



THE OPRAH
MAGAZINE

Special Digest Edition

You're in for a big **SURPRISE!**

(Actually, 4 of them!)

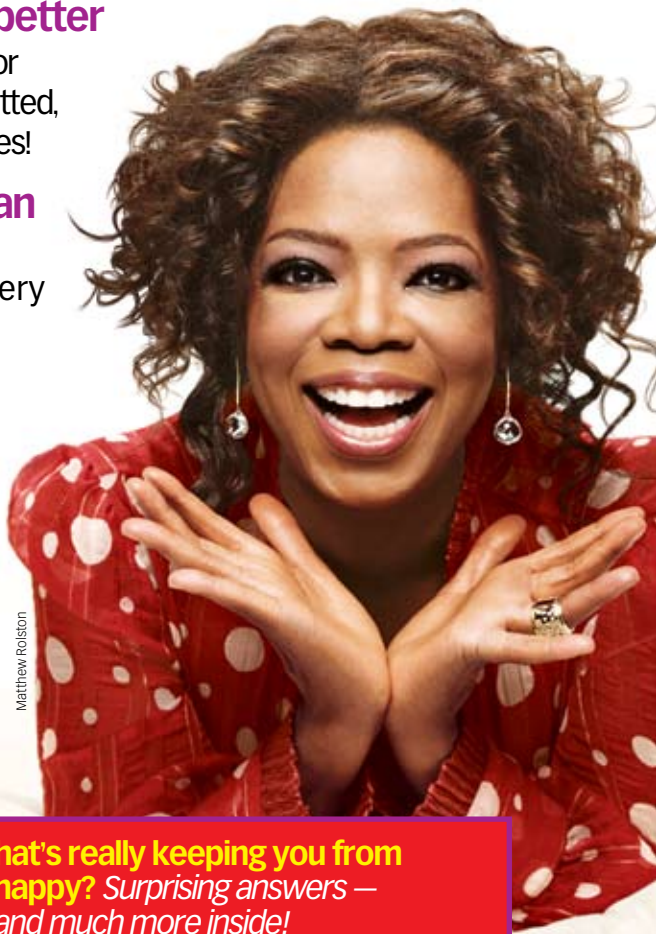
60 SECONDS to a better relationship! S.O.S for overworked, overcommitted, and overwhelmed couples!

You're tougher than you THINK. How to save yourself from every imaginable disaster.

Got 10 minutes? Get a BETTER BODY! Puff and sweat for 30...45... even 60 minutes?" Not anymore!

"Just let it go"—HA! That's easy for you to say. A better way to overcome worry.

Matthew Rolston



PLUS: What's really keeping you from being happy? Surprising answers — and much more inside!



Matthew Rolston

SURPRISE!

O and friends have
selected YOU to
receive...

■ **FREE Preview of O's Big Book of Happiness** — the newest collection of wit, wisdom, and touching stories to inspire you to greater fulfillment, joy, and happiness!

■ **3 SPECIAL REPORTS** from Dr. Phil, Suze Orman, and Martha Beck to enhance your health...get financially fit...and achieve the life you deserve — FREE!

■ **ONE VERY EXCLUSIVE GIFT JUST FOR YOU!** In fact, use the FREE GIFT sticker at right to claim your exclusive "O" tote now — absolutely FREE!

Your **AHA**
moment
is waiting
inside...

I PROVIDED 2 COLOR ART FOR OUR
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STICKER and the REAL ONE would be
pre-printed & STUCK in proper place of
course--I left this here so you could SEE and
understadn position--thanks--HALLER



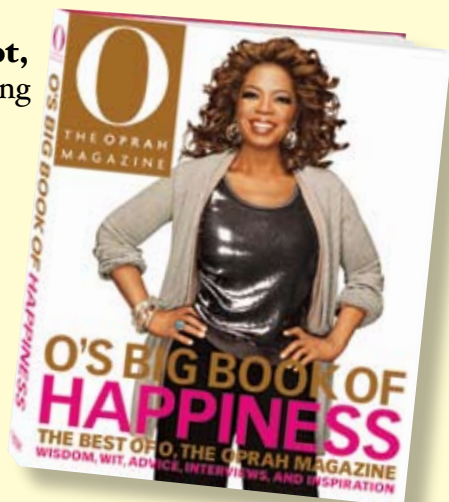
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INSIDE this Special Preview Digest:

