, they think of love, life, lust—all positive connotations. And of course, some men just see *Large*....”

ON PUTTING THE RUBBER TO THE ROAD

“Because we’re dealing with a sex product, we couldn’t just stand in Whole Foods and hand out samples. So we worked with a marketing firm to set up focus groups and had students test condoms in a blind study. Ours came out on top! When women tell us, ‘Thank you for being a form of birth control that won’t make me crazy with hormones,’ that feels great because our customers are our biggest ambassadors. We get a lot of emails with exclamation points.” —AS TOLD TO M.S.

DOG: COURTESY OF LAGOTTO KENNELS; FRENKEL AND CONDOMS: COURTESY OF TALIA FRENKEL.

KEVIN *Hart*

The comedian and star of *Ride Along 2*—cruising into theaters January 15—sings the praises of his children and chicken wings.

Best REASON TO HIT THE GYM

You get only one body, and you have a choice to either take care of it or not. Whichever decision you make, that's how your body will respond. I want to be on this planet for a really long time, and I don't want to spend endless hours in the hospital when I'm older, so I work out six days a week!

Best SHOWER SONG

"Push It" by Salt-n-Pepa. *Ooh, baby, baby, baby, baby! Get up on this!* Back in the day, that was one of my favorite songs. It helped me fall in love with hip-hop, so it's been in my head ever since.

Best PRANK

Goodness gracious—I'll leave that untouched. Let's just say that when you're touring and on the road every day with friends you've known for roughly 15 years, things can get a little dirty.

Best WAY TO SPEND A DAY OFF

Hanging out with my 10-year-old daughter, Heaven, and my son, Hendrix, who's 8. We could be watching a movie at home, vacationing in Costa Rica, or exploring Disney World—there's just nothing better than spending time with them.

Best GUILTY PLEASURE

Buffalo chicken wings. I don't care who made them or where they came from. I just love chicken—and that's the God's honest truth.

—AS TOLD TO JOSEPH ZAMBRANO



**BEST
NEW YEAR'S
RESOLUTION**

To be much better in 2016 than I was in 2015. At the end of the day, I want my life to be about progress.

THE WORLD ACCORDING TO *Gayle*

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



I NEVER THOUGHT I'D BE...

giving up my Snuggie—until now. When people say something feels like “being wrapped in a blanket,” this is the kind of blanket they mean. I'll be curled up with it all winter long. (Ivory mink couture faux-fur throw, \$329 to \$399; fabulousfurs.com)



Trying hydrobikes in Austin with favorite daughter Kirby.



MY CHECKLIST FOR...

a great getaway? Incredible staff, Instagram-worthy scenery, and, of course, finger-lickin'-good food. Lake Austin Spa Resort in Austin checked every box. During my weekend there, executive chef Stéphane Beaucamp made delicious meals out of foods nobody really craves. He replaced my calorie-filled hash browns with a crunchy, sweet mixture of carrot, kale, and parsnip (*above*—go to oprah.com for the recipe). Here's to healthy food that doesn't taste like Styrofoam!

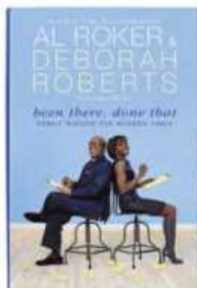


WHAT DO YOU GET...

when you put Tina Fey and Amy Poehler in charge of a room full of alcohol? No, not the Golden Globes—though here's hoping for a fourth round!—but a laugh-out-loud comedy. In *Sisters*, the two SNL alums play siblings back in town for one last epic blowout before their parents sell the house where they grew up—except this time they're 40-somethings and not party-hardy teenagers. The dynamic between Tina and Amy alone is worth a ticket on December 18.

AL ROKER AND DEBORAH ROBERTS'S NEW BOOK,

Been There, Done That, pulls no punches. I can't get over how candid they are on the ups and downs, both personal and professional, of their 20-year marriage (including competing for the same interview after Whitney Houston died); self-esteem issues (Roberts says her black childhood friends' taunts about her darker skin color were painful); and parenting challenges (they have three children). Mr. *Today Show* and Ms. ABC say they're just an average American family (me no think so); one look at the cover and you know how much these two have each other's back.



I LOVE WHEN A SHOW...

starts with a good old-fashioned kinky sex scene! *Billions* stars Paul Giamatti as a savvy (and libidinous) U.S. attorney and Damian Lewis as the ambitious hedge fund king he wants to bring down. I didn't mean to add another one-hour TV drama to an already-full DVR, but on January 17, I'll be tuning in—New Year's resolution be damned!



Follow Gayle on Twitter and Instagram @gayleking.

GAYLE AND FOOD: COURTESY OF GAYLE KING. BILLIONS: JOJO WHILDEN/SHOWTIME. ROKER AND ROBERTS: DEBORAH FEINGOLD. BEEN THERE, DONE THAT: COURTESY OF PENGUIN RANDOM HOUSE. SISTERS: © UNIVERSAL PICTURES. THROW: COURTESY OF COMPANY.



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No Such Think

Is happiness simply a question of mind over matter? **Martha Beck** ponders a curious conundrum.

HAVE YOU

ever noticed how many beloved songs suggest that we have absolutely no control over our emotions? (One common message is “If you don’t love me, I’ll stay in a fetal position forever.”) And yet other beloved songs imply just the opposite—that controlling our emotions should be as easy as blinking. *Forget your troubles; come on, get happy! If you can’t be with the one you love, honey, love the one you’re with! Put on a happy face! Don’t worry, be happy!*

If you truly believe in the helpless-victim songs, take your little curled-up-hedgehog self to a therapist, who will help you see that you do have the ability to influence your emotions. But does this ability go as far as the happy-face songs imply? Is it possible to simply grab your emotional bootstraps and yank yourself into joy? Short answer: no. Longer answer: kind of.



If it were possible to simply will happiness, you and I would both be in ecstasy right now and people wouldn't be selling Ecstasy on the street. Despite our ever-growing arsenal of cheer-up drugs (legal and illegal), "the brain releases happy chemicals only in limited bursts, for specific aims," says psychology writer Loretta Breuning, PhD. "If you expect all the happy chemicals all the time, you're going to be disappointed." People who try to white-knuckle themselves into perpetual glee end up singing things like *I'm dying inside*, and *nobody knows it but me*. And when the dam of denial finally breaks, whoa, Nellie! Here comes a flood of panic, rage, and despair.

So no, you can't stay happy by just insisting on it, any more than you can will yourself healthy by thinking positively while guzzling grain alcohol between cigarettes. Choosing to be happy, like choosing to be healthy, means committing to actions that create those states. The good news is that the actions required for happiness are surprisingly simple. Just as weight-loss advice basically boils down to "eat less, move more," happiness requires just two steps. They'll sound counterintuitive, but people who really seem to have made themselves permanently happy—your Buddhas, your Jesuses, your Yodas—all recommend some version of the following prescription: Allow your pain to exist. Dissolve your pain.

At first, this sounds patently ridiculous. Feel pain? Isn't that the definition of unhappiness? Only if you define happiness as the absence of all stress. But that definition doesn't wash. Up to a point, discomfort, uncertainty, and struggle are deeply compelling; otherwise, why would we watch movies that make us shriek with fear, weep with sorrow, or rise up in anger against injustice? The fact is, those feelings are part of life's richness and beauty.

Of course, actual suffering is very different from drama that takes place on the silver screen. You can't just watch your own experience like a movie...or can you? Actually, this is exactly what enlightened people suggest, and a growing body of evidence is proving them right. Mindfulness and meditation—simply focusing on the



The good news is that the actions required for happiness are surprisingly simple.

present moment, observing one's feelings without judging or reacting to them in any way—have been shown to increase neural density in parts of the brain related to well-being and raise the happiness set point that determines how we typically feel.

Clinical psychologist and author Steven Hayes, PhD, asks readers to imagine an emotion machine that has two dials, one labeled PAIN, the other WILLINGNESS, as in willingness to suffer. Any sensible person cranks both those dials down to zero. Unfortunately, the pain button doesn't seem to work: No matter how far we turn it down, we still hurt. So we read self-help books and munch antidepressants like Pac-Women. These things might help us deal with pain, but they won't get rid of it. This method just never works. Bizarrely, here's what does: turning the willingness-to-suffer dial up to maximum.

Don't take Hayes's word for it; try an exercise. Search your mind for a topic you prefer not to think about: your dog's failing health, an argument with your spouse, the highly personal photos you accidentally posted on Facebook. Notice how you push away your sadness, anger, embarrassment. Accept this resistance. Let it be as it is. Paradoxically, you may feel it lessen slightly.

Now, take five minutes to let yourself feel your true emotions about the forbidden subject. Don't take any action—please. Just allow your emotions. Write them down: "I'm so angry [sad, nervous, embarrassed], and right now I'm just going to let myself feel it." If you don't resist at all, the pain will come in awful but brief surges because just like happiness hormones, the chemicals that cause misery tend to be short-lived. According to neuro-anatomist Jill Bolte Taylor, PhD, it takes only 90 seconds for a wave of emotion to pass

through us. This is the same length as a typical contraction in the final stages of childbirth. Coincidence? I think not. If you can allow enough 90-second intervals of emotional agony, the pain will eventually stop, and you'll find you've given birth to a wiser, more compassionate version of yourself.

So why, if emotional pain can be fleeting, do many people suffer for years, a lifetime? The answer: thoughts. Animals get upset when some negative stimulus—a predator, an indeterminate loud noise—is present, but when the bad thing leaves, they tend to relax. Humans, on the other hand, can be lying safe in bed but feel absolutely terrified, enraged, or devastated about things that are present only in our imagination.

Many wisdom traditions teach that painful thoughts are never ultimately true. According to Buddha, tormenting thoughts are rooted in illusion. Jesus taught that God, truth, and peace are all one thing; it follows that an unpeaceful thought can't be truth. Writer Byron Katie, a modern master of thought dissolving, was wretchedly miserable until she began questioning all her painful thoughts with rigorous honesty. "The mind's natural condition is peace," she writes. "Then a thought enters, you believe it, and the peace seems to disappear.... When you question the thought...the story falls away.... Peace is who you are without a story."

After questioning a few million of my own painful thoughts, I haven't found one I can prove beyond a reasonable doubt. My ego hates this. It wants its mopey ballads, war chants, heavy-metal tantrums. My ego argues that if it can fuss enough, the universe will finally relent and give it everything it desires. Your own ego probably wants the same thing. Good luck with that.

If you're so tired of hurting that you're willing to let go of your favorite painful beliefs, you can dissolve them with steely-eyed insistence on factual evidence. Let's look at some common human thoughts, as represented—you guessed it—in a few popular songs. I've had all these thoughts myself, and then I've rigorously checked them against concrete external reality. Here's a short version:

HYPOTHESIS: *Ain't no sunshine when she's gone.*
OBSERVATION: She's gone. There's the sun.

HYPOTHESIS: *I can't live if living is without you.*
OBSERVATION: And yet here I sit, eating a sandwich.

HYPOTHESIS: *Love stinks.*
OBSERVATION: That's just silly. Love is the best.

I could go on (and on, and on), but you get my drift. Now it's your turn. Whatever devastating top ten hit your mind's constantly playing—"I'm Not Enough," "No One Wants Me," "I'll Always Hurt Like This"—put your ego aside and test it with the pitiless honesty of a scientist. Any evidence at all that you are enough, or that anyone wants you in any way, or that there may be any pauses in your pain, disprove the hypotheses. And hear this, loud and clear: If you can't know a thought is true for an absolute certainty, it doesn't pass the test. Reasonable doubt means the thought doesn't get to rule your life.

Eventually, most painful thoughts dissolve in the light of this uncompromising truth. What's left is not some happy-face ditty, but a vast, sweet, silent openness. Many emotions flow through this openness, some happy, some not. But the openness itself is who you are—and it's unfathomably, indescribably blissful. Dissolving pain is scary and hard, but will get easier with time. The openness is a discipline—and it may take your whole life to perfect.


Some songs tell this truth, and singing them to myself has gotten me through a few truly awful experiences. Try this one in your own tough times:

It's the heart afraid of breaking that never learns to dance.

It's the dream afraid of waking that never takes the chance.

It's the one who won't be taken who cannot seem to give.

And the soul afraid of dying that never learns to live.

Lean into every emotion you fear, let your ego die as you dissolve your painful thoughts, and watch how joy arises. Then, my friend, don't worry, be happy. 



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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Suze Orman

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Money in the bank starts with the right frame of mind.



CONFESSION: This is the most frustrating time of year for me professionally. So many smart, well-intentioned people set out intending to spend less and save more. Yet I'm only too aware that by midyear, the majority will have lost their resolve. Financial knowledge isn't the issue—mental preparation is. Our brains aren't really optimized to make smart money choices. But that's not a reason to give up. It's a reason to have a plan. Let's figure out how to put you in the savings mind-set all year long.



What's Hot, What's Not for 2016

OUT: FEAR, SHAME, AND ANGER

When it comes to thinking about money—how much you have, how much you wish you had, how much your neighbor seems to be rolling in—it's easy to let negative emotions take over. But nothing good ever comes from a place of fear, shame, jealousy, resentment, or anger. Job one is to cultivate an attitude that focuses on what's possible, not what holds you back.

IN: THE PLEASURE OF SAVING

The most important thing you can do for yourself is to stop viewing saving as a punishment. Try this: Think of a financial goal

you'd be incredibly thrilled and proud to reach. Then convert it into a mantra:

"Every choice in every day that helps me achieve [NAME OF GOAL] is a choice to be kind and generous to myself."

The Brain Game

Two very different parts of our brains are involved in making decisions. The fast, automatic part often dominates, prompting us to do what feels good now. (Hello, impulse buys and retail therapy.) Another part holds the key to reaching our goals; it's the part that processes the long-term ramifications of a decision. I want you to be tapping into this deliberative you, so before you make any spending decision—whether to click the Place Order button on an



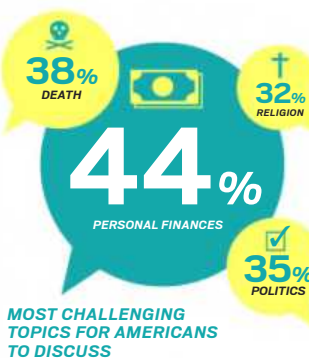
online purchase, how much to contribute to your 401(k)—ask yourself these questions:

- Is it kind?
- Is it necessary?
- Is it true?

Spending is kind only when it is within your means. Spending should be about satisfying all needs. And truthful spending doesn't try to pass off wants as needs—or attempt to fill a void in your life or someone else's.

Spreading the Word

A survey recently found that we're less comfortable talking about money than about death. So we clam up and go it alone.



But name me a time when you didn't feel better, stronger, and more in control after sharing your challenges and goals with friends and loved ones who supported you. I want you to tell at least three people about your savings goals—and ask them to check in with you periodically to see how you're doing. And don't be shy about tweeting your savings accomplishments or posting updates on Facebook. Broadcasting over social media is empowering in itself, and the

feedback you'll get from your network will provide even more motivational mojo.

Ouch!

We feel the pain of a loss about twice as much as the thrill of an equivalent gain—and you can turn that little psychological insight into a savings incentive. It might sound strange, but some people find motivation in essentially blackmailing themselves, vowing that if they don't meet whatever goal they've set, they'll make a financial donation to a cause they don't like. At stickk.com you can formalize the arrangement, setting up a "commitment contract" to meet your goal, enlisting one of your savings cheerleaders to monitor your progress, and putting some of your own money on the line. Users who combine a support system and the threat of financial loss meet their goals more than 80 percent of the time. That's a number I can get behind—and it might just make this year a real savings success! 📌

Suze Orman's latest book is *The Money Class: How to Stand in Your Truth and Create the Future You Deserve* (Spiegel & Grau).



ILLUSTRATIONS: GEORGE KOFI PRAH; ORMAN: SEAN LEE DAVIES; FASHION STYLIST AND HAIR: KIM ROBINSON; MAKEUP: ALICE SO AT KIMROBINSON.COM.

Dear Lisa

The Giver, Party On, and a New Reason to Scream in Bed



Dear Lisa,

My boyfriend of three years is a good guy, but he's never once bought me a decent present. For my birthday, he came home with a nose hair clipper (he thought he was being funny). For our anniversary, he got me two DVDs that he, and he alone, had been dying to see. Now Valentine's Day is coming, and I'm filled with dread. Is there a subtle way to get something meaningful out of him? —JUDY, NASHVILLE

Judy, Judy, Judy,

Why be subtle? Take him to dinner some evening and tell him that you don't need bonbons and Bulgari, but you do need to feel he's made a sincere effort. At the end of the day, it's the thought that counts—let him know that it would mean a great deal to you if he'd actually have one.

Explain that gift giving is about listening. It's about noting the sweater you were lusting after in the window of Anthropologie, circling back, buying it, and hiding it away until just the right moment. It's about squeezing you a glass of fresh grapefruit juice in the morning...unless, of course, you're on statins, in which case he might be trying to kill you. It's about coming home with lilacs or learning your favorite song or planning a perfect Saturday night. The right present says, "I've been paying attention, I get who you are, and I want you to feel cherished." The wrong present says, "Your nostrils could use a trim."

Dear Lisa,

My husband's brother and his wife have flaked on more than a dozen family occasions in the last couple of years, from small dinners to big events. They always RSVP that they're coming and then either fail to show or text a lame excuse at the very last minute. No apologies, either. When can I stop inviting them? —CONNIE, LOS ANGELES

Dear Connie,

If it happens once, you take a breath, smile, and remove the extra place settings. I mean, kids get ear infections, grown-ups get overwhelmed, wires get crossed. If it happens twice—well, it's hard to understand how two members of polite society could not only fail to show up after saying they'd be there, but then add insult to injury by neglecting to apologize the next day. Still, cars get trapped in sinkholes, babies get swallowed by dingoes, brothers- and sisters-in-law get abducted by aliens. If, however, it happens more than a dozen times in two years, something else is going on.

Either you just happen to have the most scatterbrained in-laws on earth, or they're angry with you and this is their passive-aggressive way of expressing it. In either case, I am officially offended on your behalf. That said, you're going to have to deal with these people for years to come, and it will not serve you well to view their behavior as an act of war.

Limit invitations to crowded gatherings where a few no-shows won't make a difference. Remember that you're not losing party guests, you're gaining cheese puffs. And try showing a little compassion—after all, they were probably probed by aliens.

Dear Lisa,

This is very embarrassing, but we just found out we've got bedbugs. The day

before spotting them, I gave a friend a few very expensive shirts that no longer fit me. I called her as soon as I realized what happened, hoping she hadn't taken them out of the plastic bag yet. Unfortunately, I was so panicked that I forgot her schedule—and woke her up at 7 A.M. She was furious before I could even say why I was calling, and you can imagine her reaction once I broke the news. Was I wrong? —SHERRY, TAMPA

Sherry baby,

Repeat after me: Bedbugs are not your fault. They are pure evil, and they were put on this planet to freak everybody the hell out. I have more to say on this, but the whole topic is making me swat at imaginary little insects buzzing around my face. My cubicle mates are starting to look at me funny, and it's only a matter of time before they dial HR.

Here's the bottom line: I live for bedtime. Sometimes when I'm asleep, I'm actually dreaming about sleep. I took one look at the ridiculous shoulder pads and big hair of the 1980s and slept straight through the entire decade. But even when somebody (and you know who you are, Aunt Ida) feels the need to let me know—at 1:30 in the morning—that cousin Rosalie is unable to move her knuckles, I can't imagine going ballistic. The truth is, friends don't let friends open a bag that could potentially contain bedbugs, nor do they pitch a fit first and ask questions later. She's wrong. You're right. Case closed. **O**



Lisa Kogan is O's writer at large and the author of *Someone Will Be with You Shortly: Notes from a Perfectly Imperfect Life*. To ask Lisa a question, email asklisa@hearth.com.



UNSTOPPABLE YOU

Are you ready for your healthiest, happiest year yet? Don't let a sensitive bladder slow you down. With **Always Discreet bladder leak protection**, you can move throughout your day with confidence. So let's bust some myths and then get on to busting some moves this new year!

MYTH

Only older women experience bladder leaks.

FACT

Not true. While the risk of developing a sensitive bladder increases as you age, 1-in-3 women over the age of 18 experience, bladder leaks. And knowing that you're in good company can help make bladder leaks feel like no big deal.

A sensitive bladder is a disease.

Not true. Bladder leaks, or a sensitive bladder, can be a symptom of an underlying medical condition, so be sure to talk to your doctor. Once he or she has cleared you of larger health concerns, Always Discreet products can give you the confidence you need to get back in the game, without holding back.

Once you have a sensitive bladder, there's no way to make it better.

Not true. Pelvic floor exercises, also known as Kegel exercises, can help to strengthen your pelvic floor muscles, which may help improve bladder leaks. Give it a try — contract the muscles you would use to stop the flow of pee for four seconds, slowly exhale and gradually release the hold. Repeat 10-20 times, three times a day.

You should drink as few beverages as possible if you experience bladder leaks.

Not true. Keep hydrated. While drinking lots of water can increase the frequency and urgency of having to use the bathroom, not drinking enough water can actually make your pee more concentrated, which can result in bladder irritation and increase your risk of bladder leaks. Try avoiding or reducing your intake of caffeine, citrus juices, alcohol, and carbonated beverages, and don't have anything to drink two hours before bed.



So bladder leaks can feel like no big deal.



Curious? Go to alwaydiscreet.com



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Our pads are drier than Poise pads!



Our pads are up to 40% thinner* for incredible comfort and absorb 2x more than you may need.**

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So bladder leaks can feel like no big deal. *always discreet*

*vs. Poise. **based on average U.S. consumer usage. †while supplies last.

May We
Help You?

Dr. Oz

Best Foot Forward

Nearly 75 percent of American adults suffer from foot pain at some point in their life. Here's how to save your soles.



→ Among the most complex and hardest-working parts of the body—with 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments—our feet deserve far more love than they receive (not counting the occasional pedicure). While we eat right to protect our heart and do exercises to maintain a sharp mind, most of us don't do much to keep our toes, heels, and ankles in tip-top shape. But we should, especially when you consider that over the course of an average day, our feet are subjected to several hundred tons of force. Fortunately, there are easy ways to take the pressure off. These tips will help you take a step in the right direction:



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

Help Your Heels

If your heel constantly aches, you could have plantar fasciitis, one of the most common causes of foot pain. The plantar fascia is a thick band of tissue that connects your heel to the base of your toes. With age, the tissue can develop microtears (especially if you're on your feet or you run a lot), causing pain, swelling, or stiffness. But you can reduce discomfort with a variety of nonsurgical treatments, from shoe inserts to splints. You can also try stretching: First, warm up your ankle by spelling P-A-I-N-F-R-E-E on the ground with the big toe of each foot—this takes your ankle through a full range of motion. Then, sit on your bed with your legs straight out in front of you. Holding a towel with both hands, loop it around one foot and flex your ankle. Tug gently until you feel a stretch in your calf, hold for 30 seconds, and then repeat with the other foot. This will loosen the plantar fascia and the Achilles tendon. But if nothing seems to provide long-term relief, don't give up hope: Scientists are testing ultrasonic energy as a minimally invasive method to remove damaged fascia. A recent study found that people who received this therapy reported greater than 90 percent symptom improvement that lasted six months.

