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THE OPRAH  
MAGAZINE

LIVE YOUR BEST LIFE

*The O Plan for a Fresh Start*

## How to Get What You Really Want This Year

✓ **A Healthier Body!**

20 Delicious Superfoods  
(Feeling Good Never Tasted So Great)

✓ **More Money!**

Suze Orman's 2010 Take-Control Guide

✓ **Weight Loss That Sticks!**

Dr. Oz's 5 Simple Secrets  
for Keeping the Pounds Off

✓ **An Extra Shot of Happiness!**

A Better Bra, Cool Boots, Lush Lipsticks,  
an Excellent Cheap Wine or Two...

**Eat, Pray, Love...  
and Then What?**

An Exclusive Excerpt  
from Elizabeth Gilbert's  
Inspiring New Book

**Can You Transform Your  
Whole Life in 60 Days?**

One Woman's Incredible  
Journey Begins on Page 124

JANUARY 2010 \$4.50



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▲ Beautiful Dreamer

A tailored oxford rightshirt can be as sexy as lingerie—and with a monogrammed pocket or cuff, you'll never confuse his and hers. (\$95 including monogram with code [ORWAK](#); [claridgeandking.com](#))

► Portrait of a Lady

These Art Nouveau-inspired bottles of extra-virgin olive oil are too striking not to leave out on the kitchen counter. (Fernando Pensato, \$25 each for 250 milliliters; [sandybutler.com](#))



► The Stamp Act

Choose from six designs to create your own seal of authenticity, then print your return address and brand your stationery. (PSA Essentials, \$34 for stamper with code [ORWAK](#), \$9 for color refill; [cambriacove.com](#))



▼ The Bright Stuff

Strong, supple eel skin in dazzling colors makes for the perfect wallet: slim but roomy, and easy to find at the bottom of your purse. (\$79 each, \$10 shipping with code [ORWAK](#); [pratten.com.au](#))



▼ Walk the Talk

Jump-start your January workout routine with this clip-on pedometer, which tells you out loud how many steps you've taken. It also has an ear-splitting panic alarm, just in case you stumble upon any trouble. (\$15; [jcp.com](#))