- **You can't buy happiness** — so why not grow your own? *Page 5*
- **60 seconds to a better relationship!** For the overworked, overcommitted, and all-around overwhelmed couples, Peter Fraenkel, PhD, has one piece of advice — and it really works! *Page 15*
- **Bad Boss Hell!** If going to the office every day feels like entering a war zone — with a crazy person as your commander-in-chief — you need some serious intervention! *Page 19*
- **Are you eating like a bird — and still looking like a butterball?** You nibble on a baggie of carrots and refuse desserts — but you can't get the scale to budge downward. What gives? *Page 20*
- **Help! I'm drowning in paperwork!** Don't worry about checking off your to-do list, try this instead! *Page 13*
- **How to take care of your beautiful mind.** A little black bag full of cures from experts devoted to keeping you in mental balance. *Page 26*
- **You're-Tougher-Than-You-Think Guide.** Save yourself from every imaginable disaster. And then some. *Page 16*
- **Got 10 minutes? Get a better body!** Who says you have to puff and sweat for 30...45...even 60 minutes — all you need is just 10! *Page 25*
- **Orgasms, hitting the jackpot, and French fries** — a surprising connection! *Page 28*
- **And much, much more...**

**PLUS a FREE
PREVIEW of
O's Big Book of
Happiness and
4 free gifts!**



Oooh... it just feels so good to give!

Think about the last time you gave someone a gift. Sure, it made them happy — but didn't it make YOU feel great too?

Well, we've caught a contagious giving spirit here at *O, The Oprah Magazine* and we're spreading the gifts to you — starting right now — in this special digest issue!

- **Gift of love:** Discover surprising ways to rekindle the flames of passion in your relationships...
- **Gift of time:** Uncover 21 things you can stop worrying about right now — and free up your precious time and energy!
- **Gift of money:** How to care for your aging parents...help your adult children...and give to your favorite organization without breaking your financial and emotional bank account!

And now O's giving you 4 more gifts — just because you're special!

The special digest you hold in your hands is a SNEAK PEEK of greater things to come. That's because...

...You're invited to preview *O's Big Book of Happiness* — the newest collection from *O, The Oprah Magazine* — for 30 days FREE!

In this amazing book, you'll uncover practical, doable and even fun ways to infuse

(over, please)



Gayle King

Michel Arnould

THIS IS
THE SHORT
SHEET--see
specs.This
rule does
NOT PRINT--
its only FPO--
to show our
trim...
THANKS
HALLER

happiness in your life! Plus, you'll meet an amazing cast of folks who show you how to accomplish even your wildest dreams. They did it. And so can you.

**And this amazing invitation
gets even BETTER...**

...You'll also receive 4 MORE GIFTS: 3 exclusive, special reports to help you with your money... self-improvement...and relationships — absolutely FREE — and...

...a signature, limited edition "O" tote bag to carry all your goodies!

I'm just so thrilled to offer you these special gifts! Now sit back, relax and enjoy this sneak preview of *O's Big Book of Happiness*...

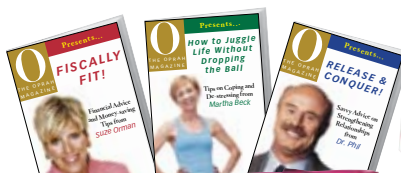
All the best for the happy life you deserve.



Gayle King
For *O, The Oprah Magazine*

**FREE
Preview!**

P.S. Details on how to get your **FREE PREVIEW** copy of *O's Big Book of Happiness* are on page 34!



**And Get 4
FREE Gifts**

THIS IS
THE SHORT
SHEET--see
specs.This
rule does
NOT PRINT--
its only FPO--
to show our
trim...
THANKS
HALLER

You can't buy happiness... so why not grow your own?

All you need is a fertile mind and the hardy seeds of wisdom, creativity, and plain old common sense you'll uncover in the new release of *O's Big Book of Happiness*.

In this inspiring new collection from the pages of *O, The Oprah Magazine*, more than 75 warm, wise and insightful contributors show you how to:

- **Kiss fear goodbye** — and embrace the opportunities that lie ahead...
- **Beat the blues** — and uplift your heart, soul and mind...
- **Lose the excess weight** — that's bringing you down physically and emotionally...
- **Make your dreams real** — and live your life to the fullest...
- **Put your best face forward** — with a little help from the right haircut, of course.

O's Big Book of Happiness offers you more than 100 wonderfully written, empowering articles that will turn your life around...

...whether you're fighting loneliness, illness, self-doubt, or even a crisis of faith.

World-class writers, artists, entrepreneurs and political leaders including Barack Obama, Alice Sebold, David Sedaris, Richard Branson and Elizabeth Swados open a window on the life lessons



Oprah and Gayle — a 30-year friendship

Michel Arnaud

that have inspired, motivated, and put them on the road to joy.