Find Your Perfect Fit

You already know that high heels can do a real number on your feet (every inch of height shifts more weight onto the toes and balls of your feet, putting stress on the tiny bones and joints), but you're not necessarily in the clear if you wear flats, which might not provide adequate arch support. Any pointy shoe can squeeze your big toe out of alignment, deforming the joint and potentially triggering or exacerbating painful bunions. And don't forget to check your shoe size. One study found that about 88 percent of women wear shoes—heels, sneakers, and flats—that are, on average, at least half an inch too small. Ligaments and tendons naturally loosen with age, and it's been estimated that you can gain as much as half a size every ten years after age 40. If you haven't checked your shoe size recently, consider this your excuse to go shopping.

Stretch Those Toes

If you simply won't give up wearing heels, you can do a few things to minimize soreness. My favorite exercise: Put a marble on the ground and pick it up with your toes ten times. This helps strengthen the muscles around your toes. Another winner: Ice your feet for ten minutes when you get home—my wife swears by this.



The latest on injections...

Many people with chronic foot pain ask their doctor for steroid injections, and with good reason—they work fast, and according to one 2015 study, pain relief from a single shot can last up to three months. But research has shown that Botox might work even better: A study in the journal *Foot & Ankle International* found that patients with plantar fasciitis who had the wrinkle fighter injected into their feet reported significantly more sustained relief six months later than those who were given cortisone. But while both options can help ease discomfort, they aren't fail-safe (the steroid shots can cause connective tissue to weaken over time). Smart footwear and regular stretching are still key to living pain-free.



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Are Your Feet Trying to Tell You Something?

The toes know.

Cold Feet

COULD BE: **Hypothyroidism**

Always reaching for socks? You may be suffering from hypothyroidism, a disorder in which the thyroid doesn't produce enough of certain hormones that help regulate metabolism. A sluggish metabolism can slow your body's ability to generate heat, causing your hands and feet to remain chronically cold.

Yellow Toenails

COULD BE: **Yellow nail syndrome**

The yellowing of nails is usually brought on by a mild, treatable fungus. But in rare cases it could be a sign of this disorder, associated with undiagnosed respiratory problems and lymphedema, a condition that causes fluid retention, triggering swelling in the arms or legs.

Enlarged Big Toe

COULD BE: **Gout**

Considered one of the most painful forms of arthritis, gout occurs when the body's levels of uric acid build up to the point at which sharp crystals accumulate in joints. And for reasons that remain unclear, uric acid deposits often develop in the joint of the big toe.

Foot Cramps

COULD BE: **Nutrient deficiency**

While a common cause of foot cramps is dehydration (make sure you're drinking enough water daily!), an imbalance of electrolytes can also lead the muscles in your feet to contract sharply, signaling that you may be low in essential minerals like potassium, magnesium, and calcium.





THE BACKSTORY:

Last month Iyanla worked with Noreen to uncover the real problem lurking beneath the surface of the fight she had with her brothers five years ago. Ostensibly, the battle centered on where Noreen's elderly mother, who'd been living in Jamaica, should spend her remaining years. When her mom returned to England—where several of her children live—with the assistance of one of Noreen's nieces, Noreen felt deeply betrayed. She lashed out at her siblings so intensely that she's had little contact with them since. After talking with Noreen, Iyanla put her on a 40-day fast: Make no attempts to reach out to her brothers or talk to anyone else about the situation. She also had to journal daily, responding to prompts Iyanla selected just for her (like "I remember feeling powerless when..." and "The greatest awareness that I have had about myself is..."). Now, with the work done, Noreen checks in with her coach:

Iyanla, Fix My Life!

The 40-Day Challenge



In the third installment of our new series, relationship expert and spiritual life coach **Iyanla Vanzant** helps reader Noreen Sumpter (left), 52, realize how unresolved family issues have rippled through her entire life.

IVANLA VANZANT: Welcome back! It's been a while. How are you? Tell me what's happening.

NOREEN SUMPTER: I've had a good—well, I shouldn't say "good." "Good" is an understatement. I've had a *great* experience doing the exercises. It wasn't easy. They have had an impact on practically every area of my life. I've discovered power where I thought I had none—including in my romantic life. I was in a relationship with a man and I realized, *Oh my God, this relationship is very similar to the one I had with my brothers and my father.*

IV: How so?

NS: The last time we talked, you said there must have been a breakdown in the family long before our big argument. And what I've realized is that my family wasn't one that really talked. We discussed fun things, but we didn't communicate about how we felt or if we were upset. We never allowed ourselves to be vulnerable. On the other hand, there was a lot of teasing when you didn't do something someone else wanted you to do. And if I were crying, they'd say, "What are you crying for?" I learned to hold in my feelings, my disappointments. And in the relationship I just mentioned, I had the opportunity to finally express myself fully to the man I was dating. I gave him the chance to do the same, but he wasn't able to be as vulnerable with me.

IV: What I hear you saying is that through the work you've done, you've come to the awareness that you grew up having your feelings dismissed. What did that teach you about your feelings, your emotions, your authentic self-expression?



"If I'm sending out only negative energy, that's all I'll get back."

NS: I learned that if I showed emotion, I would be ridiculed.

IV: That's right. What I also hear you saying is that you chose a partner who didn't express emotion or feelings, and therefore you felt safe from being ridiculed for your own. So now that you have that awareness, what is the healing you've experienced?

NS: When it was clear he couldn't open himself up to me, I knew I had a choice: stay and suffer, or end the relationship. He truly understood why I had to leave, to honor myself and my needs. I acknowledged him for doing the best he could, and I acknowledged myself for doing the best I could. We actually thanked each other. It was an incredibly amicable breakup.

IV: I want to go back for a moment and remind you that we set a clear intention for your 40 days: "It is my deepest, most sincere and heartfelt intention to experience healing, a sense of wholeness within myself that will extend to all my relationships and interactions within

the world." You had the opportunity to observe yourself, honor yourself, express yourself, and then make a choice about how to move forward. So you took the appropriate steps to realign, restructure, readjust, and awaken your mind, your heart, and your being. Good work!

NS: I also honored your request not to talk about the past during these 40 days. I caught myself three times and thought, *Whoops! Let me honor myself and not do this.* Words have power. It's one thing to say "I want my family back." It's another to complain and go on about it. If that's the kind of negative energy I'm sending out, that's all I'll get back.

IV: Now, I recall that you felt like your mother should have stayed in Jamaica and your feeling that this wish wasn't respected by some of your siblings. The first time we spoke, you were very upset about this. What are you aware of now that you weren't aware of before?

NS: I didn't fully understand the magnitude of what was happening. I was just caught up in the upset. I reverted back to being that small girl who was afraid of being attacked. In my mind I thought, *Let me get them first before they get me.* I killed them off, but in the process I killed off myself.

IV: That's excellent awareness. In fact, it's the kind of awareness that will help you heal the rift in your family. **Q**

NEXT MONTH: Will Noreen finally reconnect with her brothers? In their last session, Iyanla and Noreen wrap up their powerful work together.

LET IVANLA FIX YOUR LIFE!

Is there trouble brewing with your spouse, your friends, your boss? Have a secret you need to get off your chest? Are you dating men who are all wrong for you? If you're feeling stuck and need Iyanla's help, submit your story at oprah.com/askiyanla.

Iyanla Vanzant is the host of OWN's *Iyanla: Fix My Life* and the author of *Trust: Mastering the Four Essential Trusts* (SmileyBooks).



life is
bickering
with your
mouths
full,

and drawers
where your
stuff always
gets along

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Black-brown 798.947.42 Shown with **LUNDSKÄR faucet with strainer \$99.99/ea**
Powder-coated brass. Requires installation. H9½". Black 302.400.27



The *O* List

WELLNESS SPECIAL

A few healthful things we think are just great!



◀ Pressing Need

It juices hard veggies *and* purees soft fruit *and* converts to a canister vacuum. Okay, so not that last one, but we still think it's a miracle machine. And any of the seven brilliant colors will look way cool on your kitchen counter. **(Novis Vita Juicer, \$500, free shipping with code OPRAH; novisusa.com)**

PROP-STYLIST: MEGUMI EMOTO

PHOTOGRAPHS BY Gregor Halenda

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Brush Up

You don't want to know what's on the business end of your old-school toothbrush. Let's just say these silicone bristles carry up to 10,000 times less bacteria and leave it at that. **(Issa electric toothbrushes, originally \$199 each, now 20 percent off with code OPRAH; foreo.com)**

Power Pills

Organic, allergen-free, vegan probiotic capsules: Not the sexiest words you've heard today, but a regular dose can keep your digestive tract running smoothly. **(ProViotic capsules, originally \$40 for 30, now 20 percent off with code OPRAH; juicepress.com)**



Rice-capades

Yes, this computerized cooker prepares rice—but you can also whip up lentils, quinoa, and set-it-and-forget-it steel-cut oats. **(Zojirushi Induction Heating System Rice Cooker & Warmer, originally \$420, now 20 percent off with mention of O magazine; We Care Spa, 800-888-2523)**



OMG, AB&J!

Jazz up jelly sandwiches with one of these three almond butters, available in cardamom and clove, the original, and Aztec chocolate flavors. They're raw, organic, and yum. **(Almond Butter Gift Trio, originally \$50, now 20 percent off with code OPRAH; solsticecanyon.com)**



Wax On

Heat up these reusable gloves in the microwave, then slip them on to experience the moisturizing and skin-softening perks of a paraffin wax treatment. **(gLove Treat for hands, originally \$40, now 20 percent off with code OPRAH; glovetreat.com)**

Let Us Eat Cake

We sampled this chocolate and salted-caramel cake before we realized it was gluten-free. Once we knew, we had the perfect excuse to have another scrumptious slice. **(Chocolate cake with salted caramel, originally \$45 for six-inch cake, now 15 percent off with code OPRAH; krumvillebakeshop.com)**



Have a Ball

In life, there are the haves and the have-nots. If you're one of the latter, this massager on a rope can unlock tight shoulders, ease achy feet, and release the dreaded "tech neck." Give it a roll! **(Originally \$35, now 20 percent off with code OPRAH; bodyworkball.com)**



Tiny Treats

You can pop 23 of these frozen juice snacks (each around the size of a grape and available in flavors like berry and citrus) before you hit 30 calories, making them an ideal way to satisfy both your sweet tooth and your New Year's resolution to eat better. **(Originally \$6 for 48 cubettes, now 20 percent off with code OPRAH; lifeice.com)**



Join the Circle to hear—and see!—what's happening behind the scenes at O. omagcircle.com



Match Point

From the “why didn’t we think of this?” department: adhesive bandages that come in different shades to blend with different skin tones. Gayle King was so impressed, she sported a few just for fun. **(Originally from \$6 for 30, now 20 percent off with code OPRAH; trucolourbandages.com)**



Saddle Sore No More

Whether you’re a dedicated spinner or a weekend cruiser, your tush is about to feel a whole lot better, thanks to these padded, brightly patterned, washable bicycle seat covers. Ride on! **(Originally \$35 each, now 20 percent off with code OPRAH; cityseat.com)**



Nailed It

This polish collection, free of five chemicals common in nail enamel, comes in shades ranging from rainbow bright to sparkling metallic. **(Ginger + Liz Colour Collection, originally \$12 each, now 20 percent off with code OPRAH; gingerandliz.com)**



Pop Chocolate

Sure, some experts recommend a serving of dark chocolate once a day for health benefits—but how much is that, exactly? These 60 percent cacao bars are single-portion size, so you won’t overindulge. **(Cacao Atlanta Chocolate Company Daily Dose, originally \$48 for one-month supply, now 20 percent off with code OPRAH; cacaoatlanta.com)**



Smart Balm

If a hacking cough has left you with a sore throat, reach for this syrup blended from raw honey and organic ingredients like licorice and lemon. **(Urban Moonshine Clear Chest Bronchial Support, originally from \$18, now 20 percent off with code OPRAH; capbeauty.com)**



I Dream of Steamy

Steaming keeps valuable nutrients from leaching out during cooking, and this clever model lets you prepare multiple foods at once. **(Chef Buddy four-quart stainless steel food steamer, \$36; jcpenny.com)**



Step on It

Oprah says wearing these super-lightweight slip-ons is like “walking on a mattress.” Memory foam insoles, you’ve done your job well. **(Danielle woven sneakers, \$70; zeealexis.com)**



Cold Comfort

Store this steel roller in the freezer, then give it a go after a workout or whenever you need to loosen tight muscles. The cold compression can help with swelling. **(TriggerPoint Cold Roller, originally \$100, now 20 percent off with code OPRAH; tptherapy.com)**



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Thanks to our work with local high schools like Henry Ford High,
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A TOUCH OF GLAM, THE CUTTING EDGE, FINE FEATHERED TRENDS



DRIES
VAN NOTEN
FALL 2015
RUNWAY

The chunky iridescent stones in this collar necklace are dazzling without being flashy. (Aldo; aldoshoes.com)

\$40



A gilded brocade jacket makes a big statement, so keep the rest of your outfit streamlined and simple. (boohoo.com)

\$70



\$35

A medieval-inspired metal mini cross-body bag adds toughness to luxe looks. (nila-anthony.com)

Great Buys UNDER \$100!

Rich fabrics and understated shine join forces for a luxurious day-to-night look.



\$79

This velvet bodysuit in an antique floral print looks chic under a blazer. (bebe.com)

\$69



Dress up a nubby knit sweater by layering it over a sequined top. (Sweater; loft.com. Top; Bar III; macys.com.)

\$80



\$85

\$20

This faux-leather skirt flatters with a slimming dropped waist. (lulus.com)

\$69



\$38

Brass and stone chandelier cluster earrings add a stroke of brilliance. (sparklepop.com)



Crushed velvet and a midi length warm up a strappy party dress. (lulus.com)



The nipped-in waist brings out the feminine side of these wide-leg trousers. (loft.com)

\$89



\$25

Strut your stuff in a peacock-colored faux-fur neck warmer. (Merona; target.com)

A military-inspired anorak gets sexy with a drawstring waist and a sparkly tank and brooch. (Jacket; coldwatercreek.com. Tank; Primark, Boston, 617-350-5232. Brooch; rjgraziano.com.)

\$67



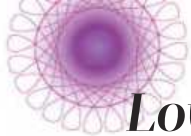
\$60

Chunky velvet ankle boots give winter left to floatier pieces. (boohoo.com)

\$40

“Who says winter wear has to be boring? I’m just crazy for all these lush textures.”

—O CREATIVE DIRECTOR ADAM GLASSMAN



Love That!

ADAM'S

STYLE SHEET



Athleisure is no longer a trend—it's a lifestyle. And what's not to love about living in your gym clothes while looking amazing?

CITY SLICKER



RAG & BONE SPRING 2016 RUNWAY



GLASS WATER BOTTLE, \$23; lifefactory.com



FLEECE AND NEOPRENE JACKET, \$398; rebeccaminkoff.com



SLIDE, \$30; nike.com

WRAP BRACELET, \$78; bezelsandbytes.com



PANTS, Koral Activewear, \$238; koral.com

QUILTED SWEATSHIRT, GapFit, \$65; gap.com



SPORTS BRA, \$40; reebok.com



MESH BAG, Bandier X The Transience, \$240; bandier.com



YOGA MAT BAG, \$125; mzwallace.com



PREP SCHOOL



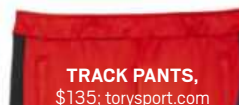
NEOPRENE COAT, \$495; torysport.com

PENDANT NECKLACE, \$149; swarovski.com

The crystal is an activity tracker!



CHLOÉ SPRING 2016 RUNWAY



TRACK PANTS, \$135; torysport.com



NEOPRENE BAG, \$115; shop.savemybag.it



PONTE BLAZER, \$350; torysport.com

The lining zips out.



PULLOVER, Alternative, \$68; alternativeapparel.com



TANK, Laain, \$170; net-a-porter.com



TENNIS RACQUET CASE, \$585; monreallondon.com

SNEAKER, \$89; ninewest.com



FOOT PATROL

Athletic companies have embraced knit sneakers because the lightweight material doesn't drag down a run. But the sleek design also looks fabulous if you're just running errands.



APL, \$160; aplrunning.com



Adidas by Stella McCartney, \$260; adidas.com



\$110; newbalance.com



\$150; nike.com



Under Armour, \$130; ua.com

MARKO METZINGER/STUDIO D. STYLIST: ANITA SALERNO/R. J. BENNETT REPRESENTS. RUNWAY: FROM LEFT: VICTOR VIRGILE/GAMMA-RAPHO VIA GETTY IMAGES; FERNANDA CALFAT/GETTY IMAGES FOR NYFW; THE SHOWS: WATER BOTTLE, NECKLACE, NEOPRENE BAG, AND RACQUET CASE: COURTESY OF COMPANIES: GLASSMAN; GREG KESSLER.

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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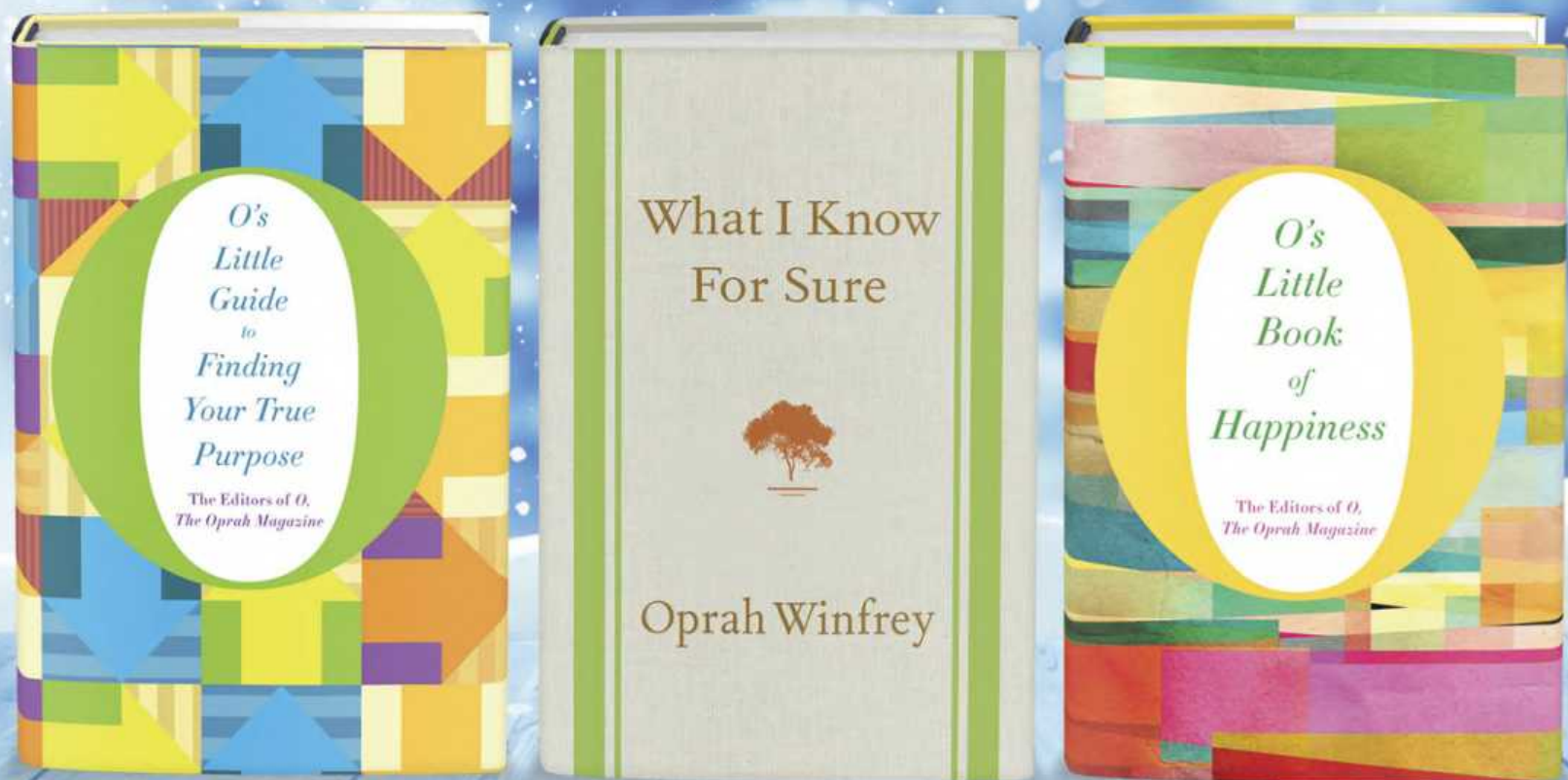
Per one-ounce serving.

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THE HANDLES Composed of ebony PakkaWood (a mix of natural hardwood and resin), the handles are moisture-resistant. The slightly contoured shape offers a comfortable grip, and the balanced weight lets you cut with chef-level efficiency.

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With proper care—hand-wash with mild dish soap, dry thoroughly before storing, avoid cutting on hard surfaces like metal or glass—these knives should last a lifetime.

\$850
FOR TEN-PIECE SET

ONE YEAR = **\$2.33** PER USE

FIVE YEARS = **47¢** PER USE

TEN YEARS = **23¢** PER USE

*Assuming you use the knives daily.

THE EXTRAS Handcrafted in Seki City, Japan—the country’s sword-making capital for more than 700 years—the knives have a limited lifetime warranty, and Shun offers free sharpening for as long as you own them.

THE SET Whatever you need, there’s a blade to do the job: paring, slicing, bread, chef’s, santoku, and two utility knives, as well as kitchen shears, a honing steel, and a bamboo storage block.

Shun Classic ten-piece chef’s block set, originally \$1,289, now \$850 through March; surlatable.com

A Cut Above

Finely crafted and samurai sharp, **SHUN CLASSIC KNIVES** are sturdy enough to become a family heirloom.



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texture

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Love That!



ADAM'S

STYLE SHEET

HOME EDITION

RING CEREMONY

Deborah Rhodes New Feather Flower napkin ring in white, \$50; Bergdorf Goodman, 212-753-7300. Maya Roth Home Pheasant Blue napkin, \$38; gearys.com.



LIGHT IDEA

Feather Stand table lamp, \$90; dotandbo.com



GOOD ON PAPER

Gilded Feather wallpaper in white and silver, Julien MacDonald, \$85 per roll; grahambrown.com

CUSHY SITUATION

Threshold Feathers embroidered pillow, \$25; available December 27 at target.com



ALL ABOUT THAT VASE

Futura Feathers vase, \$298; jonathanadler.com



Feather Your Nest

Both delicate and glamorous, feathers add a touch of elegance to all the comforts of home.



