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THE OPRA
MAGAZINE

LIVE YOUR BEST LIFE

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

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

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

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

The MAKEOVER

**106 Inspiring
Ways to Change
Things Up**

STRESS LEVEL • DIET • STYLE • SPIRIT

ISSUE!

**What Your Body
Language Is
Saying Behind
Your Back**

Learn how to send a better
message (page 192)

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

A Month of *Makeovers*

From simple shifts to audacious rethinks, 30 ways to upgrade your life.

START
HERE!

1

GET FRUITIER

Apple, banana, pear, yawn. These exotic alternatives are packed with vitamins and fabulous new flavor.



Rambutan

Peel off the spiky red covering of this iron-rich Southeast Asian treat to reveal a translucent white orb with a taste that marries grape and watermelon.



Feijoa

This vitamin-C-packed fruit from South America looks and feels like a lime, but cut it open to reveal juicy flesh that's reminiscent of a tangy pineapple.



Pepino melon

Also native to South America, this aromatic fruit is single-serving in size, entirely edible, and a crisp flavor blend of honeydew and cucumber. It's also an excellent source of fiber.



Dragon fruit

This is the pop star of fruit—hot pink on the outside, bubblegum sweet on the inside. Scoop out the antioxidant-rich, seed-speckled flesh and eat it like a kiwi.



2

PULL THE PLUG ON YOUR SAME OLD FIGHT

YOU'RE MULLING THE night's TV options when your significant other grabs the remote and starts clicking away like a sugar-fueled 5-year-old. When you mention this, he asks how your OCD is going. You counterstrike that his mother raised her sons to be boorish louts—eliciting his usual rant about your mom still serving him meatloaf when he's been a vegetarian for years.

It's the same fight you had last week. And the 962 weeks previous. It would almost be funny if the whole routine weren't so hurtful, unproductive, and bafflingly inescapable. But here's the aha: While repetitive arguments stem from misunderstandings and emotional wounds, they also owe a lot to simple pattern formation. As my karate teacher used to say, practice doesn't make perfect—it makes permanent. What we've done before, we tend to do again.

Which means we can disrupt our patterns with a brilliant trick that marriage therapist Bill O'Hanlon calls the do-one-thing-different approach. For instance, you can criticize each other's TV habits, but only if you're wearing oven mitts. You can insult relatives as long as you're lying on the floor. You can question each other's sanity, but only in whispers.

The effect can be extraordinary. Your brain, startled by new associations, loses the familiar flow as you see the useless toxicity of whatever you're about to say. You may even end up laughing. At the least, you'll find you have the power to change fights you "can't help" having, by starting small and being creative. And that's a pattern you want to repeat. —MARTHA BECK

3

Click, Click, Print

We take 28 billion digital photos each year, most of which languish on our hard drives. To get those third-grade plays and surprise birthday parties off your computer and onto the fridge, consider the digital-photo collage. **Photovisi.com** offers customized tools that can be downloaded free of charge, **smilebox.com** provides more than 1,000 collage templates for home printing, and **shutterfly.com** and **snafish.com** will deliver printed collages to your home or office.



EDIT YOUR ONLINE SELF

Deleting old Flickr photos and closing Myspace accounts do only so much. If you want to seriously revamp what pops up when someone searches for you online, consider turning to an online reputation management agency. Such sites, like **reputation.com** and **metalrabbitmedia.com**, reverse engineer search-engine algorithms in order to drive favorable content toward the top and bury unflattering posts. One DIY tip to hiding embarrassing content: Create Facebook, LinkedIn, and Twitter pages; Google and Bing generally put content from social networking sites toward the top of search results.



ENTERTAIN WITH EASE

Who knew the humble paper plate could bring both class and consciousness to the table? A Japanese brand called **WASARA**, that's who. Designer and restaurateur Shinichiro Ogata sculpted the curvaceous plates (and bowls, and cups and saucers) for easy balancing while you're deep in conversation, then molded their creamy surfaces from rapidly renewing materials like bamboo, reed pulp, and sugarcane fibers. When the party's over, the dishes go straight to the compost bin. (**branchhome.com**)

BUILD A BETTER CHOCOLATE BAR



Mmm, dark chocolate with yogurt-covered pretzels, rainbow sprinkles, and salty potato chips. Or—oh, God—milk chocolate with pumpkin seeds, dried raspberries, and flaxseeds. No—wait—white chocolate with toffee bits and Fruity Pebbles. Hungry? Sites like **CHOCRI.COM**, **CHOCOMIZE.COM**, and **CHOCBITE.COM** let you customize your own bar from scratch, with scores of sweet, savory, and spicy add-ons. Chocolate with Pop Rocks, anyone?