Plus, Oprah's team of in-house experts offer advice and comfort for every aspect of life. For example:

- **Suze Orman** — no-nonsense money expert — helps you make sense (and cents) of your finances with practical tips that keep you in charge of your assets...
- **Dr. Mehmet Oz** — “America’s Doctor” — uses his wit and wisdom to explain even the most complicated health issues!
- **Martha Beck** — life coach extraordinaire — clues you in on how to handle your most stubborn critic — you!
- **Dr. Phil** — tell-it-to-you-straight counselor — sheds light on the push-me-pull-you confusion of intimate relationships!
- **Bob Greene** — food and fitness expert — reveals why you don’t need a weight-loss plan — and shows you how to create a *life plan* that keeps you in your best shape possible!
- **Lisa Kogan** — the ever-so-lightly Xanaxed columnist — tells all and puts life in perspective...

Be prepared for unconditional honesty and reality-based solutions

Have you ever wondered...

- **When your worst-case scenario finally happens, how do you carry on?** One-time war correspondent Geraldine Brooks writes that a diagnosis of cancer, which she once feared more than terrorist bullets, proved to be a path to grace. Beverly Donofrio tells how she endured a rapist’s violent attack by refusing to say “yes” to despair. And meditation teacher Sharon Salzberg explains how to make those crucial human connections that are guaranteed to melt away loneliness and refresh your faith.

Oprah talks about...

Surviving The Unimaginable.

What's the worst thing that could happen to a mother of four? It happened to Christine McFadden the day her ex-husband killed her children. Discover how she's learned to live again.



Larry Sultan

The British 16-year-old with dyslexia who became a tycoon, visionary, knight and founder of Virgin Airlines. Richard Branson reveals his dream to fly you and everyone else to the moon. Plus, a remarkable foundation he's just launched to help give peace a chance.

Bobby Kennedy, Jr. — the passionate environmentalist. He opens up about his family, politics, the worrisome state of our planet, and how a few changes in the law could make us all healthier, wealthier, and safer.

Interviews that stir your soul and motivate you to make a few small changes that create the bigger, better, happier life you deserve. These stories and more are in your FREE PREVIEW copy of *O's Big Book of Happiness!*



Hugh Stewart

- **Are there any surefire ways to sidestep relationship pitfalls?** *O's* writers investigate an exciting new therapy that could keep you from falling for that bad-news guy — *again and again* — and a non-talking cure that just might save a compassion-starved marriage. Lauren Slater explores the price some of us are willing to pay for love — even when it has four legs and a tail.
- **How's your brilliant career going?** *O's* in-the-trenches experts tell you how to: soothe the savage boss...learn to take risks...reconnect with your wildest ambitions...

**RSVP on page 34 to claim
your free gifts!**

and embark on the professional life you've always dreamed about.

- **What's the secret to getting in shape — and staying fit?** Rebecca Skloot tells you how to trick your brain into actually *craving* diet and exercise, while *O's* Mental Health Kit offers therapist-tested techniques for getting your life back in balance. And Oprah discusses how the best healthcare begins with *self* care.
- **Why you're crazy NOT to try therapy!** Whether you've tripped into a black hole of depression or simply feel your life has become one big rut, psychiatrist-in-training Christine Montross shows you how going into therapy can get you back on solid ground. Discover how getting help and support when you need it is really a sign of sanity.

Every month, 16 million readers look to *O, The Oprah Magazine* for inspiration and advice to live by

In this new collection, *O's Big Book of Happiness* brings you the best of *O, The Oprah Magazine* to help lift you up and set you on the path to fulfillment. You'll get Oprah's riveting interviews with some of the women and men who inspire her — as well as her own open-hearted revelations.

As Oprah writes in one of her essays, *"Everything in life happens to help us live."*

In other words, **you didn't receive this invitation to preview *O's Big Book of Happiness* by chance.** This amazing volume may contain the insight and answers you've been searching for:



**RISK-FREE
PREVIEW!**

“WHEN YOU KNOW WHO YOU ARE AND WHAT YOU STAND FOR, YOU STAND IN WISDOM.” — Oprah



Matthew Roison

On page 89 in *O's Big Book of Happiness*, Oprah talks candidly about her childhood secret that led to betrayal and a breakdown. Discover the lesson she learned that transformed her life.

Get your RISK-FREE PREVIEW copy today, see page 34.

- **Are you at a relationship crossroad?** Do you stay because you're afraid? Or are you ready for a change?
- **Is it really time to go on another diet** — or are you ready to accept self-love?
- **What kind of legacy do you want to leave behind?** Now's the time to create your future!
- **What's really keeping you from being happy?** Yes, it's up to you — and you alone — to write your life's script!