MARK OF DISTINCTION

Tom Dixon Tool the Bookworm quill bookmark, \$16.50; suiteny.com



DRAMATIC SETTING

Carolyn Feather dinnerware \$35 to \$55; ralphlauren.com



A HAPPY NOTE

Rustic Feathers personalized lined notebook, \$15; tinyprints.com

QUILL PEN

Zen rollerball pen in pheasant print, \$82; mckinneypens.com



DELICATE PLUMAGE

Light as a Feather earrings in sterling silver and cubic zirconia, \$100; pandora.net



DRINK TO THAT Feather tumblers, \$42 each; laurazindel.com

MARK METZINGER/STUDIO D. PROP STYLIST: GABRIEL RIVERA/R.J. BENNETT REPRESENTS. EARRINGS, BOOKMARK, AND NOTEBOOK: COURTESY OF COMPANIES: GLASSMAN; GREG KESSLER.

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O, Beautiful!

LUMINOUS COMPLEXIONS, A HAIRCUT FIX, LIP GLOSS FAVORITES



LOOK WHAT
WE FOUND!

GLOW GETTER!

When the weather outside is frightful and you want to look delightful: Cozy up to a sheer, glow-inducing foundation with a formula so light and coverage so blendable (and buildable), you'll sport the kind of radiance you get after a day on the slopes.

Two terrific choices: **Giorgio Armani Maestro Glow** (\$64; available in February at sephora.com) and **Yves Saint Laurent Le Teint Touche Éclat Foundation** (\$58; yslbeautyus.com). Let it snow, let it snow, let it snow!

FASHION STYLIST: JARROD LACKS - HAIR: PATRICK MELVILLE FOR PATRICK MELVILLE PIPINO SALON AT TRACEYMATTINGLY.COM.
MAKEUP: JENNIFER FLEMING/FACEMAID.COM. MANICURE: ROSEANN SINGLETON AT ART DEPARTMENT USING DIOR VERNIS. FAUX-FUR COAT, BOOHOO.



DOCTORS' ORDERS

We asked five dermatologists to pick the best product in their skincare lines. Easy enough! Then the real challenge: choosing a winner from a rival brand.



MACRENE ALEXIADES, MD
New York City



PERSONAL BEST: Dr. Macrene 37 Extreme Actives High Performance Anti-Aging Cream (\$195; drmacrene.com)

"This cream has 50 of the most effective antiaging ingredients—like antioxidants, peptides, and amino acids—so it's truly a multivitamin for the skin."



WORTHY COMPETITOR:

Dr. Dennis Gross Skincare Alpha Beta Peel Original Formula (\$84; dgskincares.com)

"This is an effective at-home peel: The alpha hydroxy acid treats brown spots, while the beta hydroxy acid works on deep-seated blemishes."



CHERYL BURGESS, MD
Washington, D.C.



PERSONAL BEST: Black Opal Even True Tri-Complex Tonecorrect Fade Gel (\$13; blackopalbeauty.com)

"It's formulated with hydroquinone and licorice extract, so it's great for fading dark spots. It also contains fruit acids to help your skin better absorb the active ingredients."



WORTHY COMPETITOR:

Epionce Ultra Shield Lotion SPF 50 (\$25; epionce.com)

"This is one of my favorite broad-spectrum sunscreens. It contains over 10 percent zinc oxide, which can leave a chalky residue (especially on darker skin), but this sheer formula blends right in."



DAVID COLBERT, MD
New York City



PERSONAL BEST: Colbert MD Illumino Anti-Aging Brightening Masks (\$110; colbertmd.com)

"These biocellulose masks have niacinamide, which regulates melanin production, so they visibly reduce dark patches."



WORTHY COMPETITOR:

Lancer The Method: Body Polish (\$60; lancerskincares.com)

"Dr. Lancer's blend of quartz crystals and salicylic acid really works to exfoliate dead surface cells. The scrub self-warms, too, which enhances circulation and brings more oxygen to your skin."



HAROLD LANCER, MD
Los Angeles



PERSONAL BEST: Lancer Younger: Pure Youth Serum (\$275; lancerskincares.com)

"Retinol is a key antiaging ingredient, but it can cause irritation and dryness. There's a botanical-based complex in this serum that works like retinol—stimulating collagen and elastin production and improving overall clarity—but without the downsides."



WORTHY COMPETITOR:

Dr. Brandt Pores No More Pore Refiner Primer (\$45; drbrandtskincares.com)

"This product delivers. The mineral-rich powder diffuses light, so pores are less visible. And the formula glides on easily."



RONALD MOY, MD
Los Angeles



PERSONAL BEST: DNAEGF Renewal DNA Intensive Renewal (\$135; dnaegfrenewal.com)

"Since I'm a tennis enthusiast and spend a lot of time outdoors, I use this lotion religiously. Of all my products, it has the most DNA repair enzymes to work against UV damage and the signs of aging."



WORTHY COMPETITOR:

Dr. Macrene 37 Extreme Actives High Performance Anti-Aging Cream (\$195; drmacrene.com)

"Not only does this cream have lots of active ingredients, but it uses a delivery method that ensures they penetrate the skin."



“Bangs that sweep to the side instead of pointing straight down are softer on the face and prettier,” says hairstylist Patrick Melville. He clipped Christina’s fringe to take out some of the choppiness, then brushed it to the right.

Can This Haircut Be Saved?

She wanted gamine. She got grunge. But all hope was not lost.



To reportion the cut, Patrick snipped two inches off the flip at the nape of Christina’s neck, tapering the hair to soften the look. She has a cowlick on the right side, so it was important to keep the hair long enough to weigh that down.

According to Patrick, heavy sideburns were making Christina’s face look too small. He thinned them and trimmed them to ear length, so “they now frame her face and draw attention to her cheekbones.”

A TRIO OF STYLING HEROES

When it comes to short haircuts, it’s all about texture.



Pantene Pro-V Full and Strong Powerful Body Booster Spray

(\$6; drugstores)
Hydrates, volumizes, and strengthens strands against damage.



R+Co Motorcycle Flexible Gel

(\$26; randco.com)
Great for creating piecey style without leaving a tacky residue.



Aveda Control Paste

(\$24; aveda.com)
Builds body, adds texture and sheen.

The Backstory

Christina Benitan, 51, an actress in New York City, traded her bob for a longish pixie last year. When she went to a different salon for a trim, she hoped the new stylist could follow the lines of her haircut. Unfortunately, she ended up with “an edgy Joan Jett rocker look and a Florence Henderson flip in the back,” she says. Christina was so distressed by the frayed edges that she took to snipping them herself.

The Counseling Session

Hairstylist Patrick Melville of New York City’s Patrick Melville Pipino Salon immediately noted that the proportion of Christina’s cut was off. “It was too long in the back, and there was too much heaviness on top, which was giving it a helmet shape,” he says. He also pointed out that Christina’s hair had been over-razored, leaving her ends scraggly. The solution was to shorten the style overall and

take weight off the crown. Instead of a razor, Patrick used scissors to cut into the hair for a piecey effect that replaced the wisps.

The Happy Outcome

“You can definitely see the bone structure in my face now,” says Christina, who particularly loves her new short bangs. “My style feels more balanced and modern. There’s something kind of fierce about it, but also feminine.”



O, Beautiful!



Val's BEAUTY BUZZ

O's beauty director, *Valerie Monroe*, on what you need...and what you'll love.

Lash Hurrah

This is as close to custom as mascara gets. The new **Revlon Mascara Collection** (\$9 each; drugstores) makes it easy to find the formula and bristle shape that suit you best: Super Length, Volume + Length Magnified, Dramatic Definition, Ultra Volume, or (if you're the type who wants a little bit of everything) Ultimate All-in-One. Talk about fringe benefits!



Gloss Wear

Do you have a "just right" winter sweater? One you pull out again and again because it's flattering and cozy in equal measure? **Mally Beauty H3 Lip Glosses** (\$20 each; ulta.com) are your makeup equivalent: They're easy to apply, coat your lips in hydrating comfort, and come in six go-with-everything shades, from rose to shimmering nude (left).



Eye, Eye!

Double your fun with one or all eight of these two-tier matte cream and shimmery powder eyeshadows (**Surratt Prismatic Eyes**, \$38 each; sephora.com). Use the cream as a base or a liner—and you could stop there, but why not go for razzle-dazzle? Finish with a dusting of the powder for a dramatic starry-eyed effect.



ONE-SENTENCE REVIEW

Maison Francis Kurkdjian The Fragrance Wardrobe for Her (\$195 for set of eight; neimanmarcus.com)

For a gorgeous scent-sory experience, dabble with these sophisticated Kurkdjian fragrances, from the sharp, bold floral Amyris Femme (my current favorite) to the woody Oud Satin Mood.



Why is my hair especially oily for a few weeks after a cut?

The most likely reason, according to trichologist Elizabeth-Cunnane Phillips at the Philip Kingsley Clinic in New York City, is that you're getting some layering, which thins out the hair, and thinner hair is prone to show oiliness. You might also be using more styling products or different ones, contributing to the greasy feeling. And if you're having your hair colored the same day as your cut, your colorist might be applying a gloss as a final step, which can temporarily weigh hair down.



If you have a question about makeup, skincare, or haircare, ask Val at askval@hearst.com or oprah.com/askval. Follow Val on Twitter @thisisvalmonroe.

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The New York Times
"EXQUISITELY DIRECTED
BY TODD HAYNES."

Manohla Dargis

THE WALL STREET JOURNAL.
"CATE BLANCHETT
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SCREENPLAY BY PHYLLIS NAGY

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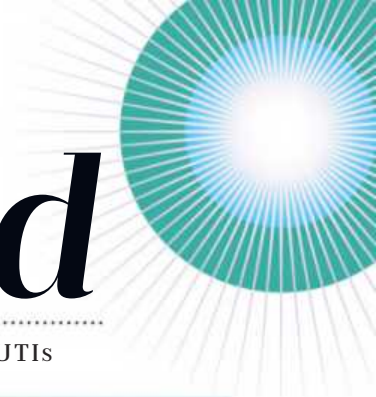


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Feeling Good

THE 24-HOUR CHALLENGE, WINTER VEGGIE SWAPS, NEW SCIENCE ON UTIs



YOUR HABITS, ONLY
Healthier

Making resolutions this year? No need to start from scratch when you can build on the good habits you already have.

BY *Karen Asp*

IT'S EASY TO BEGIN a new year focusing on all the things you're doing wrong, but maybe it's time to pat yourself on the back for the things you're doing right. Research shows that Americans are not only living longer, we're also living a little healthier. Our diets are improving (thanks in large part to ditching trans fats), and we are staying healthier into old age than in previous generations. Take a minute to focus on the progress you've made in your own life, then challenge yourself to set the bar a smidge higher. These healthy upgrades show that small tweaks can have big impact.

IF YOU CURRENTLY... buy foods that carry the Whole Grain Stamp (a label created by the Whole Grains Council to identify products with at least eight grams of whole grains per serving)

YOU MIGHT TRY... choosing whole grain-rich foods with a carb-to-fiber ratio of 10–1.

WHY IT MATTERS: A Harvard study found that while grain products bearing the stamp were indeed higher in fiber and less likely to contain trans fat, they also contained significantly more calories and sugars than products without the label. Go beyond the stamp and check that for every ten grams of

carbs, there's at least one gram of fiber; whole grain products with that ratio contained more fiber and less sugar and sodium for the same amount of calories.

IF YOU CURRENTLY... use BPA-free cups and containers

YOU MIGHT TRY... switching to glass or stainless steel.

WHY IT MATTERS: Kudos for ditching drinking vessels that contain bisphenol A, an endocrine-disrupting chemical that's been linked to reproductive issues, obesity, thyroid problems, type 2 diabetes, and cardiovascular disease in adults, as well as asthma in children. The hitch: In phasing out BPA, companies are turning to other chemicals, namely bisphenol S (BPS) and bisphenol F (BPF), that could potentially be just as dangerous, says a new report in *Environmental Health Perspectives*.

IF YOU CURRENTLY... use a headset when you talk on your cell phone

YOU MIGHT TRY... walking as you talk.

WHY IT MATTERS: When you heard that cell phones might cause brain cancer, you had no trouble switching to a headset. Yet your phone could now be turning you into a couch potato. Researchers at Kent State University who examined fitness levels among college students found that, after completing treadmill tests, students who use their phone the least (an average of 100 minutes a day) had a 21 percent higher VO₂ max—the maximum amount of oxygen a person can use and a well-established measure of fitness—than those who use their phone most. Higher levels of VO₂ max are associated with lower risk of heart disease. So if you're going to talk, make sure you're on the move while you do it.

IF YOU CURRENTLY... do everything possible to get seven to eight hours of sleep per night

YOU MIGHT TRY... claiming a spot near the window at the office.

WHY IT MATTERS: A small study in the *Journal of Clinical Sleep Medicine* discovered that workers with access to windows had more sunlight exposure by day and logged about 46 minutes more zzz's thanks to waking less throughout the night. "Light





exposure during the day can increase your melatonin levels at night," says study coauthor Phyllis Zee, PhD, director of the Center for Circadian and Sleep Medicine at Northwestern University Feinberg School of Medicine. Zee's research team also found another surprising trend: Office workers with windows were more physically active after work, and exercise has also been shown to improve sleep quality. Can't move your office desk near a window? Steal as much time outside—at lunch and during breaks—as you can to help keep your circadian rhythm on schedule.

IF YOU CURRENTLY... write down everything you eat

YOU MIGHT TRY... going digital with your food diary.

WHY IT MATTERS: Food diaries are a proven tool for slimming down. In a 2012 study, when postmenopausal overweight and obese women tracked what they ate, they lost about six pounds more than those who didn't, according to research in the *Journal of the*

Academy of Nutrition and Dietetics. But digital diaries may be even more effective than handwritten ones. When adults who enrolled in a supervised weight loss program used a mobile app, they lost almost eight pounds more in three months than subjects who were encouraged to record their intake with pencil and paper, reveals a small study in *JAMA Internal Medicine*. "The feedback from an app is immediate and reinforcing," says Bonnie Spring, PhD, lead study author and director of the Center for Behavior and Health and professor of preventive medicine at Northwestern. Bonus: A separate study found that you'll stand a greater chance of logging more complete information and skipping fewer days of recording when using an app. Check out Lose It! and MyFitnessPal—they're both free and go beyond calorie tracking to show you the nutritional breakdown of your food and help you see where your diet might be lacking. Now you actually have a good excuse to keep your phone on the dinner table.

RESET YOUR ROUTINES

Ready to make big changes this year? Psychologist Ben Michaelis, PhD, author of *Your Next Big Thing: 10 Small Steps to Get Moving and Get Happy*, suggests starting small—really small.

I don't have to tell you that abstaining from anything you find enjoyable (carbs, online shopping, Candy Crush Saga) can be stressful. And that stress taxes willpower. But before you lose heart, know this: Research shows that willpower works just like a muscle—exercise makes it stronger. And as with any exercise routine, it's best to ease in.

When patients come to me for help with changing their habits, I don't recommend doing anything radical. Instead, I encourage them to try microdenials, the briefest instances of going without. I might suggest a smoker forgo cigarettes for one day—and one day only. For a habitual soda drinker, I would recommend a day without her favorite beverage. You'd be surprised what you can stick to when the goal is so finite and modest. And when you succeed, you'll realize that you have more self-control than you might have thought, which breeds the confidence necessary to make bigger changes.

Ready for a one-day test? Here are three key elements to a successful microdenial:

1. Pick one habit that you are highly motivated to change. (If you're ambivalent about it, don't bother.)
2. Determine the smallest possible action you can take toward a new habit and commit to it for one day.
3. Engage in only one denial at a time. It's tempting to run several mini-experiments, but the more you ask of yourself, the more stress you have and the harder it is to avoid temptation.

At the end of your 24-hour trial period, assess how you felt and consider what you've learned: What kept you from caving in? When did you feel most tempted? Take this information and build on it the next day. Soon you'll be ready to attempt a larger goal, and you'll have enough experience to help you stay the course.

I was one of the **1** in **5**
Children in America who
STRUGGLE WITH HUNGER.

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The *Hunger Is* campaign is a collaboration between The Safeway Foundation and the Entertainment Industry Foundation to raise awareness and improve the health of hungry children.

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The Science of Success

Whatever your goals, these strategies can increase the odds you'll reach them.

WE WOULDN'T BLAME you if you told us you weren't making any resolutions this January. With roughly 45 percent of women giving up their goals at some point during the year, according to a recent Marist Poll, it's a wonder any of us honor the tradition. But here's a good reason to keep the faith: A study in the *Journal of Clinical Psychology* found that resolution setters are more than ten times likelier to sustain a change in behavior than those who don't set yearly objectives. So even if you fall short of your ultimate target, you may wind up further along than you would have otherwise. These three tips can help you on your way:

CREATE POSITIVE PLANS

Ambitious plans are commendable ("I'm going to lose 30 pounds this year!"), but they don't account for inevitable roadblocks. If you want to have a fighting chance at sticking to your resolutions, you would do well to develop if-then plans: *If someone brings cupcakes or pizza or candy to work, then I...* And before you finish that thought, consider the results of a study from Utrecht University in the Netherlands: Researchers found that how you craft the second part of your statement can keep you on course or knock you off. Subjects who used a strategy of negation (*If someone brings cupcakes, then I won't have one*) were more likely to give in to temptation than those who used more positive statements (*If someone brings cupcakes, then I'll treat myself to the*

hummus and crackers I keep stashed in the office fridge). Bottom line: Instead of focusing on what's off-limits, enjoy the things that are still fair game.

HEALTHIFY A GUILTY PLEASURE

The constant push and pull between what you should do (exercise, eat right) and what you want to do (binge-watch TV, eat pints of ice cream) can be exhausting. But researchers from the University of Pennsylvania and Harvard have devised a novel fix: Combine your "shoulds" with your "wants" to lessen regret and increase follow-through. They found that subjects who were allowed to listen to gripping novels on tape only while exercising were up to 51 percent more likely to go to the gym than those who were simply encouraged to work out.

REDEFINE SUCCESS

"So often, we set goals but lack a clear idea of what success should really look like," says Ben Michaelis, PhD, a clinical psychologist in New York City. "Then when we come up short, we feel worthless." Rethink your strategy, says Michaelis. Before you embark on any life changes, outline a range of positive outcomes that could result, and don't aim for perfection: "I cleave to the distinction between the pursuit of excellence and the pursuit of perfectionism. Nothing in nature is perfect, and when *you* try to be perfect, you're typically operating from a place of fear." Instead, ask yourself, *What do I want to learn?* You can learn from almost any experience, which means nothing need be viewed as a total failure.

—JIHAN THOMPSON



TRENDING NOW: STARTING A MOVEMENT

AVON 39 is The Walk to End Breast Cancer, a two-day, 39-mile challenge that asks for everything you've got with one goal: to take breast cancer down. **AVON 39** is a force of change that can't be stopped, and it's time to band together to make a difference.



AVON
39 THE POWER OF
39 IS IN YOU
BECOME A
TEAM O LEADER

O, *The Oprah Magazine* has teamed up with AVON 39 to help end breast cancer, and we want you to be a part of it. We are searching for eight inspiring and daring women to represent *O* and lead special *O* teams to triumph.

We are looking for two women to head up a team at each of the following walks:

Chicago	Jun 4-5
San Francisco	Jul 23-24
Santa Barbara	Sept 10-11
New York	Oct 15-16

Each Team O will receive a \$1,000 donation from O to put toward their team's goal, matching branded T-shirts, and a special information packet to get them started.

READY TO TAKE ON THE CHALLENGE?

Simply go online to Omagonline.com/AVON39, select your city, and tell us why you want to become a Team *O* leader and how you would guide your team to victory.

REMEMBER ON THE ROAD TO 39, NO MATTER HOW FAR YOU WALK, YOU'LL CRUSH FEAR, DOUBT, AND BREAST CANCER — ONE PERSISTENT STEP AND DONATION AT A TIME. IT'S GO TIME. EARN YOUR 39.

NO PURCHASE NECESSARY TO ENTER OR WIN. Team O & AVON 39 Walk to End Breast Cancer Contest. Sponsored by Hearst Communications, Inc. There are two ways to enter beginning December 4, 2015, at 12:01 AM (ET) through January 12, 2016, at 11:59 PM (ET) (the "Entry Period"): either go to Omagonline.com/AVON39 on a computer or wireless device and complete and submit the entry form pursuant to the onscreen instructions, including an essay (1,000 words or less) on why you would like to become a Team O, *The Oprah Magazine* leader for the 2016 AVON 39 Walk to End Breast Cancer in one of the following cities/dates: Chicago - June 4-5, 2016, San Francisco - July 23-24, 2016, Santa Barbara - September 10-11, 2016, and New York City - October 15-16, 2016 (entrants will be asked to select their preferred city). A total of eight (8) Winner(s) will be selected to serve as leaders of Team O at the 2016 AVON 39 Walk to End Breast Cancer. There will be one (1) team per city. Two (2) leaders will be selected for each team. The Sponsor will contribute \$1,000 towards each team's fundraising goals (a total of \$4,000 will be donated by Sponsor). All team members will receive Team O T-shirts (ARV: \$80). **TRAVEL EXPENSES AND ACCOMMODATIONS WILL NOT BE PROVIDED AND ARE THE SOLE RESPONSIBILITY FOR THE WINNERS.** Winners are solely responsible for any additional fees incurred in connection with the prize. Winners will not be taxed as Sponsor is making the donations directly to the charity. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Open to legal residents of the 50 United States and the District of Columbia, who have reached the age of majority in their state or territory of residence at time of entry. Void in Puerto Rico and where prohibited by law. Employees of Sponsor, its parents, affiliates and subsidiaries, participating advertising and promotion agencies, independent judging organizations, and prize suppliers (and members of their immediate family and/or those living in the same of household of each such employee) are not eligible. Contest is subject to complete official rules available at Omagonline.com/AVON39.

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CocoaVia® Pumpkin Spice Hot Chocolate

INGREDIENTS:

- 1 cup of heated nonfat milk
- 1 packet of **CocoaVia**® Dark Chocolate Unsweetened supplement
- 1½ tsp. raw sugar (or sweetener of choice)
- ½ tsp. pumpkin spice or pumpkin spice extract

DIRECTIONS:

Step 1: Add **CocoaVia**® supplement, sweetener, and pumpkin spice to hot milk.

Step 2: Mix well and enjoy!



CocoaVia® Berry Booster Breakfast Smoothie

INGREDIENTS:

- 4 oz. nonfat milk (or almond milk)
- 2-3 oz. water
- ¼ cup nonfat, strained Greek yogurt
- ½ cup each: strawberries, blueberries, blackberries, raspberries
- ¾ cup ice, crushed
- 1 packet of **CocoaVia**® Cran-Raspberry supplement

DIRECTIONS:

Step 1: Add milk, water, yogurt, fruit, **CocoaVia**® supplement, and ice into blender.

Step 2: Blend well.

Step 3: Pour into glass and enjoy!



CocoaVia® CocoaBana Ice Cream

INGREDIENTS:

- 3 frozen ripe bananas
- ½ cup milk
- 1 packet of **CocoaVia**® Dark Chocolate Sweetened supplement

DIRECTIONS:

Step 1: Add bananas, milk, and **CocoaVia**® supplement into blender.

Step 2: Blend well.

Step 3: Freeze in bowl overnight and enjoy!



CocoaVia® Chocolate Peanut Butter Smoothie

INGREDIENTS:

- 8 oz. nonfat milk
- 2 tsp. crunchy peanut butter
- ½ cup crushed ice cubes
- 1 packet of **CocoaVia**® Dark Chocolate Sweetened (or Dark Chocolate Unsweetened) supplement

DIRECTIONS:

Step 1: Add milk, peanut butter, **CocoaVia**® supplement, and ice into blender.

Step 2: Blend well.

Step 3: Pour into glass and enjoy!



CocoaVia® Chocolate Dip

INGREDIENTS:

- 1 cup regular vanilla yogurt
- 1 packet of **CocoaVia**® Dark Chocolate Unsweetened supplement
- Optional—1 tsp. raw sugar (or sweetener of choice)

*If you are enjoying with naturally sweet fruit, we do not recommend adding a sweetener.

DIRECTIONS:

Step 1: Add frozen bananas, almond milk, and **CocoaVia**® supplement into blender.

Step 2: Add ice and blend to desired thickness.

Step 3: Pour into glass and enjoy!



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Fresh Pickings

Do sweet potatoes and corn have you bored out of your gourd? Just in time to perk up your cold-weather dishes, we're here to help you find a new favorite veggie. *By Kate Rockwood*

Delicata Squash

This tender winter squash requires no peeling (take *that*, butternut). And it's a good source of carotenoids, like beta-carotene, which may help reduce the risk of certain cancers.

COOK WITH IT: ROASTED DELICATA WITH RAISINS

"Roasting the delicata caramelizes its natural sugars," says Sarah Britton, author of the cookbook *My New Roots*. Halve the squash lengthwise, remove seeds, and slice into 1"-thick half-moons. Drizzle with 1 Tbsp. olive oil. Roast at 400° until tender, about 30 minutes. Sprinkle with ½ cup chopped parsley and a handful of raisins.



Parsnip

This unsung root combines a carrotlike sweetness with the versatility of a potato. It's also a nutritional rock star, containing more than twice the fiber of a potato and more than three times as much folate as carrots.

COOK WITH IT: SWEET PARSNIP FRIES

Peel 2 pounds of parsnips and cut into sticks. Toss with ¼ cup olive oil; 2 garlic cloves, minced; and salt and pepper. Roast at 400° until tender, about 25 minutes. In a small bowl, whisk together 2 Tbsp. maple syrup, 2 Tbsp. olive oil, 1 Tbsp. lemon juice, and a pinch of salt. Drizzle glaze over parsnips.



Celery Root

Give this knobby vegetable a chance: It tastes creamy, yet it's surprisingly low-cal. It's also rich in potassium; increasing your intake of this mineral may lower stroke risk.

COOK WITH IT: CREAMY CELERY ROOT AND LENTIL SOUP

In a small pot, combine 1 cup water and ½ cup dried lentils. Bring to a simmer and cook until tender, 30 minutes. In a large pot, heat 1 Tbsp. olive oil. Add 2 chopped onions, 4 bay leaves, and a large pinch of salt and cook 4 minutes. Add 1 medium celery root, peeled and cubed; 3 potatoes, peeled and diced; and 6 garlic cloves, chopped. Add 4 cups vegetable broth. Cover and simmer until veggies are tender. Remove bay leaves, puree soup in a blender, and stir in lentils.



Swiss Chard

Heartier than spinach but more tender than kale, one cup of raw Swiss chard contains more than 300 percent of your recommended intake of vitamin K. One study found that women who consumed more than 109 micrograms of K were 30 percent less likely to suffer hip fractures.

COOK WITH IT: SWISS CHARD SALAD

"A vibrant dressing makes these humble leaves go ka-pow," says Britton. Wash 1 bunch Swiss chard; pat dry. Discard stalks and slice leaves into thin ribbons. Whisk together 2 Tbsp. soy sauce; 2 Tbsp. olive oil; 1 Tbsp. minced ginger; 2 tsp. honey; 2 tsp. brown rice vinegar; juice of 1 lime; and 1 garlic clove, minced. Mix greens with dressing; top with avocado, sesame seeds, or cashews.



UGH, YES!

NO, IT DOESN'T FAZE ME.

DO YOU LOATHE PEELING PRODUCE?

YES, PLEASE!

I PREFER A MELLOW FLAVOR.

NOT REALLY.

NO, I'LL SAVE MY SWEET TOOTH FOR DESSERT.

HOW DO YOU FEEL ABOUT LEAFY GREENS?

I'm craving other colors of the rainbow.

Can't get enough of them.

DO YOU LIKE A VEGGIE WITH BITE?

NEED MORE VITAMIN C?

I DIG A PEPPERY PUNCH.

YEP.

Radish

Crisp and peppery, radishes are more than 90 percent water—which is good news for your figure and your health: University of Tokyo researchers studied the diets of more than 1,000 young women and discovered that those who regularly ate a significant amount of high-water-content foods had lower BMIs and smaller waistlines.

COOK WITH IT: POACHED RADISHES

In a large skillet, melt 2 Tbsp. unsalted butter over medium heat. Add 1 Tbsp. olive oil and sauté 4 garlic cloves, chopped, for 1 minute. Add 1 pound radishes, trimmed and halved, and a pinch of salt and cook until tender, about 10 minutes. Remove from heat and toss with 4 tsp. apple cider vinegar and 4 tsp. honey.



Bok Choy

A cup of cooked bok choy will set you back just 20 calories while delivering 59 percent of your recommended daily vitamin C needs. One study found that subjects who consumed the highest amounts of C cut their stroke risk by 42 percent.

COOK WITH IT: BOK CHOY AND SHIITAKE STIR FRY

Slice 10 ounces baby bok choy and 5 ounces shiitake mushrooms. In a large skillet, heat 1 Tbsp. canola oil over medium-high heat. Add 2 garlic cloves, minced, and cook 30 seconds. Add mushrooms, 1½ tsp. maple syrup, and 1 Tbsp. soy sauce. Cook until mushrooms are soft, 3 minutes. Stir in bok choy and cook until crisp-tender, 5 minutes.



Can That Chicken Sandwich Give You a UTI?

New research on one of the most annoying infections.

BY *Beth Levine*

YOU KNOW THE SYMPTOMS: the constant urge to pee, the hot-poker sensation when you do. Yes, it's the urinary tract infection (UTI), one of the most common bacterial infections in the developed world. It's so common, in fact, that some women plead with their gynecologist to prescribe antibiotics over the phone so they can avoid yet another trip to the doctor's office. But it turns out that an office visit—and the urine test that can go with it—may be crucial. Why? UTIs occur when gastrointestinal bacteria move into the urinary tract, and research suggests that some of those bacteria are being introduced to the gut from food contaminated with strains of *E. coli*—a type of infection known as a foodborne UTI, or FUTI. Because these kinds of *E. coli* don't cause gastrointestinal illness, you can have them without the symptoms typically associated with food poisoning.

Researchers at George Washington University's Milken Institute School of Public Health examined all available brands of chicken, turkey, and pork at every major grocery store in Flagstaff, Arizona, and found that 17 percent of the samples tested positive for FUTI-causing *E. coli*. Over the same period, they tested the bacteria in urine and blood samples of local UTI sufferers. "We



found substantial overlap between the *E. coli* strains contaminating food and those infecting people," says Lance B. Price, PhD, director of GW's Antibiotic Resistance Action Center. "In some cases, the strains were nearly indistinguishable, strongly suggesting that the infections were foodborne." The most worrisome part: Many of the bacteria that cause a FUTI have become resistant to several antibiotics routinely used to treat classic UTIs—thus the importance of a urine culture. "Ask your doctor to test for which specific bacteria are causing your infection, so he or she can prescribe an antibiotic that's likely to work," says Price. But beyond prescription drugs, surprising research is uncovering new ways to prevent or help fight common UTIs:

CONSUME PURE CRANBERRY JUICE

Cranberry really does work—but skip the cranberry cocktail (which is often a mix of different juices). The bacteria that cause some UTIs have a little tail that allows them to spread through the urethra and bladder. A lab study found that exposure to cranberry inhibits the growth of that tail. "You want the most potent effect, so you need as pure a cranberry product as possible, which you're

likelier to get with pure cranberry juice," says Nathalie Tufenkji, PhD, an associate professor in McGill University's Department of Chemical Engineering.

ADD MAPLE SYRUP EXTRACT TO THE Rx

Tufenkji's research team also discovered that a special maple syrup extract—without sugar or water—could give a big boost to antibiotics in the future. "The extract makes the bacterial membrane more permeable, so the antibiotic can get in more easily," explains Tufenkji.

MAKE YOUR URINE MORE ALKALINE

Despite what you may have heard, there's little evidence that vitamin C kills off bacteria by making your urine more acidic. "You actually want your urine's pH closer to neutral because that may limit bacterial growth," says Jeffrey P. Henderson, MD, PhD, assistant professor of infectious diseases at Washington University in St. Louis. And what you eat does matter: "The polyphenols in brightly colored fruits and vegetables have the ability to combine with normal gut bacteria to convert into compounds that help fight UTIs." **O**

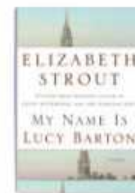


Reading Room

GOURMAND GUMSHOES, SQUABBLING SIBLINGS, MAGNIFICENT MISFITS, AND MORE...

The Maternal Instinct

Elizabeth Strout's latest novel is an exploration of human frailty and forgiveness.



IN HER SPARE and mesmerizing novel **My Name Is Lucy Barton** (Random House), Elizabeth Strout elegantly probes the chasm between what is said and what is felt as a daughter and her undemonstrative mother shyly reconnect. Lucy lies in a New York City hospital suffering from an undiagnosed illness when her mother unexpectedly arrives from rural Illinois, where Lucy grew up. This is no small thing; it's the mother's first time on a plane, and the women haven't seen each other for the better part of a decade. The visit makes Lucy "feel warm and liquid-filled, as though all my tension had been a solid thing and now was not," yet she wouldn't think of expressing this to someone embarrassed by the slightest show of emotion. The narrative weaves between five days and nights in the present—mother at daughter's bedside, often gossiping about acquaintances from back home—and Lucy's past. We glimpse the humiliating poverty of her childhood—a father who struggled to hold a job, the family living in a relative's unheated garage. We feel the ache that follows her as a young adult:

OPPOSITE PAGE, FROM TOP: HULTON ARCHIVE/GETTY IMAGES; COPYRIGHT © MARINA SCHINZ CAL., 1973; CHRIS FELVER/GETTY IMAGES; ANTHONY BARBOZA/GETTY IMAGES; FRAMES: GETTY IMAGES; ILLUSTRATION: JEFFERY EVERETT.



"Lonely was the first flavor I had tasted in my life, and it was always there, hidden inside the crevices of my mouth..."

But while this is Lucy's story, it is also "a story about a mother who loves her daughter. Imperfectly. Because we *all* love imperfectly." She used to strike her children "impulsively and vigorously" and punished her preschool-age daughter by locking her in a truck. "Imperfect" is an understatement. But in Strout's hands (remember *Olive Kitteridge*?), understatement can devastate. In *Lucy Barton*, a kiss not given—like an "I love you" never spoken or a glance turned toward the window—illuminates a lifetime of affection withheld. Yet, for all her outward coldness, the mother is too subtly drawn, too vulnerable to be condemned. We share Lucy's compassion when she thinks of how frightening it must have been for her mother to set foot in New York for the first time. And when her mother, in a rare moment of candor, apologizes for her failings, we empathize with Lucy's reflex to downplay them. Ultimately, for Lucy, it's not about eradicating childhood pain, but learning to accept it as part of us. "We hold it tight, we do, with each seizure of the beating heart: *This is mine, this is mine, this is mine.*" —KAREN HOLT

The Brief and the Beautiful

A new volume celebrates a century of short fiction.



VENTURING INTO **100 Years of the Best American Short Stories** (HMH) is like entering a hallway lined with doors, and behind each is a tightly coiled tale just waiting to punch you in the gut. Short stories are dangerous that way. They startle. They shock. They illuminate. Which is why we keep going back for more.

The compendium opens in 1917 with Edna Ferber's acerbic character study of a lonely businessman trapped by a deathbed promise. From there we meet F. Scott Fitzgerald's boozy expatriates, the reticent patriarchs of William Faulkner, and John Cheever's married discontents. The post-World War II period delivers portraits of three oppressed groups—working-class women (Tillie Olsen), black musicians (James Baldwin), and assimilating Jewish immigrants (Philip Roth, obviously)—while the ensuing years give us the surreal exuberance of Donald Barthelme, unflinching depictions of sex and violence from Jamaica Kincaid and Mary Gaitskill, and the capitalist hellscapes of Sherman Alexie and George Saunders. Each story opens with biographical grist—the falling-out between Ernest Hemingway and Sherwood Anderson, how Mona Simpson is the daughter of a mink farmer and the first in her family to attend college—that will delight both dabblers and aficionados of the genre.

But what exactly is it that makes the form so ideally suited for truth telling? As Lorrie Moore, who edited the collection, observes in her introduction: "A story is a noise in the night...a dark corner that is either turned and gone around or fixed with a light in order to discover what is lurking there." And we are ready with our flashlights, adrenaline pumping, alert and alive. —NATALIE BEACH



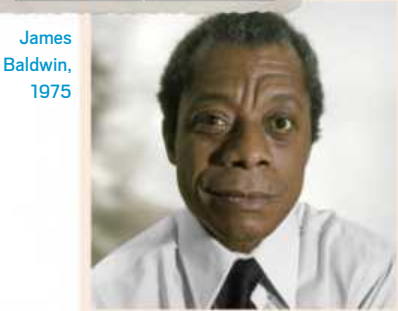
F. Scott Fitzgerald, circa 1925



Jamaica Kincaid, early '70s



Tillie Olsen, 2001



James Baldwin, 1975



Sinners and Angels

New editions of five works by **Flannery O'Connor** offer a chance to rediscover a literary master.

IN 1945, a sickly, bespectacled Georgian enrolled in the University of Iowa's Writers' Workshop, her drawl so thick, she was asked to write down what she wanted to say so she could be understood. On the page, though, her fiction emerged with force and clarity, populated by sketchy Bible salesmen, racist barbers, and women who might rarely venture from home but were tough as steel nonetheless.

Everywhere within Flannery O'Connor's elegantly repackaged oeuvre (FSG)—**The Complete Stories**,

winner of the 1972 National Book Award; the stories in **Everything That Rises Must Converge**; the novels **Wise Blood** and **The Violent Bear It Away**; and the essays in **Mystery and Manners**—there is her cherished South, famous for prejudices in all flavors. Her writing eschews the polite and conventional in favor of the Gothic and surreal, expanding from a tight nucleus of themes—the allure of menace, the candle flicker of redemption in a fallen world—as a shock wave ripples from a detonation. In her brief career (she died of lupus at age 39), she worked in a broad emotional register, from subversive comedy to bleak despair to titillating horror, as embodied by the Misfit, the philosophizing killer in "A Good Man Is Hard to Find." And she passed on her literary DNA to writers as varied as John Updike and Alice Munro. Today we can discern O'Connor's influence everywhere, blessing the misfit in us all. —HAMILTON CAIN

In Search of Lost Time



The author of *Clever Girl* returns with an elegiac saga of family ties.



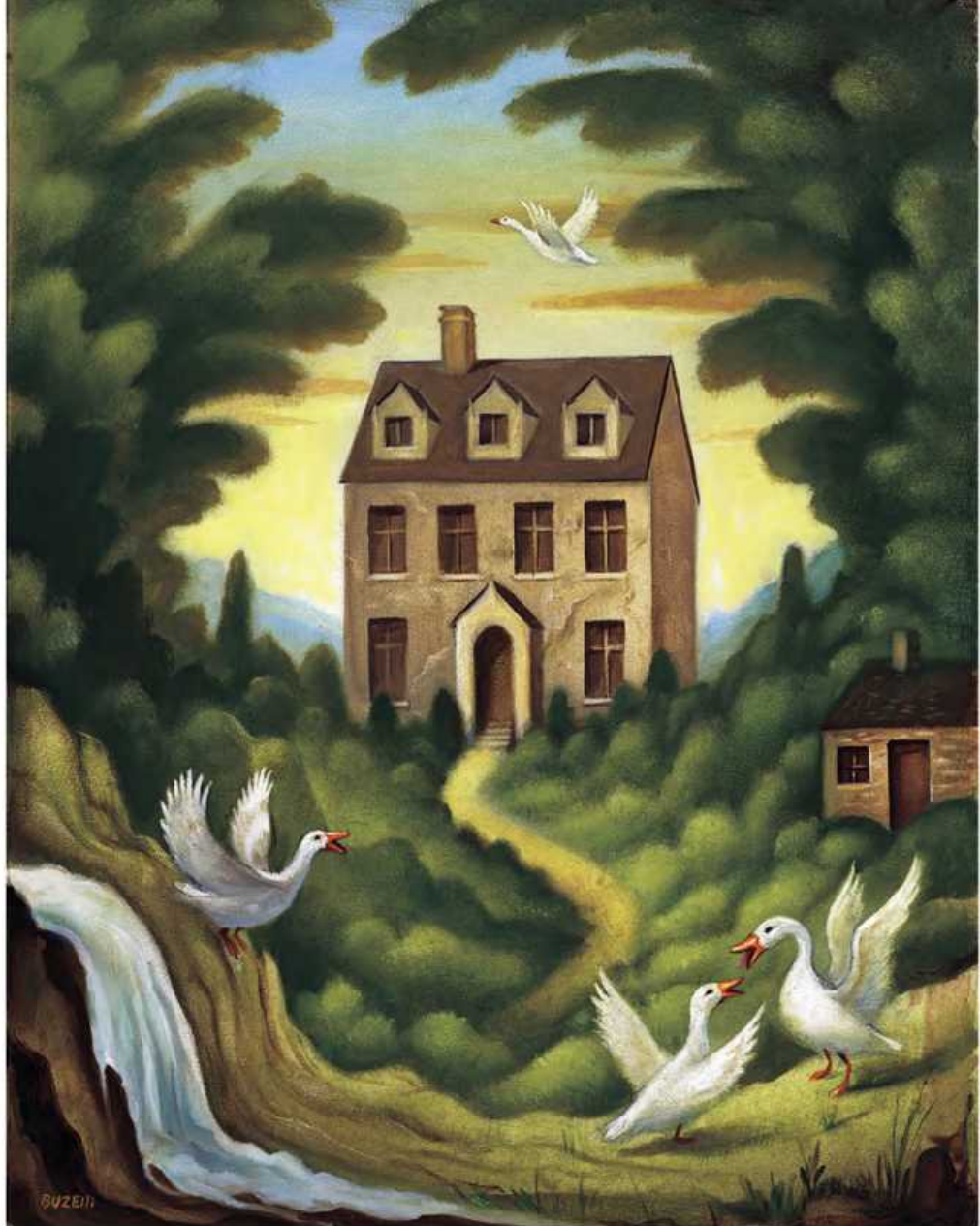
INHERITANCE AND INTIMACY are the themes of Tessa Hadley's *The Past* (Harper), a novel so evocative of summer and adolescence that to read it is to reexperience the deep languor and longing of those days. It's the story of four adult siblings who return to

their childhood home in the English countryside for three weeks to decide whether to restore the crumbling vicarage where they were raised by their grandparents after their mother's death or sell it and risk losing their most precious memories.

The Cranes are Harriet, who in her 50s wonders whether it's too late for love; Alice, uninhibited and artistic; Fran, a teacher and mother of two; and Roland, an accomplished and confident philosophy professor. When they come together, they inevitably regress—turning once again into motherless children jockeying for each other's attention, reopening old wounds, and then scrambling to smooth things over. Two newcomers—Kasim, the son of Alice's ex-boyfriend, and Pilar, Roland's stylish Argentine bride—add sexual intrigue to the volatile mix.

For the reader, there is great pleasure in the micromoments of conflict followed by connection: "They knew one another so well, all too well, and yet they were all continually surprised by the forgotten difficult twists and turns of one another's personalities, so familiar as soon as they appeared."

The book's title hints at some momentous event lurking in the clan's history, one they need to comprehend in order to heal at last.



Instead, we come to understand that the past—for them and for us—is merely yesterday's present: ordinary, at times beautiful, and tragic too, a complicated ghost hovering at the edges of our lives. And it is that revelation that elevates the novel, deepening our own understanding of what shapes us. —TAYARI JONES

CALLING ALL FANS OF THE NO. 1 LADIES' DETECTIVE AGENCY...



IF YOU, TOO, WERE ENTRANCED by Precious Ramotswe, the Botswanan protagonist of Alexander McCall Smith's best-selling sleuth series, get ready for Tannie Maria van Harten. In *Recipes for Love and Murder* (Ecco), the delectable debut novel by South African Sally Andrews, Tannie Maria—like Precious—has a heart made of marshmallow and a nose for crime solving. But the most powerful weapons in Tannie Maria's arsenal may be her delicately flavored curries, her homemade apricot jams, and her perfect buttermilk chocolate cake, which she uses to disarm friend and foe alike. Mouth-watering descriptions of food and landscapes delivered in an Afrikaans patois produce a distinctly new kind of tea cozy, one just right for curling up on a cold winter afternoon while daydreaming about the heat of the African sun. —LEIGH HABER

THE FIRST DAY



After you left
I jumped up and down,
I clapped my hands,
I stared into space.

In those days I was starving for happiness.
So, say it was both silly and serious.
Say it was the first warm sting of possibility.
Say I sensed the spreading warmth of joy.

From *Felicity* (Penguin Press), poet Mary Oliver's latest collection—her 13th.
This time, the subject is love.

10 Titles to Pick Up Now

Reporting Always by Lillian Ross

By the journalist who essentially invented the celebrity profile, this sparkling collection showcases the delicacy with which the much-imitated Ross has covered a wide range of personalities in her 70 years at *The New Yorker*.

Notorious RBG by Irin Carmon and Shana Knizhnik

A pair of young women, one a journalist and the other a lawyer, pay loving tribute in this quirky bio to that most unlikely of folk heroines: Supreme Court justice and feminist icon Ruth Bader Ginsburg.

And check out the blog that started it all, notoriousrbg.tumblr.com

The Swans of Fifth Avenue by Melanie Benjamin

"Babe Paley had only one fault: She was perfect. Otherwise, she was perfect," reputedly remarked Truman Capote, part of Paley's glamorous inner circle until he famously betrayed her in a biting roman à clef. The era and the sordid details come back to life in this jewel of a novel.

Cries for Help, Various by Padgett Powell

"I don't fit in today," third-grader Charles Dickens tells his classmate Janis Joplin as she kisses him, two misunderstood geniuses seeking camaraderie. And that's the kind of surreal poignancy awaiting readers of these 44 stories, each compassionate and beguiling.