O's Big Book of Happiness can help you. You'll get inspiration, motivation and real guidance to help you make decisions — life-changing decisions — that bring you inner joy, peace, and real happiness...

- **When it's ok to freak out!** According to experts, “losing it” is a rational way to weather life's big and little snafus. Discover more unique coping tools!
- **What do you do when you run out of dreams?** How to set new goals to surpass your previous successes!
- **How to think like a thin person!** Get over your fear of being hungry and watch the weight melt away!

**Turn to page 34 to get your
RISK-FREE PREVIEW copy!**

- **The gray is coming!** What do you do when you see your first gray hair? Do you pluck it? Ignore it? Meet a few amazing women going brazenly, vividly gray — and loving it!
- **Ask yourself the “universal question”** — Use it every time you hesitate to do something you really want to do!
- **Frown lines disappear!** New low-tech solution smoothes out brows, crow’s feet, and much more!
- **You’ve experienced success — but still feel empty inside.** Transformation guru Marcus Buckingham shows you how to get unstuck and reinvent your life!

Proven life strategies that work — that’s what you’ll get in *O’s Big Book of Happiness...*

- **How to turn a great idea into a moneymaker!**

Go from concept to reality in just 6 steps!

- **How to make a meal that leaves him hungry — not for sex — but for you!** Beef, milk, tomatoes and a generous dash of passion are the key to this irresistible dish for lovers!

- **How to improve your marriage without talking about it.** New research into the male mind shows discussion can shut down communication. Discover a better way!



Tara Donne

- **What your hair says about you** — and how to change the message!
- **Juggling multiple credit card balances?** Suze Orman gives you a practical strategy that pays them off faster!
- **How to get what you want from anyone!** Become a “black belt communicator” on and off the job!

Difficult situations...embarrassing moments...and dreaded fears can rob you of your joy and happiness. Now you can

100% Authentic!

You know it when you see it, and you love the people who live it. In the age of spin and half-truths, to be brazenly authentic is the real deal.

Speaking up for what you believe in. Refusing to be ruled by the desire for acceptance. Knowing the difference between the impulses that move you forward and the fear that holds you back.

Authenticity is funny...provocative...and slices through the bull.

In the company of authentic people, you're inspired to be truer to yourself.

That's why *O's Big Book of Happiness* is chock full of real stories from the authentic people who live them.

From Chris Rock and Grace Paley to Spike Lee, you get knowledge, wisdom and empowerment to help you improve your real life.

Take a full 30 days to get inspired... motivated...and invigorated. Send for your FREE PREVIEW copy of *O's Big Book of Happiness* during this limited time invitation! You'll love yourself for it!



Jeffrey Westbrook



**RISK-FREE
PREVIEW!**

discover how celebrities, politicians and everyday people conquer these demons and grab hold of the happiness that's rightfully theirs.

As you turn the pages of *O's Big Book of Happiness*, you'll be inspired to reach your goals (even the secret ones you've never told a soul). It's ok. You can do it. And much more...

(over, please)

- **Falling in love at 35 or 75 — why it's never too late!**
Just ask actresses Ellen Burstyn, Jane Fonda, and a host of other women who found passionate love when they least expected it!
- **Defend yourself against thin-skinned people!**
Can you really have a functional, trusting, relaxed relationship with a highly defensive person — without them biting off your head?
- **The “Dear John” talk — and other dreaded conversations.** 8 ways to make them easier, kinder, and gentler.
- **How do you not abandon God when it feels like He's abandoned you?** Reconciling the goodness of God with the undeniable evil in the world.
- **8 things NEVER to say to an adopted child.**
A few choice words for well-meaning strangers.
- **21 things you can stop worrying about right now!** Whatever is keeping you up at night — enough already! Meet the experts who'll convince you to give peace of mind a chance!
- **What do you really want to do with your life?**
Discover 3 myths about starting over.

(continued on page 14)



How to turn steaming frustration into newfound energy. Put Martha Beck's “venting fast” in action and — you'll be amazed at the outcome!

Take a deep breath and say “O” — doesn't that just feel good?

“WHEN YOU GET THE CHANCE, GO FOR IT. YOU CAN’T ACCOMPLISH ANYTHING WORTHWHILE IF YOU INHIBIT YOURSELF.” — Oprah



If fear is holding you back from experiencing genuine happiness at work...home...or in your relationships — you're going to love *O's Big Book of Happiness*! O's team shows you how to grab the gusto in life — and never let go!

Send for your RISK-FREE copy today — turn to page 34.

HELP! I'm drowning in paperwork!