The Witches by Stacy Schiff

Salem, 1692: A girl begins to convulse, and within a year, 19 townspeople (and two dogs) have been executed. What happened in that wilderness of the New World is one of the first great American mysteries, investigated with relish by Pulitzer Prize-winning historian Schiff.



This Is Why I Came by Mary Rakow

Rakow's latest novel brims with wildly reimagined Bible stories, into which she has infused new layers of mystery and mysticism, ambiguity and wonder. In her hands, tales we've heard all our lives achieve the miracle of genuine surprise.

Damnificados by JJ Amaworo Wilson

A community of indigents attempting to settle in an unfinished skyscraper lock horns with the wealthy and powerful in this willfully strange debut novel. The crippled walk, two-headed beasts emerge from the gloom, and the earth swallows armies whole in a climax that's an apocalyptic revenge fantasy.

KooKooLand by Gloria Norris

An electrifying coming-of-age memoir about madness, murder, and a born storyteller's wild ride from a terrorized girlhood in nowheresville New Hampshire to life as a Hollywood producer and screenwriter.

Ball by Tara Ison

The women of these short stories sleep with a dying friend's husband, dump a boyfriend for a dog, and feed a sinful uncle to koi in a collection that explores the underbelly of sex, American-style.

Two Serious Ladies by Jane Bowles

Originally published in 1943, this recently reissued cult-classic novel (a favorite of Tennessee Williams's and others) details, with sly anarchy, the sexual exploits of a pair of seemingly buttoned-up, middle-aged women looking to live outside themselves.

—DOTUN AKINTOYE AND N.B.

Thanks to Seamus Gourley of [Words] Bookstore in Maplewood, New Jersey, for tipping us off to this one.



HAVE FAITH



"I DID NOT EXPECT my journey of self-trust to be paved with milk and honey, warm bread and roses. The work of listening within, weeding out the distortions you may hear, finding your true and authentic self, and learning to trust and follow the voice of your soul as you battle with the inner demons of the negative ego is postdoctoral spiritual work." —from the new book *Trust* (*Hay House*) by Iyanla Vanzant



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SAY, WHAT'S THAT UP AHEAD?

A bold, bright, brand-new year! In the pages to come, you'll find just the *push you need to make it your best yet* (page 78).... *Oprah's discovered a new way to work out*—and it might just be the one you reach, reach, reach for, too (page 88)....

Get ready for our collection of recipes featuring *fresh, delicious—and, oh yes, healthy—greens* (page 94).... And *step into 2016 in style*, with wardrobe and beauty advice designed to help you get your glam on (page 98). Cheers!

January



PRO-STYLIST: BRIAN BYRNE FOR SET IN ICE

PHOTOGRAPH BY *Sam Kaplan*

JANUARY 2016 | @OPRAHMAGAZINE 77

YOU ARE
the
SPARK!

READY TO iGNiTE A NEW WORLD OF POSSiBILITIES? THE iNSPiRiATION YOU NEED IS RiGHT THIS WAY.

You know that tingly feeling that signals it's time for a fresh start? And you know how often that feeling fizzles? The difference between wanting a change and being able to sustain it comes down to one crucial factor: motivation. It's Oprah's watchword for 2016—and to learn more about how it works, she recently sat down with Brendon Burchard, author of *The Motivation Manifesto* and one of the most influential leaders in the field of personal growth. Their conversation—and Burchard's ideas—will be as useful to you on the last day of the year as on the very first.

OPRAH: *Can you tell me how you came to know what you know about the nature of motivation?*

BRENDON BURCHARD: Death. When I was 19, I was in a horrific car accident, and it taught me that at the end of our life, we ask all these questions. And my questions, I discovered, were: *Did I really live my life? Did I love? Did I matter?* And I was unhappy with the answers. There was this moment when I pulled myself out of the car—blood all over my body—and wondered, *Do I matter?* I was young, so I wasn't even connected to the idea of mortality, but I felt it and it coursed through me. And so, in the months after, I thought about those moments and the grace I felt that day and realized I needed to be more intentional.

OW: *The key word—intention. In The Motivation Manifesto, you say there's an art to motivation and it begins with a decision.*

BB: Well, there's a starting place. And that starting place for everyone is ambition. We're all scared of that word today because they made it bad in the late '80s. As if desire is not a good thing.

OW: *I remember an interviewer, whom I shall not name, once said to me, "You're quite ambitious, aren't you?" And she said it in such a way that I thought, Maybe it has a double meaning. But back to what you're saying—we need to have ambition or desire, and most people get lost somewhere between the desire and the doing. Every single year, people start out with great ambition and great*

desire, but by mid-February they've given up. I notice it at the gym: Around February, you no longer have to wait for the treadmill. What happened? What is that?

BB: There are different parts to motivation. The people you're talking about at the gym possess half of the first part, which is ambition—but ambition has to be joined with expectancy. A sense that you have a dream for yourself that you believe can happen. A lot of people have the ambition, but they never ask themselves, *Do I really believe I can do this?* The second part is attention and effort. It takes an extraordinary amount of attention to manifest any ambition. But life intervenes—distractions and obligations pull us away from the ambition we originally had. In January, we're focused on our goals. We write them down in our journals, put them on vision boards, talk about them because everyone asks, "What do you want this year? What's your thing?" So there's social communication supporting you, but that's not happening by March. By then, the only thing we're talking about is taxes.

OW: *The key to getting motivated and staying motivated is...*

LETTERING BY JOEL HOLLAND



BB: Attention and effort. Which is the hardest part because they hinge on attitude and environment. How do I feel about my day? Am I surrounding myself with good people? The ability to focus and stay disciplined with regard to our real dream or desire is difficult because of two enemies: self-oppression and social oppression. By March, maybe your husband is

saying, "Well, you haven't done so well at this." Or your kids say, "Mommy, I want you to come back. You used to give me more time." But chasing any ambition takes time away from someone or something.

OW: *So if you're going to stay motivated, you have to be willing to give the attention and effort, and know that one doesn't work without the other?*

BB: Motivation comes from effort. People say, "I wish I had more motivation today, because then I would try something." But our thinking is backward. The way our brain works is that dopamine—the so-called feel-good chemical—is released the second we actually do something. So the motivation doesn't come before, it comes after.

OW: *That's right. I always say "I wish I felt like working out," but if you work out, then you feel like working out.*

BB: Absolutely. We have to reconceptualize and understand that the act of pursuing our dreams and being our full selves is what allows us to feel alive. Aliveness doesn't happen in silence. Aliveness doesn't happen in repression. Aliveness happens in action.

Ready to pursue your own dreams? These six big ideas from *The Motivation Manifesto* will start you up:

Get Out of Your Own Way

Most oppression comes not from others but from a source we least suspect: ourselves. Self-oppression is evident whenever we limit ourselves. We stay home instead of going out because we are too anxious to explore. We procrastinate on an important assignment or exciting new venture because we cannot overcome our uncertainty. We lie to ourselves, break our own resolutions, allow our dreams to slide away without grasping at them. Is it not clear to us that we can be our own worst enemies? But we can also be our own saviors. Through the active expression of our genuine natures, and the steady efforts to master our minds and move our lives forward, we can experience the freedom and joy that we deserve in life. Thus, personal freedom is more than just being free from pain—it is about being free to live, to truly enjoy and expand in life. It is not merely freedom from bad things that limit us, but freedom to experience good things that awaken us.

Let Go of Fear

Most of the fear we feel in life is simply anxiety arising from our anticipation of two kinds of pain that change might bring: the pain associated with loss or hardship. The first type is a thought pattern in which we worry that we will lose something we cherish if we take any given action. We think, *If I go on a new diet, I'm afraid I'll lose the joy I feel in eating my favorite foods. If I quit smoking, I'll lose that 20 minutes of peace I get by going outside.* Once we sense that we are anticipating loss, we must question whether or not it is true. The more we look for evidence of our

fears, the more we realize they are often faulty, quick assumptions of a tired or undirected mind. The people who examine their fears of dieting, quitting a bad habit, or leaving a bad relationship come to realize there is always less to lose than to gain in making healthy decisions for themselves. Focus on the positive, for it is much more useful than the long nightmares of negativity.

Believe in Your Dreams

When we find ourselves hopeful but not motivated, we need to add a little more faith to the mix. Consider the woman who wants to compete in a triathlon. In order to succeed, she knows she cannot say to herself, "I hope one day that I get in good enough shape to maybe do a triathlon." Instead, she clarifies why she has this ambition, and she tells herself that she will race to the best of her ability and succeed; she visualizes herself in the water, on the bike, on the run, crossing the finish line. She summons her motivation and makes the choice to begin, to train, to succeed—because she believes she must and she believes she can. So, to





those who say, “I wish I were motivated,” we reply, “Do not hope for motivation; choose an ambition to become motivated for. Fix on a dream and believe that it will see daylight and soon a great swell of enthusiasm will enliven you.”

Work with Your Support System

It's time to stop seeing others as obstacles to our dreams but rather as collaborators. Have we sat down our loved ones and told them what we truly desire of life and why? Have we asked our teams to help brainstorm new ways to work together so that all our desires can be met? Are we engaging others enough so that they will be supportive and participative in our life's pursuits? Real progress often comes in our lives once we make people our allies in accomplishment.

Shake Off Disappointment

Many people break from their integrity because of disappointment. Things don't turn out as they desire and their ego flames and fumes, causing them to break commitments to themselves and others. This is the woman who tries a new weight loss program and gets results, but because she hasn't lost as much weight

as she anticipated, breaks her resolutions and goes back to old habits. It's the workingman who promises to work harder but upon seeing his first efforts go unnoticed, quickly drifts back into mediocrity. For most, disappointment isn't the problem; it's what they do after they feel disappointment—they quit. More conscious people see disappointment as a common and harmless reality of having high aims and standards. If we are not disappointed from time to time, we are not attempting anything new or bold or significant. So let us realize disappointment is necessary and holds no real power over us. Rather than being saddened or frustrated to a point of failure, we must simply become curious. Successful people feel disappointment and learn through it and let it go. They use disappointment to enlarge their competency, instead of letting it cut their character or fell their dreams. A disappointed failure or a learning achiever? Let us choose this day, once and for all, which group we shall belong to.

Find Joy in the Struggle

I'm not going to sugarcoat it: The vast majority hate the struggle required to advance. They complain with great angst

that the road to independence and abundance is too hard, too inconvenient, too slow. If there is no straight and speedy line to success, the journey never begins. People don't go back to school because it will take too long. They don't exercise because the results come too slowly. They don't fight for their dreams because it would require long nights stacked on top of already busy days. The outcome is a stunningly large segment of society that is overweight, uninformed, unskilled, unhappy. None of us will rise tomorrow and say, “I do not wish to advance my life.” But our wishes are not what are measured at the end of tomorrow—only our actions speak to who we are and what we really desire. So let us rise tomorrow with minds set for advancement. Let us be bold again. In the face of any concern, we can remember that fortune favors the brave, and that action alone will illuminate the next step.



THE YEAR OF YOU



GET

in

GEAR



ACTION!



We're going to let you in on a little secret.

If you want to **make a meaningful change in your life—or to your body**—the first step is simply to put yourself in motion. It's okay to progress by trial and error: Tinkering is the way we learn how to make things work. So roll up your sleeves, turn the page, and **prepare to spring into action.**





Ugh, Sweat, and Tears

Exercise hater **Amy Maclin** goes in search of her missing endorphins.

I F I HEAR ONE MORE thing about the mood-lifting effects of exercise, I may just throw a free weight through a window. Working out never gives me that feel-good chemical thrum. Do some people just *not have* endorphins? I decided to stop moping, anxiously wondering why exercise doesn't make me less mopey and anxious, and consult the experts instead.

"Don't ever say *endorphins* in my presence," snorts Rodney Dishman, professor of exercise science at the University of Georgia. "You can't reduce the complex human brain to a handful of biochemicals. I feel better after exercising, but I've never felt *euphoria*. That's something you get with drugs or sex."

Okay...what about the studies that call a workout nature's antidepressant? Dishman says yes, animal studies have shown that the brain has similar responses to both exercise and drugs. Studies on humans are more complicated, though. Our sadness might be lifted by moving, sure. It might also be eased by being in sunlight. Or by connecting with other people. "And you can't rule out the placebo effect," Dishman says. "If I'd already tried three kinds of drugs, I'd be desperate to see an improvement."

Some people just have a negative visceral reaction to the idea of exercise, says Panteleimon Ekkekakis, an associate professor of exercise psychology at Iowa State University. In his research, Ekkekakis has found that almost everyone responds positively to moderate activity. But when subjects reach a certain point of exertion, some feel just fine while others exhibit what's called a deteriorating affect. (I call it spirit-crushing despair.) "Part of that could be inherent, like genetics," Ekkekakis says, "and part could be acquired through experiences." Like, for instance, the humiliations I endured as a fat kid struggling through the annual Presidential Physical Fitness Test.

Huffing and puffing will be less miserable if I keep my eyes on the prize, says Emily Balcetis, an associate professor of psychology at New York University who has studied motivation, perception, and exercise: "Swap the low-level thoughts like *I hate sweating* for high-level thoughts like *I'm improving my cardiovascular health*."

I recall the night my entire office went to a SoulCycle class. Once we started pedaling, my fat-kid angst fell away as I focused on the highest-level goal of all: not dying. At the end, I was exhilarated to still be breathing. I felt, literally, happy to be alive. *Is that* the exercise boost people are talking about? I admit I'd like to feel that way again.

Last week a coworker told me I should come to her rowing class (that's a thing now). My first impulse was to invent an excuse—something serious and long-term, like an impending kidney donation. But when I thought of that SoulCycle class, I actually said I might join her. A small victory that left me feeling almost, well, euphoric.

“
I NEEDED SLEEP,
AND IF THAT
MEANT PILLS,
SO BE IT.”

A GIRL CAN DREAM

A sleep-deprived, Lunesta-loving **Leigh Haber** looks for a few fresh ways to make it through the night.

EN ROUTE TO a resort in Costa Rica five years ago, the van I was traveling in got robbed. My passport, credit cards, cash, and fearless optimism—all taken. But the loss that shook me—the thing I grimly drove four hours on a twisty, two-lane highway to replace—was my Lunesta.

Disturbing as it was to face the extent of my little (or not so little?) problem, it didn't change anything. I needed sleep, and if that meant pills, so be it. But the memory never left me. Recently, a well-meaning friend told me about an app featuring "binaural beats," computer-generated sound files that play different tones in each ear, somehow coaxing your brain waves into moving more quickly into sleep. It sounded like something from *The Jetsons*. I explained the universe of difference between a "light sleeper" and a true insomniac, the years I lay wide awake before succumbing to the prescription pad. I was way beyond beats. But, against all reason, I agreed to try it—maybe I was just too fatigued to put up a fight. For six nights, I faced bedtime sans pill, earbuds in, serenaded by what sounded like a cross between howler monkeys and house music.

I barely slept that week. But, surprisingly, the world didn't come to an end, which led to a strange thought: *Could I find an alternative to pills?*

A doctor friend had told me that doses of vitamin D were helping some of his sleep-challenged patients. I bought several jars. Another insomniac had read that when you wake in the middle of the night, you can fall back to sleep by thinking your way into the dream you were having. Weird, but worth a try. Chamomile tea was once part of my nightly ritual. Couldn't hurt. And—don't judge—I found that humming Joni Mitchell's "Both Sides Now" was a tranquilizer. I read up on cognitive-behavioral therapy for insomnia and was surprised to learn that *many* people wake a couple of times in the night—it's normal. Maybe I could try not panicking next time my eyes pop open at 3 A.M....Joni Mitchell.

It's been a few weeks. I'm tired, so tired, of viewing sleep as a battle. But I've looked at sleep from both sides now—the pharmacologically aided and the drug-free. And while a pill is easy, might I be missing something by fading right to black every night?

I still have that prescription bottle in my nightstand. But increasingly, it remains closed.



THINK THIN

No-effort weight loss? **Megan Deem** finds the prospect mesmerizing.



WANT TO BE THIN.

I also want to eat cake. Guess which desire usually wins? So I was delighted when a friend recommended a miracle-working hypnotherapist who helped her curb

her potato-chip habit. Great—someone who could magically trick my brain into preferring apples to apple crumble!

Alexandra Janelli of New York City's Theta Spring Hypnosis put me in a state of deep relaxation and said things like "Today is the beginning of a path." I paid her eight visits and gained five pounds.

Was I one of those people who just can't be hypnotized? I had to give it another go, so I booked an appointment with A. Jordan Wright, PhD, director of training for the New York Milton H. Erickson Society for Psychotherapy and Hypnosis. Ericksonian therapy often uses metaphors; mine involved a garden and ended with me staying strong and making good choices.

Unfortunately, my luck was no better this time around. I still strongly wanted brownies, and I chose them, and they were good. When I told Wright, he asked me to visualize my future successful self—but I couldn't get a bead on Me 2.0 in a size 2. "It might be a confidence issue," Wright said. "If you don't believe you can achieve your goal, it can lead to self-sabotage." I felt deflated. I'm not that positive and motivated, which is why I got hypnotized in the first place.

I told my skinny, happy friend about my dilemma. Then she recommended her



personal trainer. "And have you tried tracking your food intake? That really helped me." I put down my doughnut in shame. I'd been wondering why the hypnotist had transformed my friend's life and not mine. Now I knew: My friend had transformed herself. I had refused to acknowledge that hypnotherapy, like any other therapy, would require my participation.

Later I told Janelli about my epiphany.

She said gently, "I'm guessing there's something comfortable for you about not changing." I fully felt the power of *that* suggestion: I do tend to just let my life happen. When I start to think about trying a new city or a new career, I tell myself I'll just wait and see. It's only prudent. Right?

I'm no thinner than I was when I began my weight loss quest, but I'd still call it a success: Hypnosis brought me out of my trance.

THE HUNGER

Can **Molly Simms** get a grip on her cravings?

AT SUMMER CAMP when I was 11, I won a pizza-eating contest after downing five large pepperoni slices. Technically, it was a win by forfeit: I could have kept going, but everyone else quit. I've always had a gargantuan appetite, an unabating hunger that ensured I could put away everything on my plate and at least some from my companions'. It's embarrassing to be the one demolishing way more than her share of the nachos (and fantasizing about ordering more).

From drinking obscene amounts of water to downing protein shakes to popping fiber supplements, I've tried nearly every trick to curb the pangs. For a while I thought something might be physically wrong with me. Thyroid problem? Hypoglycemia? Tapeworm? My blood work, however, was normal, my doctor told me. (He placed the problem in my head, not my gut.) It seemed the only way to combat my appetite was to bounce between extremes. And so for years, I endured regular bouts of fasting and undereating to offset my indulgences, taking in less than 1,000 calories some days. I exercised often and vigorously.

Then I heard about the new book *Always Hungry?* by endocrinologist David Ludwig, MD, PhD. I answered the title's question with a resounding yes and dove right in.

Ludwig claims that persistent hunger like mine is a result of restricting calories while consuming too many processed carbs—including supposedly healthy kinds like baked, low-fat potato chips—which cause blood-sugar spikes that lead to more hunger and overeating. Early in his medical career, Ludwig advised overweight patients to eat low-fat, high-carb diets, but instead of losing weight, most kept packing on pounds. Yet

when he put himself on a higher-fat, lower-carb plan, he noticed that his own weight—and, more important, his cravings—dropped off. Now he's the director of a childhood obesity clinic and preaches a nutritional gospel that flips old-school dieting ideas on their head.

Ludwig's plan ignores calorie counting entirely and emphasizes fat, protein, and nonstarchy vegetables. For most people he recommends that 40 percent of calories come from fat, which is how Americans ate in the 1960s, when rates of obesity were about a third of what they are today. On the *Always Hungry* diet, you serve yourself reasonable portions of fatty or lean protein, add tablespoons of tahini sauce to your vegetables, and munch on berries doused in heavy cream to start, slowly adding back grains, starchy vegetables, and even some processed carbs. According to a pilot project conducted by Ludwig's team, this program causes longer-lasting fullness, so you're better able to resist the siren song of ultimately unsatisfying carby snacks.

It all sounded easy enough until I got to the part about sugar, alcohol, and grains. Namely, that I couldn't have any, at least for two weeks of the plan. But I dutifully followed Ludwig's principles, heaping my plates with enough cheese to make a dairy farmer faint. Guiltlessly consuming Brie took some getting used to. And while I enjoyed dropping a few pounds in the first couple of weeks, breaking up with processed sugar was no picnic. When I spotted a giant cake at the office, I whimpered in agony. Yet where Old Me would have broken down and packed her

maw with icing, New Me rose to the challenge with an odd sense of resolve. I didn't need the cake because—bizarre though it was—I was honest-to-goodness full. Soon, I became a person who nonchalantly ate a burger sans bun without going on a Doritos-seeking mission to compensate. Now I routinely feel so full after breakfast that I don't want lunch until late afternoon. Instead of feeling bossed around by my body, I finally have real control. And as it turns out, bossy looks pretty good on me.



PLATE: GETTY IMAGES



“
I HEAPED MY PLATES
WITH ENOUGH
CHEESE TO MAKE A DAIRY
FARMER FAINT.



The Hot Seat

Zoe Donaldson steams her vagina.

SO IT'S COME to this: Naked except for a sports bra and a swaddle of blankets, I straddle a wooden stool with a hole cut out of its middle in a dimly lit massage room while a woman pushes a bowl of hot water and herbs directly beneath my hoo-ha.

I know what you're thinking: *Haven't you ever seen a horror movie before? Run!* But I got here willingly. A sufferer of immobilizing menstrual cramps (imagine wearing a belt of medieval torture devices), I'd reached a breaking point. Pain relievers and heating pads had become child's play, so I explored another route: vaginal steaming.

Despite what fans like Gwyneth Paltrow report, steaming is less about "cleaning" your vagina and more about treating myriad symptoms—pain, irritation, dryness—and promoting uterine health, according to advocates. How? By warming your pelvic area, thereby increasing blood flow. "We want to get things moving," says Nicole Kruck, a massage therapist who focuses on women's health at the YinOva Center in New York City. What was the worst that could happen—scorched lady parts? (Actually, that sounded bad, so I talked to Raquel Dardik, MD, an ob-gyn at New York University's Joan H. Tisch Center for Women's Health: "There is no physiological reason why it would treat your symptoms, but as long as you don't put steam inside your vagina, or burn anything, there isn't much of a downside.")

My session with Kruck began with a short Arvigo Maya abdominal treatment. She started at my diaphragm as I lay flat, swept her hands toward my navel, and moved them like a rolling pin over my doughy stomach. Next came a do-si-do around my belly button before she began searching—externally—for my uterus, which evidently "hangs low and to the right." (Who knew?) Then it was time for the main event. I stripped off my underwear and "tented" my bottom half. Kruck filled a bowl with a brew of basil, calendula, and mugwort she'd chosen for my condition, then slid it beneath me. I felt waves of warmth around my vagina—no punishing broil, just a gentle stream of humid air. For the next 20 minutes, I was truly relaxed. I even felt a little sexy, aware of how my supersecret garden fit into the grand scheme of my body.

At Kruck's suggestion, I kept steaming in the week leading up to my period. Every other night I boiled a pot of water, added my herbs, and poured the concoction into a metal mixing bowl. Then I placed the bowl inside my (very clean) toilet and sat down. When my monthly flow finally started flowing, it was without fanfare—three hours of discomfort versus 48 of writhing. I popped a few ibuprofen, but went pill-free the following day—a feat I hadn't achieved in at least a decade.

I've had about 180 periods in my life, and every one of them has felt apocalyptic. Will steaming tame them? Not sure. Are the benefits all in my head? Maybe. But knowing that a little heat can go a long way lets me feel powerful—and ready to move forward, full steam ahead.



PUSH ME, PULL YOU!



Oprah's found a fantastic new way to work out—
and **Lisa Kogan** is stretched to the breaking point.



I'M SIFTING through emails on an ordinary Tuesday afternoon, when who should drop by my cubicle but the O of O. “Lisa Kogan,” she announces, “I’m about to change your life!” Oprah

Winfrey has been my boss for more than 15 years, during which time I’ve seen her change lives with everything from cars to houses to trips around the world. But I don’t want her going to any trouble—I mean, if cash is easier.... My fantasy is interrupted when Oprah clarifies her definition of *life changing* with three little words: “Resistance Flexibility training.” Ignoring my sad-puppy eyes, she continues, “Picture three guys stretching your limbs apart as you try your best not to let them.” Which makes me picture the opening of a particularly grizzly *Law & Order: SVU* episode. “I’ve been doing it a few times a week since April,” Oprah tells me, “and I feel great!”

Faster than you can ask “And how is this stretching process different from, let’s say, the Spanish Inquisition?” I find myself in a sun-drenched Santa Barbara studio meeting Bob Cooley, the genius behind the Genius of Flexibility, and his shaggy band of movers and shakers, who turn out to be part of the elite group of trainers spreading the gospel of Bob’s very unique approach to stretching and strengthening the body.

We set ourselves down on plush organic cotton rugs. Bob asks if there’s anything he needs to know about my health. I tell

him I’m basically okay and he tells me that I’m favoring my left leg, that my wrists and ankles are slightly swollen, that there’s a moderate tremor in both hands. I point out that he has known me for just under a minute. “But,” he says, “I’ve been evaluating you since you walked through the door.”

Bob has me lie back on the rug as Luther, Kaj, and Patrick join us. “Okay, this is going to seem kind of counterintuitive,” he warns, “because most people only lengthen the muscle when they try to stretch, but we’re going to lengthen *and* contract your muscles simultaneously—that’s the essence of Resistance Flexibility.” I am dubious at best. He attempts a different explanation. “Have you ever seen cats get up from a nap? They reach forward with their paws, arch their back, then pull backward and contract the same muscles they were elongating by reaching forward. Animals instinctively understand the need to contract their muscles while stretching them. You are going to be like a cat!” I look at Bob as though he is, if I may use the technical term, cuckoo for Cocoa Puffs. “The good news is you don’t have to believe a word I’m saying in order for this to work,” he assures me. The trainers take hold of my shoulder, elbow, arm, and ankle. I immediately feel a sharp pain. Bob looks baffled. “This shouldn’t hurt at all. Can you tell me exactly where the pain is coming from?” he asks. “Yes,” I manage to respond. “I think Kaj is standing on my hair.”

As if on cue, I hear a familiar voice bellow, “The Genius of Flexibility!” and in walks Oprah. She pulls up a rug and is instantly flanked by Roger, Noel, and Bonnie. Luther hands my puffy little ankle to Patrick, then

heads over to Oprah. We are being pushed and pulled in a lot of different directions. I am a novice; she is a pro. She pants quick little breaths as she harnesses her strength to keep the trainers at bay while they all apply steady pressure to her limbs.

“Oprah, how do you know when to start breathing like that?”

“It’ll come to you organically. You breathe how you need to breathe to get through the workout. You breathe for what’s happening.”

I hear Roger ask Oprah to push even harder with her leg, as Kaj instructs me to point my foot. I lean back against Patrick as he pins my heel down. Oprah holds her arms apart as Bonnie uses her full weight to press them together. We are both doing our fair share of grunting, and we’re starting to sweat. A lot. It’s not that I’ve never imagined myself on a fluffy rug sweating with three attractive men. It’s just that in my dreams, they’re not usually telling me that I look a little nauseated.

After I rest for a minute, Bob walks me to the kitchen for a slice of fresh papaya. “So what got you into this...” I’m about to say “line of work,” but it’s clearly a passion. He tells me that it all started in Boston. Bob and his friend Pam Mitchell had been out clubbing, because this was 1976 and in those days nobody ever hesitated to dance the night away. Then came the drunk driver.

Bob’s pelvis was fractured, his leg muscles mangled, and his shoulder dislocated. His left upper arm was ripped apart. “My head hit the pavement pretty hard, so I kept slipping in and out of consciousness. I remember I kept trying to get to Pam but I couldn’t reach her.” We

GETTING A LEG UP:
Bob Cooley (at right)
works the author's
hamstrings in his Santa
Barbara studio. There
are Genius of Flexibility
centers in Boston,
New York City, and Los
Angeles as well.



I WANT MY
MOMMY...

I FEEL
GREAT!



walk back into the studio, and I watch Bob as he watches the room: Four of his trainers are focused on a client's bum hip; three more are strapping a 30-something guy to a board to isolate a specific muscle group; others bend wrists and twist fingers into positions one might not have believed possible. Noel is coaxing Oprah's leg behind her as she inhales deeply. Bob turns his attention back to me and says softly, "The next morning they told me that Pam died."

He pulls my rug next to Oprah's. "But something really positive has come from something so awful," he says, gesturing around us. "I started experimenting with different positions to relieve my pain, and I discovered that muscles naturally contract when you stretch them. I began practicing different kinds of stretches for long periods of time, and I started noticing that each type of stretch affected me not just physiologically but psychologically." He sips his green tea. "It turns out that these discoveries parallel practices and theories in yoga, traditional Chinese medicine, and psychology. I started to really analyze human movement and learn the intricacies of anatomy and the nervous system. I not only rehabilitated my body and mind in a way that all the top orthopedists, neuromuscular specialists, and physical therapists I was seeing couldn't, I was also able to apply what I'd figured out to others. Every day, I help people get healthier." Bob smiles and adds, "Which brings us to you."

"Let's try to shred some of your fascia," he says, pulling me to my feet. I don't know what fascia is, but I'm pretty sure I want to keep mine intact. "Fascia is like a very fibrous kind of cellophane that covers your muscles. It can get thick and lock muscles in when they're aching to move. But if we lengthen the muscle by stretching it away from you, the fascia changes because your muscle contracts and the fascia resists us."

I look over at Oprah, who shrugs and says, "All I know is I feel better."

Bob ignores our pleas for a breeze and moves us to the wall. "I want to work on your quads." I want my mommy.

Oprah knows the drill and assumes the correct position, balancing on one knee



"THE GOOD NEWS IS YOU DON'T HAVE TO BELIEVE A WORD I'M SAYING IN ORDER FOR THIS TO WORK."

while pushing her hips as close to the wall as she can, using her other foot to resist. I try to mimic her, but this is a whole lot harder than it looks. My thigh feels like it's on fire, and I keep tipping over face first.

While maintaining her balance, Oprah reaches over and grabs my hand to keep me upright. Did I mention that it hurts? Did I mention that I've become way too familiar with the taste of organic cotton rug fibers?

"Do you think Martha Stewart makes her editors do this?" I groan.

"I know it's challenging, but hang on," she moans. From the sound of it, her leg is burning, too.

"Distract me, Oprah. Tell me what this is doing for you, because it's making me want to get a representative from Amnesty International in here."

She tells me her posture is straighter, her

shoulders are back, the tension has left her neck. She had been ready to get shots for her knee pain, but "Bob has me hiking again." And on that note we collapse into a heap. Okay, I collapse—Oprah rises and shines.

"Lis, how do you feel?" she asks hopefully. Bob looks hopeful too. The trainers lean in. I hate to let down the team, but I know getting up ain't gonna be pretty.

But a funny thing happens on the way to my feet. I don't hear the dice game that usually takes place in my knees. I don't make the involuntary geezer noise that generally accompanies standing. Actually, I don't *get* up so much as I *spring* up. I feel lighter, longer, and—dare I say it—limber. Energy is radiating from inside my muscles. If I didn't know better, I'd say I'm experiencing a runner's high minus the running.

Oprah and I gulp down paper cups of water and crane our necks toward the open window, in search of a cool wind. I am shocked by how great I feel. And yet...

"So, Oprah," I begin, "I'm just curious, have you ever driven a Lamborghini or spent the summer in Italy? Because I've been thinking, who wouldn't want to read about you changing my life by, oh, I don't know, slathering me in jewels and buying me a—" But before I can finish, she gives me a hug and bounces out the door.



THE HOME STRETCH

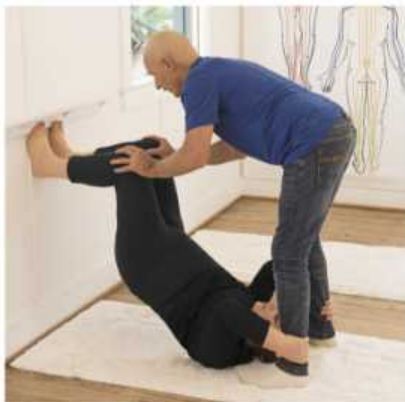
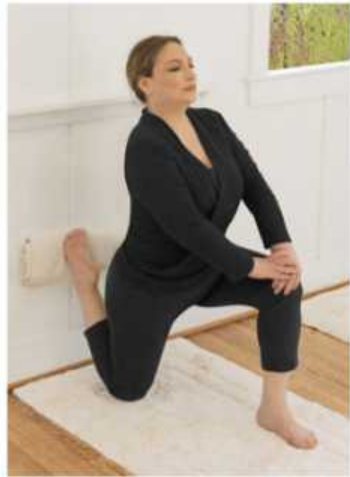
3 exercises to try on your own



HAMSTRING STRETCH: Lie on your back and bring your right thigh toward your chest. Now bend your right leg so your right heel is near the back of your right hip. Your left leg can be either straight or bent. Grab hold of your right foot with both hands. Contract the muscles on the back of your thigh (the hamstrings) so that your heel pulls toward the back of your hips. Keep contracting your hamstrings while using your hands to pull your heel upward, unbending and straightening your leg as you go. *Six to ten reps per side*

FRONT-OF-THIGH STRETCH:

Get down on all fours with the wall directly behind you. Bend your right knee and bring your lower right leg up against the wall, resting the top of your foot against the wall (place a rolled towel against the wall to protect your foot). Step up onto your left foot, lunge forward, and slant your torso slightly forward. While leaning forward in a lunge, push against the wall with your right foot by contracting your right thigh muscles. As you continue pushing your right leg and foot against the wall, bring your hips back to your right foot by pushing yourself backward with your left leg. *Six to ten reps per side*



WALL ROLL DOWN:

Lie down with your hips close to the wall and both feet up on the wall, knees bent. Lift hips off the ground and grasp the legs of either a partner or a heavy chair. Push against the wall with both feet so that your shoulders press into the ground and contract your abdominals so you roll back down to the floor as you push your arms against your partner or the chair. *Six to ten reps*

Hooked Up

Adrienne Didik breathlessly attempts the latest celeb craze in shapewear.

WHEN I COULD NO LONGER zip a single pair of my jeans, I was ready to try anything. Though I was still at a healthy weight, I'd gotten squishy around the middle, and something had to be done—I couldn't afford a new wardrobe. So I did what any sensible person would do: bought a corset. The idea is pretty much the same as it was in the 19th century: Constantly wearing a cinching device—or “waist trainer,” as it's now called—is said to shrink your waist by toning the skin around your belly and flattening flab. It seems ridiculous, but some of my friends swore by it postpartum, and it sounded sexy in a vintage pinup-girl way.

Alas, today's therapeutic waist cinchers aren't anything Bettie Page would have worn. Popularized in South America, the rubbery *faja* was initially marketed as a postsurgical compression garment for lipo patients before it was co-opted by women seeking telenovela-star curves. It's like a girdle on steroids, or perhaps herbal supplements: The one I bought from a specialty store in New Jersey claimed to contain collagen-boosting ginkgo biloba extract, anti-inflammatory vitamin E, and seaweed extract—all of which supposedly aid in fat reduction.

I quickly learned that waist training isn't exactly a shortcut; in the time I spent getting in and out of the contraption every day, I could have done “8-Minute Abs.” I'd contort myself into the *faja*, suck in, fasten 18 hooks, and reacquaint myself with outfits from 15 pounds ago. At first, the constant squeezing was torturous—I could barely lean forward!—but after a week of wearing it for 13 hours a day, I actually found the compression comfortable. Not to mention, I lost an inch from my midsection within a month. And I gained something unexpected: better posture. Like most people, I spend my days hunched over a computer. In the *faja*, that was literally impossible. Even my boss noticed I looked “erect.” My newfound awareness of my spine has inspired me to concentrate on my posture without depending on a complicated undergarment. I wouldn't mind losing another inch or two, but I think I'll give the corset a rest—the confidence you project by standing up straight improves your look no matter your size.





GET ENOUGH VITAMIN D

DRINK RED WINE

GET ENOUGH VITAMIN D

Hate to break it to you, Pinot lovers, but a study in the journal *JAMA Internal Medicine*, which followed subjects for nine years, found that dietary resveratrol (the compound in red wine touted for its heart-health benefits) has no demonstrable effect on longevity. But a new report from Loyola University Chicago links vitamin D deficiency to chronic aging-related conditions, such as cognitive decline, heart disease, type 2 diabetes, and cancer. Bottom line: A few doses of sunshine may do more for you than a glass of red.



MAINTAIN SOCIAL CONNECTION

MAINTAIN SOCIAL CONNECTION

While routine health checks (mammograms, Pap smears, blood pressure screenings, etc.) matter, many women don't need them every year, and research shows that traditional physicals don't reduce mortality. Social connection, however, does seem to have a stunning impact on life-span: Researchers recently found that social isolation can be just as much of a threat to longevity as obesity.

HAVE ANNUAL PREVENTIVE HEALTH CHECKS



DO CARDIO WORKOUTS

STRENGTH TRAIN

You'll see the biggest health improvements by combining strength *and* cardio, but if you must choose, you may be better off hitting the weights. A study of overweight and obese adults in *BMC Public Health* found that over a 12-week period, resistance training tended to be more effective at improving cardiorespiratory fitness, long associated with decreased risk of death.

STRENGTH TRAIN



MOVE MORE

MOVE MORE

HAVE SEX

There are many benefits to a healthy love life (frequent sex has been associated with boosting immunity), but the jury is still out on whether it has any measurable effect on life-span. Meanwhile, mounting evidence indicates that simply moving more and sitting less may significantly lower mortality risk. One study estimated that American adults could add two full years to their lives by sitting less than three hours per day.

THE **LONGEVITY**



MAINTAIN SOCIAL CONNECTION

Keep your friends close. A dearth of social relationships has more conclusively been shown to have a negative impact on longevity than a lack of vitamin D. While research on D is still evolving, getting out and seeing friends can have a definite impact on keeping your mind—and body—young.

What's the single can do to live sweet 16 of healthy



MOVE MORE

"Mental health does play into your overall well-being in so many ways, and having strong social connections is invaluable, but when it comes to living longer, you need to move more," says cardiologist Tara Narula, MD, associate director of the cardiac care unit at Lenox Hill Hospital in New York City. "Cardiovascular disease is still the top cause of death in the United States, and we know that greater physical activity can significantly reduce your risk."



MOVE MORE

Working out is great, but it doesn't exempt you from staying active throughout the day. A Northwestern University study revealed that women who exercised 150 minutes per week spent about as much time sitting as those who didn't exercise. What's the big deal? Remaining sedentary may be a more important indicator of poor health than how much you work out. A 2015 study discovered that people who engaged in movement-based activities were 3 to 52 percent less likely to have telomeres (a part of your DNA) that were short—a sign of aging.



WINNER!

*We didn't include not smoking and wearing sunscreen, because you're already good there. Right?

GAMES

best thing you longer? Here, the habits* face off.



MAINTAIN A HEALTHY WEIGHT/BMI

Chronic stress has a negative impact on everyone, raising cortisol levels and potentially leading to inflammation in the body. But research has shown that the effects may be even worse for those who are overweight, which could put them at greater risk for a host of life-threatening diseases compared with those who are lean.



MAINTAIN A HEALTHY WEIGHT/BMI

"We can't underestimate the power of sleep—it's important for heart health, brain health, and body weight," says Narula. "But how much sleep you need is variable. And when we look at the sheer data, keeping a healthy weight is going to go further than making sure you're getting seven to eight hours each night. Obesity is a major risk factor for so many of the largest killers in this country, including heart disease and stroke."



SLEEP 7 TO 8 HOURS A NIGHT

Flossing is a virtuous bedtime habit you can get away with skipping every now and then, but don't even think about skimping on sleep: A good night's rest may not only help prevent cardiovascular disease, but it may also decrease the risk of Alzheimer's, the sixth-leading cause of death in the U.S.



MAINTAIN A HEALTHY WEIGHT/BMI

We don't have to tell you that keeping your weight in check is crucial to your overall health. Being overweight (having a body mass index of 25 to 29) or obese (a BMI of 30 or more) can increase the risk of early death, according to a 2014 report. And though a 2015 analysis found that eating processed meat may increase risk of colorectal cancer, your individual risk remains small—but will increase with the more meat you eat.



REDUCE STRESS

Research indicates that people who take in 21 percent or more of their daily calories from sugar are more than twice as likely to die from heart disease than those eating 8 percent or less. Yet, a small 2014 study suggests that chronically stressed women who eat high-sugar foods are more susceptible to gaining dangerous belly fat. Plus, anxiety may increase your risk of death by 29 percent if you experience three or more major stressors (like illness, financial troubles, death of a loved one) later in life, according to one report.



SLEEP 7 TO 8 HOURS A NIGHT

Clocking seven to eight hours of shut-eye nightly has been linked to decreased mortality risk, but the so-called 8-by-8 rule for water has been discredited by experts. There's no absolute recommendation for daily H₂O intake—how much you need depends on multiple factors, like diet, weight, and activity level. Of course, water should still be your drink of choice, but coffee, tea, and water-rich fruits and veggies can also help keep you hydrated.



FLOSS DAILY

Numerous studies suggest that most healthy adults don't need a daily multivitamin—and there's little evidence that taking one will benefit your overall well-being. On the other hand, good oral hygiene, including flossing, can decrease inflammation and may help prevent the gum disease periodontitis, which has been linked to hypertension, a condition estimated to kill more than 360,000 Americans annually.

MAINTAIN A HEALTHY WEIGHT/BMI

EAT LESS MEAT

REDUCE STRESS

EAT LESS SUGAR

SLEEP 7 TO 8 HOURS A NIGHT

DRINK 8 (8-OUNCE) GLASSES OF WATER DAILY

FLOSS DAILY

TAKE A MULTIVITAMIN

While BMI is important, there's a limit to what it can tell you about your health. "You could be technically overweight and still be healthier if you move more than someone who is of normal weight but not very active at all," says Narula. "Staying active is good for stress release, and it's great for your muscles, your joints, your brain, and your heart."

★ MOVE MORE!

green gems

Time to turn over a new leafy green! These tasty concoctions make it easy to get a variety of veggies into every meal of the day—deliciously.

PHOTOGRAPHS BY
Emily Kate Roemer

Kiwi-Mint Smoothie

- 1½ cups spinach (about 1½ ounces)
- ½ cup mint leaves, plus sprigs for garnish
- 2 cups unsweetened coconut water
- 1½ cups (about 10 ounces) frozen pineapple chunks
- 2 kiwifruits, peeled and chopped
- 1 banana

In a blender, combine spinach, mint, and coconut water and blend until smooth. Add pineapple, kiwifruits, and banana and continue to blend until smooth. Pour into tall glasses, garnish with mint sprigs, and serve immediately.

Makes 2 to 3 servings.
Total time: 10 minutes.



BREAKFAST MINT CONDITION

A handful of refreshing mint makes this smoothie from Jen Hansard and Jadah Sellner, authors of the cookbook *Simple Green Smoothies*, a wake-up call you'll look forward to. Kiwifruit, pineapple, and subtly salty coconut water add a tangy-sweet tropical flavor.



LUNCH

QUITE A SPREAD

With this make-ahead, protein-packed chickpea spread—adapted from *The Plantiful Table* by Andrea Duclos—you can assemble a satisfying midday bite in minutes. Stack crisp, tart apple slices on toast and top with the spread (think of it as chunky hummus or vegan egg salad, though you can use regular mayo and yogurt if you prefer), along with silky avocado and spicy arugula.

Chickpea Salad Toasts

- 4 ½"-thick slices sourdough bread
- 2 Tbsp. extra-virgin olive oil
- 1 (15-ounce) can chickpeas, drained
- 1 small carrot, shredded (about ½ cup)
- ¼ cup finely diced onion
- ¼ cup vegan mayonnaise
- ¼ cup plain soy yogurt
- 1½ Tbsp. apple cider vinegar
- 1½ tsp. Dijon mustard
- 1 Tbsp. chopped fresh dill
- ½ tsp. kosher salt, plus more to taste
- ½ tsp. ground black pepper
- 1 avocado, sliced
- 1 Tbsp. lemon juice
- 1 Granny Smith apple, thinly sliced
- 2 cups packed arugula (2 ounces)

1. Preheat oven to 375°. Brush bread with olive oil, then toast until golden brown and crisp, about 8 minutes.

2. In a large bowl, smash chickpeas with a potato masher, leaving a few whole if desired. Stir in carrot, onion, mayonnaise, yogurt, vinegar, mustard, and dill. Season with ½ tsp. each salt and pepper. (Chickpea salad can be refrigerated, covered, up to 2 days.)

3. When ready to serve, sprinkle avocado with lemon juice, then top each toast with apple, ¼ cup chickpea salad, avocado, and arugula. Season with salt to taste, and serve.

Makes 4 servings.

Active time: 15 minutes.

Total time: 30 minutes.





DINNER BOWLED OVER

To preserve broccoli's bright color, the *Clever Carrot* blogger Emilie Raffa cooks the florets for just a few minutes, when the other vegetables are already soft. She then adds a big bunch of parsley before pureeing this fresh, warming soup from her forthcoming *The Clever Cookbook*.

Broccoli-and-Feta Soup

- 2 Tbsp. olive oil, plus more for drizzling
- 1 cup diced onion
- 1/2 cup diced celery
- 2 garlic cloves, smashed
- 3/4 tsp. kosher salt, divided
- 1/2 tsp. ground black pepper, divided
- 1 large Yukon Gold potato, skin on, cut into 1/2" pieces (about 1 1/2 cups)
- 4 cups low-sodium chicken stock, plus more as needed
- 6 cups broccoli florets (from 1 1/2 pounds broccoli crowns)
- 1/3 cup parsley leaves, plus 2 Tbsp. for garnish
- 1/3 cup crumbled feta (1/2 ounces), plus 1/4 cup for garnish
- 1/2 Tbsp. chopped dill, for garnish

1. In a large pot, warm olive oil over medium heat. Sauté onion, celery, and garlic until soft, about 8 minutes. Season with 1/4 tsp. each salt and pepper.