The truth is, you may never get to the bottom of your to-do list. Julie Morgenstern, author of *Never Check Email in the Morning* recommends the concept called “dancing close to the revenue line.” Here's how it works. When you go to work, ask yourself:



Hadley Hooper

“If I ran out of time today, what would be the one thing that, completed, would give me the greatest sense of accomplishment and contribution?”

When you take care of that, it won't matter if the rest of the day gets out of your control!

More sound and practical ways to get the most out of your day...infuse happiness into your life...and zap bothersome problems in your FREE PREVIEW copy of *O's Big Book of Happiness*! Mail in your acceptance card today — and get 4 FREE gifts!

**Say “YES” to your FREE
preview copy — see page 34**

Plus you'll also receive 4 amazing gifts — just because you're special...

**Exclusive Bonus Gift #1 —
YOURS FREE!**

Suze Orman's Fiscally Fit!



**YOUR
FREE GIFT
#1**

How to get your finances in shape... shed unwanted debt...and boost your earnings potential to new heights!

In this exclusive special report, *O*'s resident money expert Suze Orman gives you the ultimate workout to help you prepare for a healthy financial future!

You'll discover:

- **How to mesh love and money!** 4 burning questions everyone should ask before lending a penny to loved ones!
- **The simplest way to retire.** 5-step, easy-to-do action plan makes living well in retirement a breeze!
- **Save 45% or MORE on your insurance premiums!** Plus: Find out if you're OVER-insured — many women over 40 are!
- **A simple remedy for impulsive shoppers!** This easy tip helps you curb unnecessary purchases — and keeps money IN your pocket!
- ***And much more!***

(continued on page 18)

60 Seconds to a Better Relationship

For the overworked, overcommitted, and all-around overwhelmed couples, Peter Fraenkel, PhD, has one piece of advice: "Don't try to schedule time together. Schedules are more work. And you don't need any more work."

Instead, Fraenkel, the director of the Center for Time, Work and the Family at the Ackerman Institute for the Family, in New York City, tells couples to do this instead: Come up with a list of things you can enjoy together that takes less than a minute. For example...

...telling a joke, one long kiss, etc...

These "60-second pleasure points" don't have to be face-to-face either. You can use your BlackBerry or cell phone!

Send a quick text message or e-mail links to a funny Web site or a restaurant review — along with a note, "Let's do takeout from here tonight, ok?"



Fraenkel recommends initiating at least 3 pleasure points a day. Couples report that this practice not only instills a better sense of connection throughout the week, but also relieves worry that you're not finding time for each other.

More entirely new ideas about love on page 163 in *O's Big Book of Happiness*! Mail in the acceptance card on page 34!



**FREE
Preview!**
And 4 free gifts

O's Be-Prepared, You're-Tougher-Than-You-Thought, We've-Got-You-Covered Guide to Saving Yourself From Every Imaginable Disaster. And Then Some.

Last time you checked, there was no burglar in the house, no quicksand in the yard, no cliff to drive off on your commute. But since clinging to fears can rob you of your happiness, O's created a "worst-case scenario handbook" to help you handle just about anything you might worry about. For example...

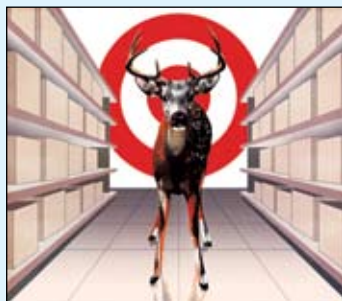
- **You're about to be mugged.** Should you try to calm the attacker by talking to him? Give him your wallet? Or run? Here's what the expert J. Kelly McCann, president of Kroll's Security Group recommends:

"Give them what they want — your wallet, purse, keys, whatever. Remember, there's not one material thing you possess that's worth dying over. Don't try to talk sense into him — that's like trying to coax a raging Rottweiler not to bite you. Final note: When the transaction is over, RUN!"

Ok, here are a few more "What if's" — how would you handle these situations?

- **An animal suddenly appears in your headlights.** Do you swerve to the right...or left? Surprising answer!

- **You're home alone at night,** and there's a burglar in the house. If you can't get out of the house, you've



Sean McCabe

**“IT MAKES NO DIFFERENCE HOW
MANY PEAKS YOU REACH
IF THERE WAS NO PLEASURE
IN THE CLIMB.” — Oprah**



Accomplishments. Success. Happiness. Discover the inspiring stories that help you overcome your worst fears and greatest obstacles!

Send for your RISK-FREE PREVIEW copy today, see page 34.

got a secret weapon — and it's right at your fingertips!

- **You skid and plunge off a bridge into the river below.**

What you do the minute your car hits the water can save your life! Must-know info!