2. Add potato and stir to combine. Pour in stock, cover, and bring to a boil. Reduce heat to low and simmer, partially covered, until potato is soft, about 10 minutes. Add broccoli and cook until barely tender, about 4 minutes. Add 1/3 cup parsley and 1/3 cup feta.

3. Using a blender, puree soup in batches. Add stock or water to reach desired consistency. Season with remaining 1/2 tsp. salt and 1/4 tsp. pepper. Ladle into bowls and top with remaining parsley, feta, and dill. Drizzle with olive oil and serve.

Makes 4 to 6 servings.

Active time: 25 minutes.

Total time: 45 minutes.

GREEN PIECE

A cross between pastry and pizza, this savory tart adapted from Anna Thomas's forthcoming cookbook, *Vegan Vegetarian Omnivore*, is topped with Swiss chard and caramelized onions, then scattered with raisins, pine nuts, and slices of sweet squash.

Kabocha Squash and Swiss Chard Galette

- 1 medium kabocha squash (about 2 pounds), halved, seeded, and sliced into 1/2"-thick wedges
- 3 1/2 Tbsp. extra-virgin olive oil, divided, plus more for pan and brushing
- 1 1/2 tsp. kosher salt, divided
- 2 medium yellow onions (about 1 pound), quartered and sliced crosswise
- 2 large garlic cloves, finely chopped
- 2 bunches Swiss chard (about 1 pound), stems sliced and greens coarsely chopped
- 1 cup crumbled queso fresco or 1/4 cup vegan cream cheese
- 1/2 cup chopped cilantro
- 3 to 4 Tbsp. golden raisins or dried tart cherries
- 3 to 4 Tbsp. pine nuts
- 1 Tbsp. lemon juice
- Ground black pepper
- 1 pound whole wheat pizza dough

1. Preheat oven to 400°. In a large bowl, toss squash wedges with 1 1/2 Tbsp. olive oil and 1/2 tsp. salt. Spread on a large, rimmed baking sheet in a single layer and roast until tender and lightly browned, about 35 minutes, turning over wedges halfway through. Reserve baking sheet.

2. Meanwhile, in a large, nonstick pan, heat 1 Tbsp. olive oil over high heat. Add onions and 1/2 tsp. salt and cook 5 minutes. Reduce heat to low, cover, and continue cooking, stirring occasionally, until onions are soft and golden brown, about 30 minutes.

3. Push onions to edges of pan, add remaining 1 Tbsp. olive oil, and increase heat to medium. Add garlic and cook, stirring, for 1 minute. Add chard stems and stir to combine. Cover pan and cook another 3 minutes. Add chard leaves and remaining 1/2 tsp. salt and toss over medium-high heat until chard is wilted and excess moisture has cooked away, about 5 minutes. Remove pan from heat and stir in queso fresco, cilantro, raisins, pine nuts, lemon juice, and pepper to taste.

4. When squash is roasted, remove from oven (but leave oven on) and set aside 6 or 7 wedges. Cut the remainder into 1" pieces. Stir gently into onion-chard mixture.

5. On a lightly floured surface, roll or stretch dough into a thin round or oval, about 16" in diameter, then transfer it onto reserved baking sheet. Spoon onion-chard mixture onto center of dough, spreading evenly and leaving a 2" border. Fold edges of dough over filling in loose pleats. Arrange reserved squash wedges on top.

6. Bake at 400° until lightly browned, about 30 minutes, checking periodically to ensure the galette doesn't brown too quickly (if needed, cover galette loosely with foil). Remove galette from oven and brush dough generously with olive oil. Serve warm or at room temperature.

Makes 6 to 8 servings.

Active time: 1 hour 10 minutes.

Total time: 1 hour 45 minutes.



Out of Your Rut, into Your Groove

Put old habits to rest with 25 fresh and easy fashion and beauty resolutions. Happy New Year—and happy new you!

TEXT
BY
MEGAN DEEM

PHOTOGRAPHS
BY
JEFF HARRIS

#

1

RESOLUTION

I will stop playing matchy-matchy.

The law that says you have to pair brown shoes with a brown bag has officially been repealed. Try a purse in a splashy print, then pick an accent color and pump it up with a shoe in the same family. *Bag*, \$89; ninewest.com. *T-straps*, *SJP*, \$365; bloomingdales.com.





I will not be afraid to shine.

Your holiday wardrobe can make any ordinary day festive if you mix fancy pieces with staples: Wear a sequined or metallic top with jeans or a casual skirt. *Top, I Heart Ronson, \$55; jcpenny.com.*

BEAUTY NOTE:

Jazz up your outfit with a metallic, sparkly, or bright nail polish. *OPI Nail Lacquer, \$9.50 each; ulta.com.*



I will buy the size that fits, not the size I think I should be.

Be honest with yourself in the dressing room and go with what looks and feels best—not the smaller size that will be perfect when you lose ten pounds. Remember: Size is just a number, a garment that fits is the most flattering, and you're the only one who's going to see the tag.



I will be kinder to my hair.

Your three-step rehab: Use a thermal protectant (like *Tresemme Get Sleek Heat Protection Prep Spray, \$6; drugstores*) before creating fabulous waves (try the *Harry Josh Pro Tools 2-in-1 Ceramic Marcel Curling Iron, \$175; dermatore.com*) or submitting to other heat styling, get a trim every six weeks to stave off split ends, and avoid overwashing by extending your style with dry shampoo (such as *Aveda Shampure Dry Shampoo, \$30; aveda.com*).

SOFT GOODS STYLIST: NORINE SMITH/HALLEY RESOURCES. COSMETICS STYLIST: MARISSA GIMENO/CREATIVE EXCHANGE AGENCY.



RESOLUTION

#

I will broaden my lipstick horizons.

Matte finishes are trendy right now and can be more subtle and sophisticated than shiny formulas. Try one in a vibrant coral instead of your go-to ballerina pink gloss. *MAC Retro Matte Liquid Lipcolour*, \$20 each; maccosmetics.com.

RESOLUTION # 7

I will get out of my all-black comfort zone.

Try mixing one patterned piece (like the skirt below) into your wardrobe of solids. Prints in neutral shades—such as navy, camel, and white—are a great way to take baby steps. *Skirt, Parker*, \$242; parkerny.com.

BEAUTY NOTE:

Experiment with a colored eyeliner instead of your usual black or brown. You could go subtle with forest green or navy, or pick something more vibrant, such as amethyst, which looks stunning on darker skin. *Benefit They're Real! Push-Up Eyeliner*, \$24 each; benefitcosmetics.com.



RESOLUTION

I will not walk around with my roots showing.

A quick fix until you can get to the salon: Cover grays with a colored powder, which will last until your next shampoo. *Oribe Airbrush Root Touch-Up Spray*, \$29 each; oribe.com.



#



RESOLUTION # 8

I will glam it up a little.

Try swapping your usual studs for a longer pair of colorful jeweled earrings. They'll frame your face beautifully—and the sparkling detail will help you make a brilliant entrance. From left: *Noir Jewelry*, \$80; *shopbop.com*. *Joan Boyce*, \$90; *hsn.com*. \$155; *rachaelryen.com*.



RESOLUTION # 9



I will not look like a schlumpadinka on the weekends.

There is no good reason to leave your house in pajama bottoms. Take some workweek items—your button-down, turtleneck, or blazer—and pair them with a casual cardigan, poncho, or puffer vest. Add leggings, athletic pants, or jeans—and keep in mind that either your top or bottom should be fitted to give you a polished silhouette. From top: *Cardigan*, \$328; *kitandace.com*. *Poncho*, \$494; *360cashmere.com*. *Puffer vest*, \$120; *jcrew.com*.

RESOLUTION



I will streamline my leave-the-house routine.

Pulling yourself together shouldn't take hours. All you need to be ready in five minutes: tinted moisturizer or sheer foundation, a pop of blush, black mascara, and lip gloss. Clockwise from top right: *Clinique Beyond Perfecting Powder Foundation + Concealer*, \$27; *clinique.com*. *Sephora Collection Colorful Cheek Ink Gel*, \$14; *sephora.com*. *CoverGirl Plumpify Mascara by BlastPro*, \$12; *drugstores*. *Rimmel London Oh My Gloss!*, \$6; *drugstores*.

1

RESOLUTION

**I will clean my
makeup brushes
once a month.**

We know you don't want to transfer grime and bacteria onto your face. Wash your brushes with a bit of baby shampoo, rinse well, and dry with the handles elevated. *Sonia Kashuk Color Crazy Ten-Piece Brush Set*, \$37; target.com.



RESOLUTION #

12

**I will finally
organize my
closet and
accessories.**

It's so much easier to get ready in the morning if you don't have to search for the tights you need or the mate to your earring. And how much more fun when everything is beautifully showcased, on matching hangers or trays? It's like you're shopping in your own closet! Donate what you don't need, or consider consigning it to an online site like Poshmark.com, TheRealReal.com, or ThredUp.com. *Jewelry organizers, Wolf*, \$34 to \$59 per tray; wolf1834.com.

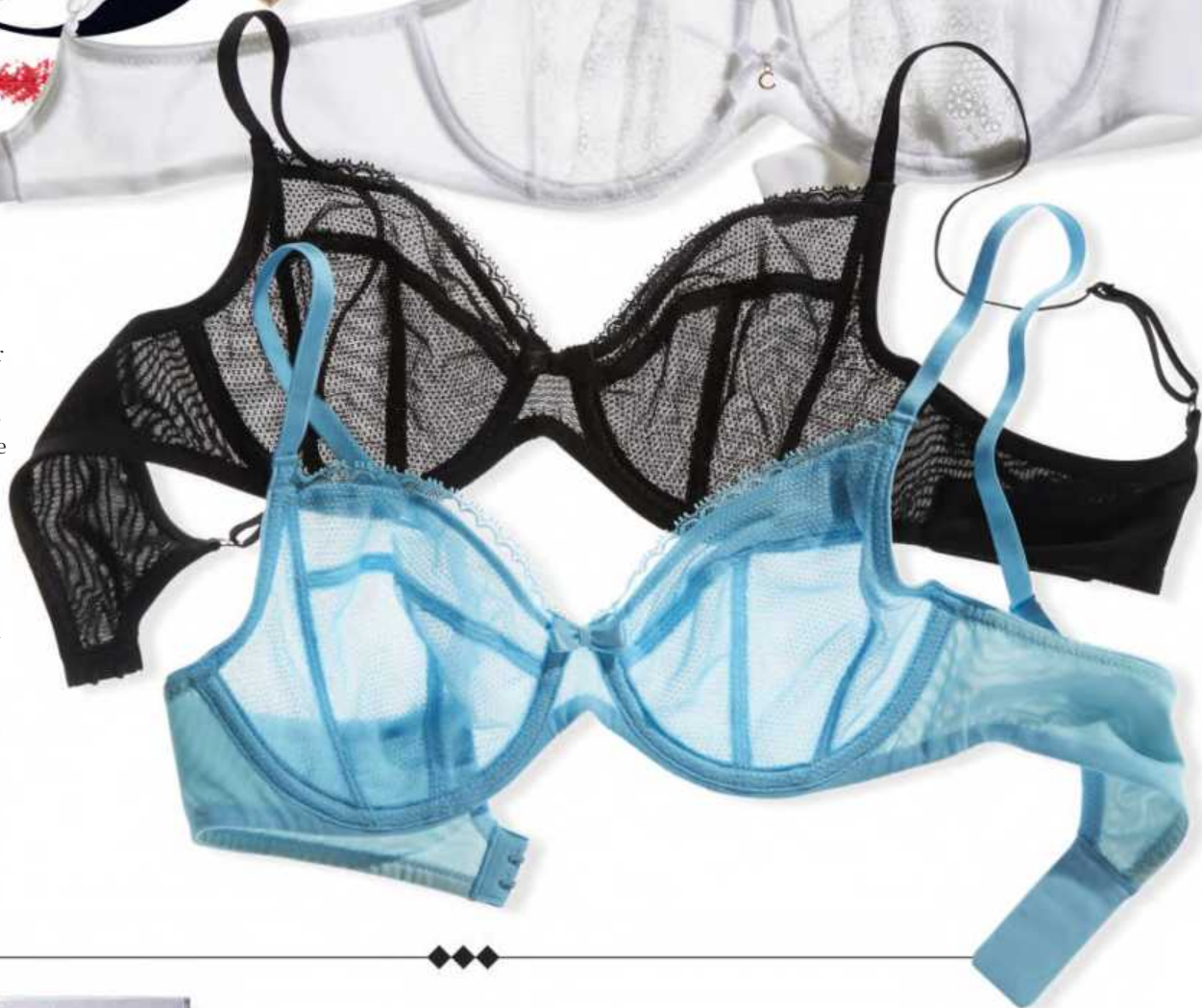
RESOLUTION #

13



I will get a professional bra fitting.

The right bra will make you seem leaner and make your clothes look better. So a professional consultation is worth it—especially if you're still wearing the same size you did 20 years ago. Two nice options: The Révèle Moi and Parisian bras from Chantelle have a four-part cup with a vertical center seam to give the breasts extra lift. Bras, \$69 to \$78 each; chantelle.com.



RESOLUTION # 14

I will get the most bang for my beauty buck.

Consider an all-in-one makeup palette (like *Woosh Beauty Fold Out Face Palette*, \$80; hsn.com), which contains perfectly coordinated eyeshadows, blushes, and powders, along with an easy-to-follow how-to for creating different looks.

RESOLUTION #

15

I will have a go-to dress that makes me look instantly gorgeous.

Some moments you can't plan for. With one simple but flattering LBD in a fabric like jersey, you can be ready for anything, from a work presentation to a last-minute dinner date. *Dress, Rachel Rachel Roy, \$119; macys.com.*

BEAUTY NOTE:

The makeup equivalent of the perfect go-to dress? A bold red lipstick. How to find the right one for your skin tone: If you're fair, you'll do best with blue-reds. Olive complexions can carry off orange-reds, while darker skin looks radiant in jewel tones. *Bobbi Brown Luxe Lip Color, \$35 each; bobbirowncosmetics.com.*



RESOLUTION #

16

I will buy myself one special piece instead of a bunch of so-so stuff.

Bypass discount shopping and squirrel away your funds until you have enough to treat yourself to something really excellent, like an iconic watch. *Apple Watch Hermès Cuff, \$1,500; select Apple retail stores and Hermès boutiques nationwide, 800-441-4488 for locations.*



RESOLUTION #

17

I will downsize my handbag.

Your huge purse is probably filled with stuff you don't need—and it's not doing your shoulder any favors. If you use a bag that holds only the essentials (keys, phone, wallet, makeup), you'll not only improve your posture, you'll also be right on trend. *Bags, Michael Michael Kors, \$348 each; select Michael Kors stores, 866-709-KORS.*

RESOLUTION #

18

I will wear grown-up clothes to bed.

Ditch the T-shirt! You've upgraded your mattress since your teenage years; it's time to do the same with your sleepwear. Put on a pretty pair of comfortable pajamas (and don't forget to take off your makeup before bed). *Pj's*, \$89 for set; duffieldlane.com.



RESOLUTION

#20

I will find a great transitional jacket.

A lightweight coat can be layered for extra warmth in the winter or worn stylishly on its own when the weather allows. Look for a statement maker, like this mixed-material trench that combines jersey, down, and wool. *Trench*, \$348; kitandace.com.



RESOLUTION #19

I will find shoes that are chic and comfortable.

And you can thank the footwear companies designing on-trend, fashionable heels, boots, and walking shoes that just happen to have features such as arch support and insole cushioning. *Heel*, Marion Parke, \$650; balliets.com. *Walking shoe*, Vionic, \$130; vionicshoes.com. *Boot*, Magritte, \$168; magritteshoes.com.

RESOLUTION #21

I will start treating myself to relaxing baths.

You deserve it! Be sure to add a moisturizing oil to your soak to keep your skin from getting dry. *ElizabethW Body Oils*, \$20 each; elizabethw.com.





RESOLUTION #22

I will love my glasses.

The "nerd chic" look is in. Embrace it!
Glasses, \$375; gucci.com.

I will moisturize my body every day.

Want an itch-free winter? Steer clear of hot showers, which leach moisture from skin. And hydrate as soon as you step out of the water, using a thick cream (such as *Viktor & Rolf BonBon Body Cream*, \$90; bergdorfgoodman.com). In a rush? Try an in-shower moisturizer (like *Nivea In-Shower Cocoa Butter Body Lotion*, \$8; drugstores).

RESOLUTION #
23



RESOLUTION #

24

I will get out of my jeans once in a while.

Try a slenderized stretch twill cargo pant. This modern version (no bulky pockets!) is as comfortable as your favorite 501s.
Pants, \$89 each; chicos.com.



RESOLUTION #
25

I will glow all year long.

Warm your complexion by swirling a little powder bronzer (try *Hourglass Ambient Lighting Bronzer*, \$50, and *Ambient Powder Brush*, \$35; hourglasscosmetics.com) on areas of the face where the sun would hit, such as your cheekbones, chin, nose, and forehead.

For details see Shop Guide.

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Let's Eat!

YOGURT EVERY WHICH WAY, SPIRITED SORBET, DESSERT FOR BREAKFAST

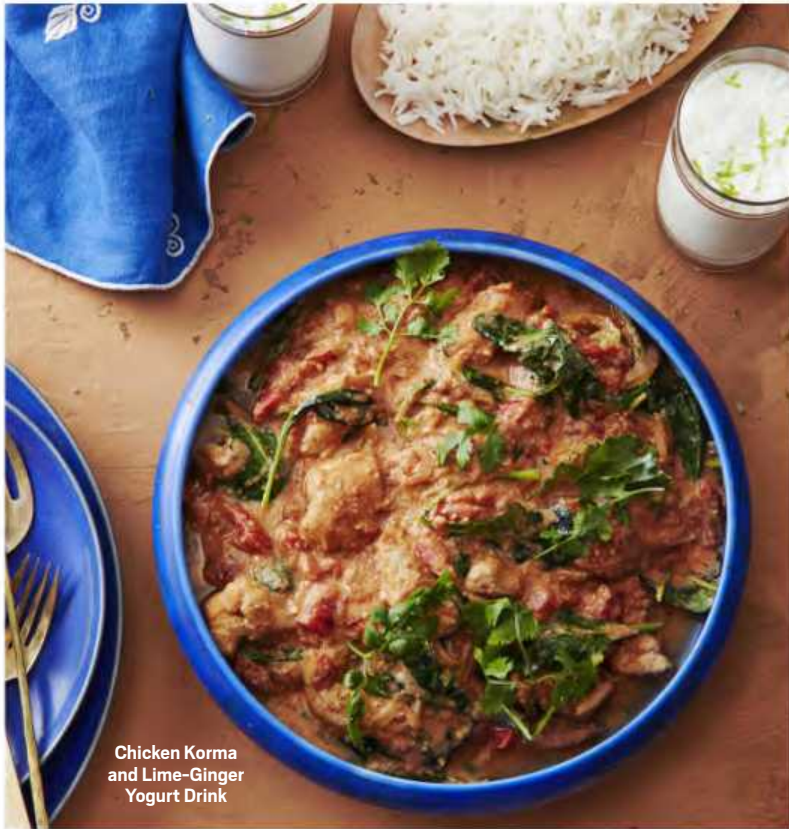
Culture CLUB

If you think thick, creamy yogurt is best served solo, think again. Chef **Curtis Stone** offers inspired ways to enjoy this dairy delight.

AFTER ALL THE INDULGENCES of the holiday season, I crave something healthy this time of year. But instead of resigning myself to sad and spartan dishes, I opt for food that's wholesome and wholly enjoyable. That's why I always come back to yogurt. I've loved it forever—we ate my mum's homemade version almost daily when I was a kid. You probably already know how great yogurt is for you: It's brimming with protein and vitamins, and ones with live and active cultures can strengthen the digestive system. But did you know it's also a culinary powerhouse that can add richness and depth to dishes in countless other ways? In my chicken korma, yogurt gives a creamy, velvety finish to the intense spiced sauce (I add baby kale to sneak in extra greens). I also love blending yogurt with coconut milk, lime, and ginger for a tangy, refreshing drink. And for a surprisingly easy meal, try pan-seared salmon with roasted beets and mint over a yogurt vinaigrette. No matter how you use it, this staple is nourishing and delicious—a combination that never goes sour.



Seared Salmon
with Roasted Beets and
Yogurt Vinaigrette
Turn page for recipe.



Chicken Korma
and Lime-Ginger
Yogurt Drink

Seared Salmon with Roasted Beets and Yogurt Vinaigrette

- 1½ pounds baby beets, scrubbed and trimmed
- 4 Tbsp. plus 2 tsp. olive oil, divided
- Kosher salt
- Ground black pepper
- ½ cup plain Greek yogurt, preferably whole milk
- Zest and juice of 1 lime
- 1 Tbsp. white wine vinegar
- 1 tsp. light brown sugar
- 4 (6-ounce) skinless salmon fillets
- ⅓ cup thinly sliced red onion
- ⅓ cup mint leaves

1. Preheat oven to 350°. In an 8" square baking dish, toss beets with 2 tsp. olive oil to coat. Sprinkle with salt and pepper. Cover pan tightly with foil and roast until just tender, about 1 hour. When beets are cool enough to handle, use a paper towel to rub off skins. Cut each beet in half (larger ones in quarters) and place in a medium bowl.

2. Meanwhile, in another medium bowl, whisk together yogurt, 3 Tbsp. olive oil, lime zest and juice, vinegar, and brown sugar. Season vinaigrette with salt to taste. Refrigerate until ready to serve.

Swap out sugar for a sweet morning



Sunday Fun-Day Muffins



Welcome-Back Waffles



3. Heat a large nonstick frying pan over medium-high heat. Add remaining 1 Tbsp. olive oil. When hot, add salmon and cook until golden brown, about 3 minutes. Carefully turn over salmon and cook until mostly opaque but still rosy at the thickest part, about 2 minutes.

4. Toss beets with red onion and mint. On each of 4 plates, spoon about 2 Tbsp. vinaigrette. Place salmon on top. Divide beet mixture among plates and serve.

Makes 4 servings.

Active time: 15 minutes.

Total time: 1 hour 20 minutes.

Lime-Ginger Yogurt Drink

- 1/2 cup plain yogurt, preferably whole milk
- 1/2 cup unsweetened coconut milk
- 2 Tbsp. light agave nectar
- Zest and juice of 1 lime
- 1 tsp. peeled, grated ginger
- Pinch of kosher salt

In a blender, combine all ingredients and 6 ice cubes. Puree on high speed until smooth, about 30 seconds. Pour into a chilled glass and serve.

Makes 1 serving.

Total time: 10 minutes.

Chicken Korma

- 1/3 cup roasted cashews
- 2 Tbsp. canola oil, divided
- 1 1/2 pounds boneless, skinless chicken thighs, cut into 1 1/2" pieces
- 1 yellow onion, thinly sliced
- 2 garlic cloves, finely chopped
- 1 Tbsp. peeled, minced ginger
- 1 Thai chili or serrano chili, seeded and finely chopped
- 2 tsp. ground coriander
- 2 tsp. ground cumin
- 2 tsp. paprika
- 2 tsp. kosher salt, plus more to taste
- 1/2 tsp. cayenne
- 1/2 tsp. ground cardamom
- 1/2 tsp. ground fennel seed (optional)
- 1 (15-ounce) can diced tomatoes
- 1 (5-ounce) package baby kale
- 1/2 cup plain yogurt, preferably whole milk
- 1/2 cup cilantro leaves, for garnish
- 2 cups cooked basmati or jasmine rice, for serving

1. Using a food processor fitted with a metal blade, pulse cashews until finely ground. Set aside.

2. In a large pot, heat 1 Tbsp. oil over medium-high heat. Add chicken and cook, stirring frequently, until golden brown, about 5 minutes. Transfer to a bowl. Return pot to heat and add remaining 1 Tbsp. oil, then onion, garlic, ginger, and chili. Cook, stirring frequently, until onions are golden brown, about 4 minutes. Add coriander, cumin, paprika, salt, cayenne, cardamom, and fennel seed (if using) and cook, stirring frequently, until spices are toasted, about 1 minute.

3. Add tomatoes, reserved cashews, and reserved chicken, along with any juices. Bring mixture to a boil. Reduce heat, cover, and gently simmer, stirring occasionally, until chicken is tender, about 30 minutes. Uncover and stir in kale and yogurt; let simmer 5 minutes to blend flavors. Season with salt to taste. Garnish with cilantro and serve with rice.

Makes 4 servings.

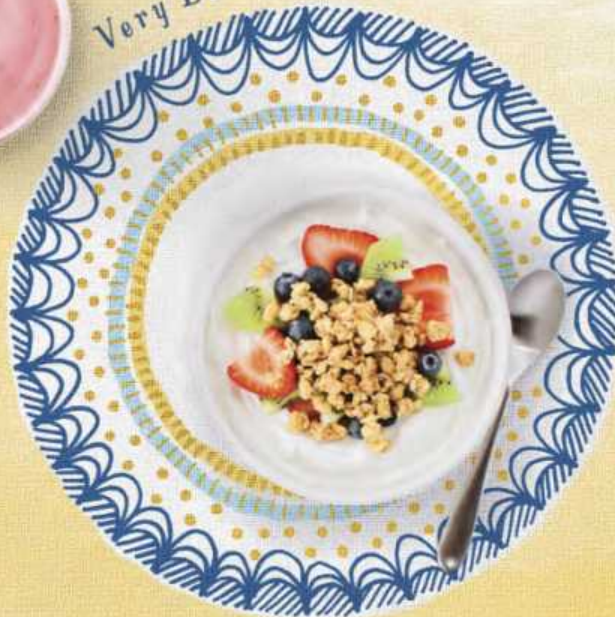
Active time: 30 minutes.

Total time: 1 hour.

LOVIN' SPOONFULS FOR CURTIS'S HONEY-YOGURT PANNA COTTA RECIPE (WITH BLOOD ORANGE SYRUP—YUM!), DOWNLOAD THE *O* APP.



Very Berry Brunch



SWEET SWAPS
Splenda

Enjoy a sweet life without all the calories from added sugar. Follow us for hundreds of tips, tricks & recipes that swap full sugar for SLENDA® Sweeteners.

SweetSwaps.com

Think sugar,
say





Spicy Collard Ribbons with Shrimp and Bacon

In a small saucepan of boiling water, cook ½ cup semipearled **farro** over low heat, partially covered, stirring a few times, until tender, about 20 minutes. Drain and set aside. Meanwhile, in a large pot over medium heat, cook 2 slices **bacon**, cut into ½"-wide pieces, until crisp, about 3 minutes. Transfer to a paper towel-lined plate and set aside; pour off fat and discard. Add 3 Tbsp. **olive oil** to pot. When hot, add 2½ pounds **collard greens**, stems removed and leaves cut into ½"-thick ribbons. Cover and cook over medium-low heat, stirring a few times, until wilted, about 3 minutes. Add reserved cooked farro and ½ tsp. **kosher salt** and toss well. Add reserved bacon, cover, and remove from heat. In a large skillet, heat 2 Tbsp. olive oil over low heat. Add 3 **garlic** cloves, minced, and cook until golden, about 1 minute. Increase heat to medium and add 1 pound large **shrimp**, shelled and deveined, in an even layer and cook 1 minute per side. Sprinkle with ½ tsp. **hot smoked paprika** and ¼ tsp. salt and cook, stirring, 1 minute. Add 2 **plum tomatoes**, chopped, and 2 Tbsp. **red wine vinegar** and cook until tomatoes start to fall apart, about 3 minutes. Season with a pinch of salt. Divide collards and farro among 4 plates, top with shrimp mixture, and serve. *Total time: 35 minutes.*

Each recipe serves 4.

Raw Collard Hummus Wraps

In a small saucepan of boiling water, cook ¼ cup semipearled **farro** over low heat, partially covered, stirring a few times, until tender, about 20 minutes. Drain and set aside. Meanwhile, in a medium bowl, whisk together ¼ cup **red wine vinegar**, 1 tsp. finely grated **orange zest** and ¼ cup fresh orange juice (from 1 orange), and ¼ cup **extra-virgin olive oil**. Season with ½ tsp. **kosher salt** and set aside. Lay 6 **collard green** leaves face down on a cutting board. Using a small, sharp knife, cut off stems and carefully trim center ribs flat to leaves, being careful not to cut leaves. On the center of each leaf, spread 3 Tbsp. **hummus** (you'll need 1 cup plus 2 Tbsp. total). Press 2 Tbsp. each reserved cooked farro and **sunflower seeds** (you'll need ¾ cup total) onto hummus; then divide 3 small **carrots**, grated, among the wraps. Add 1 (¾-pound) **English cucumber** and 1½ medium **red bell peppers**, all cut into thin strips, on top. Fold top and bottom edges of each leaf over filling, then fold one side tightly over and roll toward rib to form a compact bundle. Set wraps folded side down and cut in half. Place 1½ wraps on each of 4 plates and serve with reserved dipping sauce. *Active time: 35 minutes. Total time: 50 minutes.*



THE POWER OF

A trio of fabulous, simple-enough-for-a-Wednesday dishes using three healthy staples: **collard greens**, **farro**, and **red wine vinegar**.

RECIPES BY *Marcia Kiesel*

MIXING BOWL

The makings of a delicious month, from kale's cute new cousin to a cookbook that's an Asian celebration.

Tuscan Farro Stew

In a large pot, boil $\frac{3}{4}$ cup **red wine vinegar** over medium-high heat until reduced to 2 Tbsp., about 5 minutes. Pour into a small bowl and set aside. Rinse pot and return to stove over low heat. Add 3 Tbsp. **olive oil** and, when hot, add 2 **celery ribs**, diced; 2 **carrots**, diced; 1 medium **onion**, diced; 2 **garlic cloves**, minced; and $\frac{1}{4}$ tsp. **kosher salt**. Cover and cook, stirring a few times, until softened, about 10 minutes. Increase heat to medium high, add 2 Tbsp. **tomato paste**, and stir until shiny, about 1 minute. Add 2 tsp. fresh **rosemary**, chopped; 6 cups **vegetable stock**; and 1 cup semipearled **farro** and bring to a boil. Simmer over low heat until farro is tender, about 20 minutes. Add 1 pound **collard greens**, ribs removed and leaves chopped; cover and cook until tender, about 5 minutes. Add reserved vinegar reduction and 1 (15.5-ounce) can **white beans**, drained, and simmer 5 minutes. Season with $\frac{1}{2}$ tsp. ground **black pepper**. Serve in bowls, drizzled with olive oil and sprinkled with grated **Parmesan** to taste.
Active time: 20 minutes.
Total time: 1 hour.



The Find

HERE'S THE SCOOP

Bubbles are so last year. Ring in 2016 with Topsy Scoop's delicately spiked Blood Orange Champagne Sparkler Sorbet. Serve it in a coupe for an easy, elegant dessert, or make an adults-only float by adding a spoonful to a glass of sparkling wine. (\$60 for four-pint pack; tipsyscoop.com)



Genius Idea!

RISE AND CHAI

Now you can indulge your fantasy of having dessert for breakfast—and healthily to boot—with this chai-spiced rice pudding from Ellie Krieger's new make-ahead cookbook, *You Have It Made*. Store it in individual jars, so you can prep it on Sunday and be set for the next few days.

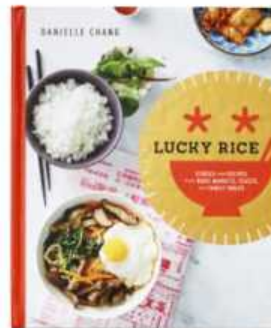
MANGO-CHAI BREAKFAST RICE PUDDING

In a Dutch oven or an ovenproof pot, bring 2 cups water to a boil. Add 1 cup short-grain **brown rice** (such as Arborio), cover, and simmer over low heat until rice is nearly cooked, 40 to 45 minutes. Meanwhile, preheat oven to 375°. Add to pot 3 cups 1 percent **milk**, 3 Tbsp. **honey**, $\frac{1}{2}$ tsp. **vanilla extract**, $\frac{1}{2}$ tsp. **ground cinnamon**, $\frac{1}{2}$ tsp. **ground ginger**, $\frac{1}{4}$ tsp. **ground cardamom**, $\frac{1}{4}$ tsp. **ground nutmeg**, $\frac{1}{4}$ tsp. **salt**, and $\frac{1}{8}$ tsp. ground **black pepper** and stir to combine. Cover and bake 30 minutes, stirring once or twice. Add 1 cup diced **mango** and cook 15 minutes more. Remove from oven and allow to cool, uncovered, 15 minutes; then stir in another 1 cup diced mango. The pudding will be slightly soupy, but will thicken as it cools. Distribute among 6 (12-ounce) jars, cover, and refrigerate at least 4 hours. To serve, add a dollop of nonfat or low-fat plain **Greek yogurt**, a drizzle of honey, and a sprinkle of ground cinnamon. Store in fridge, tightly covered, up to 4 days.
Makes 6 servings. Active time: 15 minutes. Total time: 2 hours, plus 4 hours of refrigeration.

Market Report

BUNDLES OF JOY

Meet the latest addition to the produce family: adorable Kalettes, the love children of Brussels sprouts and kale. They grow on a stalk like sprouts, but have kale's milder taste and loose, frilly leaves. Look for them prewashed in bags and boxes, and prepare to welcome these appealing new arrivals.



Cookbook of the Month

LUCKY RICE

BY DANIELLE CHANG

Why we love it: As the founder of LuckyRice, which produces Asian food festivals across the U.S., Chang knows plenty about satisfying a range of appetites. Her new cookbook covers everything from quintessential Thai to updated Korean. We're especially impressed by her knack for using unexpected ingredients in familiar foods—kimchi tacos and pastrami egg rolls, anyone?

What to try: Chang's tomato soup includes the usual ingredients—ripe tomatoes, onion, garlic, butter, and cream—but a tablespoon of ground coriander gives it an Indian-inspired, "what is that amazing flavor?" twist that'll have you hooked.

"It's crazy how nutritious seaweed is. A lot of elderly people I met in Japan swear it's the reason they're still in such great health. I snack on dried seaweed plain, or rehydrate it and add it to salads or stir-fries."

—JAMIE OLIVER, CHEF AND AUTHOR OF *EVERYDAY SUPER FOOD*



Shop Guide

(All prices are approximate.)



SQUARE DEAL Find fashion and beauty resolutions you'll want to keep in "Out of Your Rut, Into Your Groove," page 98. (Woosh Beauty Fold Out Face Palette in Medium, \$80; hsn.com)



Do It for the 'Gram!

Follow us on Instagram for a behind-the-scenes peek at what's happening at O—photo shoots, office silliness, and everything we're loving these days, from fashion to food. Plus, updates from Oprah, exciting contests, and daily doses of inspiration. @oprahmagazine

COVER *On Oprah*: Top, \$60, and bottom, \$60; craneandlion.com. Shawl, Bajra, \$450; Capitol boutique, Charlotte, North Carolina, 704-366-0388. Wrap bracelets, \$44 to \$181; vincentpeach.com. Beaded bracelets, Sequin, \$58 for set of three; sequin-nyc.com.

GLOW GETTER! PAGE 51 Faux-fur coat, \$88; boohoo.com.

CAN THIS HAIRCUT BE SAVED? PAGE 53 "After": Top, White House Black Market, \$68; whbm.com.

OUT OF YOUR RUT, INTO YOUR GROOVE PAGE 100 Clockwise from top: OPI Nail Lacquer in Press * for Silver, I Drive a

SuperNova, and Glitzerland, \$9.50 each; ulta.com. **PAGE 101** From top: MAC Retro Matte Liquid Lipcolour in Quite the Standout, Personal Statement, Mademoiselle, Fashion Legacy, and Recollection, \$20 each; maccosmetics.com. From top: Benefit They're Real! Push-Up Eyeliner in Beyond Green, Beyond Blue, and Beyond Purple, \$24 each; benefitcosmetics.com. **PAGE 102** Button-down, \$80; annaylor.com. Turtleneck, Babaton for Aritzia, \$95; aritzia.com. Blazer, \$228; jcrew.com. Scarf, Me & Kashmiere, \$175; 215-203-4401. Clockwise from top right: Clinique Beyond Perfecting Powder Foundation + Concealer in Neutral, \$27; clinique.com. Sephora Collection Colorful Cheek Ink Gel in Orchid, \$14; sephora.com. CoverGirl Plumlify

Mascara by BlastPro in Very Black, \$12; drugstores. Rimmel London Oh My Gloss! in Rebel Red, \$6; drugstores. **PAGE 104** Woosh Beauty Fold Out Face Palette in Medium-Deep, \$80; hsn.com. **PAGE 105** From top: Bobbi Brown Luxe Lip Color in Sunset Orange, Retro Red, and Your Majesty, \$35 each; bobbibrowncosmetics.com. **PAGE 107** Hourglass Ambient Lighting Bronzer in Radiant Bronze Light, \$50; hourglasscosmetics.com.

WHAT I KNOW FOR SURE PAGE 116 *On Oprah*: Shawl, \$30; zara.com.

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BECOME A TEAM O LEADER

O, *The Oprah Magazine* has teamed up with AVON 39 to help end breast cancer, and we want you to be a part of it. We are searching for eight inspiring and daring women to represent O and lead special O Teams to triumph at each of the following walks (two leaders per walk): **Chicago**: Jun 4-5, **San Francisco**: Jul 23-24, **Santa Barbara**: Sept 10-11, **New York**: Oct 15-16.

Ready to take on the challenge? Simply go online to Omagonline.com/AVON39, select your city, and tell us why you want to become a Team O leader and how you would guide your team to victory.

NO PURCHASE NECESSARY TO ENTER OR WIN. Team O & AVON 39 Walk to End Breast Cancer Contest. Sponsored by Hearst Communications, Inc. There are two ways to enter beginning December 4, 2015, at 12:01 AM (ET) through January 12, 2016, at 11:59 PM (ET) (the "Entry Period"): either go to Omagonline.com/AVON39 on a computer or wireless device and complete and submit the entry form pursuant to the onscreen instructions, including an essay (1,000 words or less) on why you would like to become a Team O, *The Oprah Magazine* leader for the 2016 AVON 39 Walk to End Breast Cancer in one of the following cities/dates: Chicago - June 4-5, 2016, San Francisco - July 23-24, 2016, Santa Barbara - September 10-11, 2016, and New York City - October 15-16, 2016 (entrants will be asked to select their preferred city). A total of eight (8) Winner(s) will be selected to serve as leaders of Team O at the 2016 AVON 39 Walk to End Breast Cancer. There will be one (1) team per city. Two (2) leaders will be selected for each team. The Sponsor will contribute \$1,000 towards each team's fundraising goals (a total of \$4,000 will be donated by Sponsor). All team members will receive Team O T-shirts (ARV: \$80). **TRAVEL EXPENSES AND ACCOMMODATIONS WILL NOT BE PROVIDED AND ARE THE SOLE RESPONSIBILITY FOR THE WINNERS.** Winners are solely responsible for any additional fees incurred in connection with the prize. Winners will not be taxed as Sponsor is making the donations directly to the charity. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Open to legal residents of the 50 United States and the District of Columbia, who have reached the age of majority in their state or territory of residence at time of entry. Void in Puerto Rico and where prohibited by law. Employees of Sponsor, its parents, affiliates and subsidiaries, participating advertising and promotion agencies, independent judging organizations, and prize suppliers (and members of their immediate family and/or those living in the same of household of each such employee) are not eligible. Contest is subject to complete official rules available at Omagonline.com/AVON39.



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What I Know for Sure

I'M READY to go to the next level—the über level—of well-being. I'm ready to live full blast (with sweet, planned recharging interludes of calm and shade under my oak trees).

I'm keenly aware that every day is a gift, that time is fleeting. Another year has passed. So quickly gone. No moment but this one is guaranteed, so I'm ready to be in each as the healthiest, strongest, fittest, most conscious, most alive me I've ever been.

That's not just a New Year's resolution. It's a proclamation for 2016.

I've wishy-washed with diets and exercise my whole life. Now I'm ready to go beyond the scale and declare a new way of being in the world. Flexible, balanced. (I mean that literally—see page 88!)

The folks at Weight Watchers called me in July and asked if I'd join their team—help spread the message about taking a holistic approach to health and fitness.

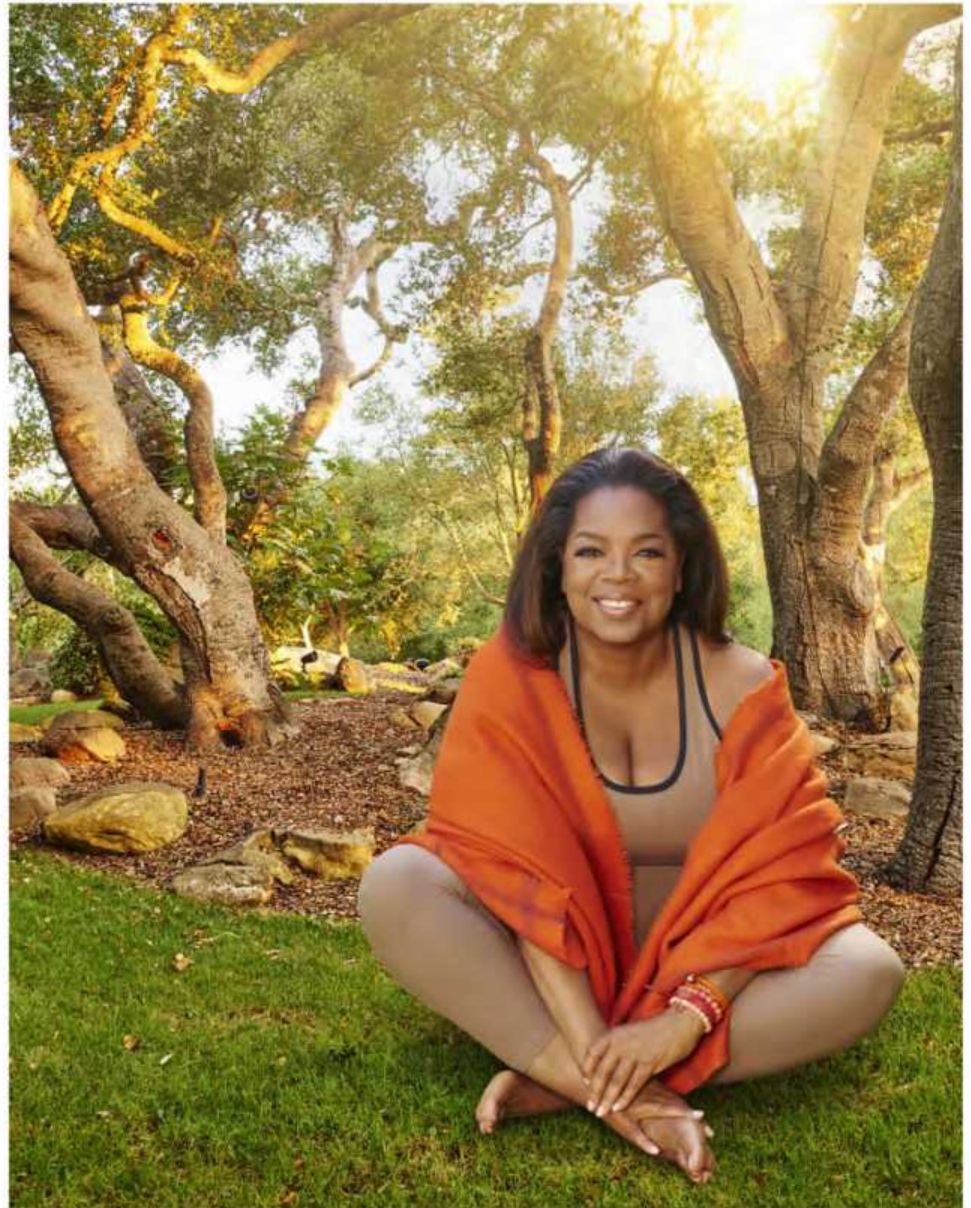
For me, this was a perfect alignment. I was fed up with my lose-and-gain-again routine. I'd had enough of no-carb regimens. Some people can live without bread and pasta, but it just doesn't make sense to me. All the times I tried to do so only made me crave them more.

I wanted a plan for life, and here it was in the form of Weight Watchers—a program I'd resisted since the '70s. I never had time to go to their meetings, and I hated the idea of counting anything.

That was before I met with my coach, Lisa.

The first week, I felt *Ahhh, terrific*. I get 30 points a day, based on my gender, age, height, and current weight. With the Weight Watchers app, tracking points is like keeping score in your own game of self-improvement.

I lost five pounds that first week—rewarding,



but no big deal since I'd done it so many times before. And yet this time, things were different:

1. I was ready.
2. Weight Watchers fosters full accountability.
3. I didn't have to obsess about what I couldn't eat. The world was my oyster—my 5-point plate of oysters Rockefeller, if I chose!

The point system—now ingrained in my brain—is a useful tool to maintain my food integrity and make healthier food choices. (All fruits and most vegetables: 0 points.) It's

taken the pressure off eating. I know I'm accountable for the 30. And for exercising.

For me, this is not a diet. It's a whole shift in perspective. So yes, for sure, I'm a bona fide convert. Down 26 pounds since August 12 and feeling more like the self I want to be.

If you're ready to strip down and step up to the life that's waiting for you, come join me. Make 2016 the year of renewed vibrancy. Love yourself. Then spread the love around.

healthy hearts for adventures ahead

.....
Keep up with the life you love.
100% whole grain Quaker Oats can help reduce
cholesterol as part of a heart healthy diet.*
.....



off you go

*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

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Go Further 