- **Your brakes give out...your car breaks down...you hit a zero-visibility snow storm...a madman just escaped from the local jail — and headed toward your area... you're kidnapped and taken to an ATM to withdraw your cash...your car is suspended halfway off a cliff...you're stuck in quicksand — and much, much more!**

Don't worry — you'll get the tried and proven solutions to calm your worries in your FREE PREVIEW copy of *O's Big Book of Happiness*!

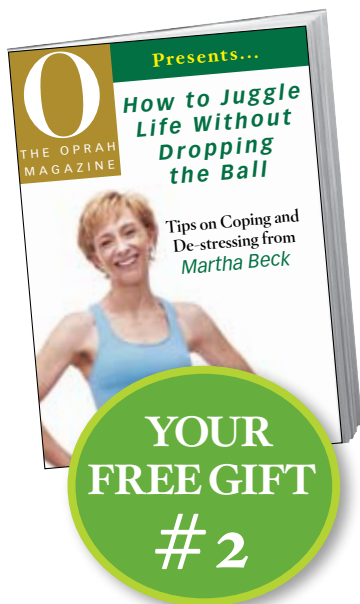


**RISK-FREE
PREVIEW!**

**3 FREE reports — and an
exclusive “O” tote on page 34**

(continued from page 14)

Exclusive Bonus Gift #2 — YOURS FREE! *Martha Beck's How to Juggle Life Without Dropping the Ball!*



If you're putting everyone else's needs above your own — you may be headed for a serious life crisis. Martha Beck shows you how to look out for #1 — so you can better care for your loved ones. In this exclusive special report, you'll discover:

- **Are you experiencing “mind-blindness”?** Here's how avoid “attention bottlenecks” that drain your concentration and focus!
- **Is clutter overwhelming you?** 6 simple steps help de-clutter your brain — and your life!
- **How to break free from time-consuming projects.** Not everything is a priority — here's how to get out of doing stuff you don't want to do!

■ ***And much more!***

(continued on page 23)

“You teach people how to treat you .” — Dr. Phil

If you don't get the respect you want from your grown children...workmates...or even your spouse — it's time to look in the mirror to find the real reason why.

Dr. Phil shows you how to reclaim your life and dishes out no-nonsense advice in *O's Big Book of Happiness*. You'll get more ways to rekindle an old flame...restore family harmony...and experience genuine happiness. Just mail in your acceptance card today. It's on page 34.

Art Streiber



Is Your Boss Driving You Crazy?



Marisa Marchetto

If coming to the office every day feels like entering a war zone — with a crazy person as your commander-in-chief — ask yourself the 4 crucial questions found inside *O's Big Book of Happiness* — and save your career or jump-start a whole new one! Plus, you'll discover:

- **If your boss is being a jerk** — it may not be his fault. Here's how to discover a common yet little-known reason!
- **How to work with dysfunctional colleagues** — and prevent them from making you look bad!
- **Coping with backbiters...slackers...and self-promoting show-offs.** Proven strategies that really work!
- **The "uh-oh" feeling!** How to handle ethical dilemmas and tricky situations. This amazing 3-step approach can save your sanity — and even your job!
- **And much more!**

Answers that work! That's what you'll get in *O's Big Book of Happiness*. Mail in your acceptance card today!

Whether you're celebrating the birth of your child or attending her graduation... landing a dream job or starting retirement... getting married or mourning the loss of a long-time love — *Every one of these moments is a starting line.*

Discover how others have transformed their lives. Let *O's Big Book of Happiness* show you how your possibilities are endless! Mail in your acceptance card today!



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Don't miss out — RSVP on page 34! 19

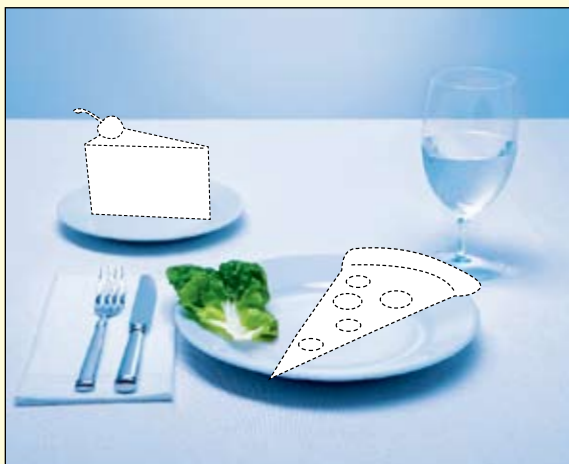
Are you eating like a bird and still looking like a **BUTTERBALL**?

Your friend in the size 6 jeans can attack a cookie-dough ice cream cone without gaining an ounce...your stick-figure colleague lunches on burritos the size of her head and maintains her figure...but you nibble on a baggie of carrots and refuse desserts — but you can't get the scale to budge downward. What gives?

In *O's Big Book of Happiness*, you'll discover some surprising reasons why that extra weight just won't go away. But you don't have to wait until you receive your copy — you're going to get a sneak peak right now! According to experts, one reason is, you may be suffering from...

Second-Helping Amnesia

"Scientists have searched for people who eat very little yet weigh a lot," says James O. Hill, Ph.D, director of the Center for Human Nutrition at



Jay Muckie

the University of Colorado and cofounder of the National Weight Control Registry (NWCR).

"What they found instead are people who *say* they eat very little but turn out to eat quite a bit when their food intake is monitored."

Obesity researchers say this gap between perception and reality is not due to conscious lying — those people truly believe they're living on very little.

In a study published in the *New England Journal of Medicine*, Steven Heymsfield, MD and colleagues used a sophisticated technique to monitor 10 people who insisted they ate only 1,000 calories a day. The results?

Startling — especially to the participants!

It turns out these folks were actually consuming about 2,000 calories a day — twice what they'd estimated! Where do those extra calories come from?

Well think about this: Tasting foods when you cook...drinking several lattes a day...mindless nibbling...or guzzling orange juice and other beverages in between meals can quickly double your calorie intake.

And most of us aren't even aware we're eating these "second helpings" — and don't include them in the daily calorie count.

Yet they can sabotage your diet plans!

Now that you know how to spot these hidden diet traps, are you ready to burn an extra 350 calories a day — without exercising? That's 33 pounds of painless weight loss a year!

Scientists call this simple strategy "NEAT" — and you'll discover how easy it is to help you get and keep the weight off for good. It's on page 20 of your FREE PREVIEW copy of *O's Big Book of Happiness*!

Mail in your acceptance card today!

"Since he's gone, I don't laugh anymore"

Heart palpitations. Insomnia. Depression.

Though far from the battlefields, the families of soldiers serving in Iraq suffer from their own war wounds. Usually in silence. Now a ground-breaking program is reaching out — and getting through — to this tough-it-out population. Their amazing stories will lift your spirits and give you hope.

Fear...an unhappy childhood...financial pressures...an unfulfilling marriage...weight gain...low self-esteem:

Let *O's Big Book of Happiness* show you proven ways celebrities and ordinary folks conquer these happiness robbers. You can turn your life around and experience the joy that is your destiny. Just mail in the acceptance card and take a full 30 days to see for yourself. There are answers — and they're in *O's Big Book of Happiness*!



**RISK-FREE
PREVIEW!**

**Turn to page 34 and claim your
RISK-FREE PREVIEW copy today!**

“Just let it go” — *Ha! That’s easy for YOU to say!*



Hadley Hooper

You’ve just taken a serious health exam, submitted your resume for a dream job, or gone out on that first date...and then you sit and wait by the phone. Then some well-meaning friend says, “Let it go. Don’t worry.” Gee, thanks — but how exactly *do* you do that?

According to Jon Kabat-Zinn, coauthor of *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*,

when people say, “let it go,” what they really mean is “get over it.”

Duh, you would, *if you could!* But don’t worry, help is here:

Instead of “let it go,” try thinking, “let it be.” This recognizes that your mind won’t let it go and the problem may not go away. But it allows you to form a healthier relationship with what’s bothering you.

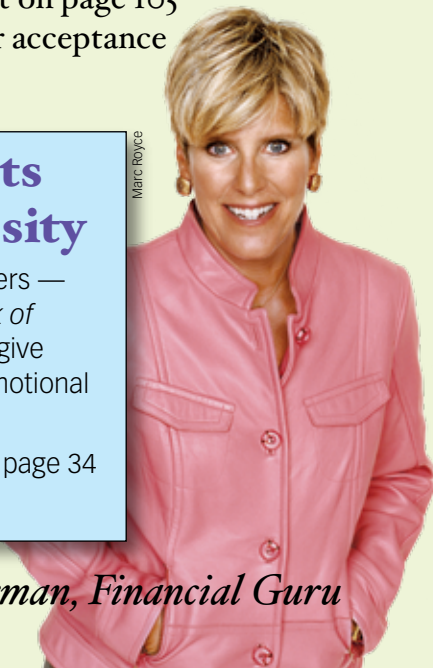
This technique is called “mindfulness” — paying attention — without judgment — to whatever is happening in the present moment. And you’ll learn more about it on page 105 in *O’s Big Book of Happiness*. Mail in your acceptance card today! It’s on page 34.

Happiness manifests itself through generosity

Make charitable donations that help others — yet don’t deplete you. How? In *O’s Big Book of Happiness*, Suze Orman shows you how to give BIG — without breaking your financial or emotional bank!

Mail in your acceptance card today! See page 34 for details.

Marc Royce



(continued from page 18)

Exclusive Bonus Gift #3 — YOURS FREE! *Dr. Phil's Release & Conquer!*



YOUR
FREE GIFT
#3

Are you still battling internal demons that steal your joy...rob you of peace... and take away your determination to live the life you want? If so, you'll get proven, "truth shall set you free" advice and counsel from Dr. Phil!

In this exclusive special report, you'll uncover:

■ **How to teach people to treat you better!** Amazing way to prevent emotional extortion.

■ **How invested are you in your marriage?** Straight talk that can save a failing relationship.

■ **Toxic friends — how to get rid of them!** Tried and true advice gives you the breathing room you need!

■ **Do you have what it takes to really be happy with your mate?** Tips on how to get (and keep!) your spouse's attention.

■ **And much more!**

**And when you
respond within 10 days,
you'll also receive...**



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PREVIEW!

Special Gift #4: — *Priceless!*

Only available during this special invitation! The exclusive “O” tote bag! Toss your stuff in — and go!

A stylish tote that lets everyone know you’re a woman on the GO!

Designed in a vibrant fuchsia and softened with a chocolate brown accent — this tote can carry books, umbrellas, kids gear, laptop, workout clothes — just about anything you need to *grab and go*! Plus, the oversized pocket keeps keys and sunglasses handy!

- Rich fuchsia and chocolate brown colors!
- Sturdy, durable canvas!
- Big 13” x 18” size!
- Extra-long handles!
- Roomy outside pocket for small items!

You’ll keep it all together — and look good too! And this exclusive tote is yours just for mailing in your acceptance card within the next 10 days. Supplies are limited, so don’t miss out!

**YOUR
FREE GIFT
4**

***Paper or Plastic?
Neither!
Just use your tote***



Got 10 minutes? Get a better body!



Who says you have to puff and sweat for 30...45... even 60 minutes — all you need is just 10!

A breakthrough study at Pennington Biomedical Research Center in Baton Rouge, LA, followed 464 women who weren't exercisers.

After 6 months, the group who walked an average of 10 minutes a day at a mall-pace stride, significantly improved heart strength and general fitness. Their results nearly matched the efforts of women who exercised almost twice as long!

According to lead study author Tim Church, MD, PhD, "Your body

responds very positively, very quickly to even small amounts of exercise. You can experience great gains going from zero to 10."

For more 10-minute ways to build muscle, boost your mood, protect your joints, manage your weight, and clobber stress, send for your **FREE PREVIEW** copy of *O's Big Book of Happiness*. See page 34 for details.

**RISK-FREE
PREVIEW!**



**4 special gifts for YOU —
see page 34!**

How to take care of your beautiful mind

Just open up O's little black bag full of cures, from experts devoted to keeping you in mental balance

Do you ever have those moments when you feel like you're losing it? You're totally overwhelmed, soaking in sadness, or everyone's driving you nuts? You're having a really bad day... month...or life. Well, hold on!

O's got a mental health kit of proven techniques to bring you back from the edge, center you, and help you breathe again in your FREE PREVIEW copy of *O's Big Book of Happiness*. For example, to calm your jitters...

- **Quit trying to be so nice!**

When you feel on the edge for no obvious reason, it's your body's way of signaling there's a problem you're trying to avoid, says David Burns, MD, author of *When Panic Attacks: The New Drug-Free Anxiety Therapy That Can Change Your Life*.

Most anxiety-prone people try so hard to be agreeable, he says that when confronted with an upsetting situation (like being denied a promotion even though you deserved it), you sweep your feelings under the rug rather than stand up for yourself.

Look back over the past week and see if something like this has happened to you. Then take steps to express your thoughts and resolve the situation.

- **Accept that you're having an anxious moment!**

Give yourself permission to be nervous. Trying to squelch or deny it will only make it worse.

And focus on what's in front of you right now, says David Barlow, PhD, founder of the Center for Anxiety and Related Disorders at Boston University.

Whatever you're doing, take a few deep breaths to help let the anxious thoughts and feelings float on by.

- **Stop trying to be perfect!**

"Almost by definition, if you're anxious, you're being overly perfectionistic in the goals you're setting for yourself," says Dr. Barlow.

"You see all the ways you won't meet them, the thought of failure makes you anxious and anxiety makes you think the worst."

Look at the hard evidence from past experiences. Tell yourself "it's extremely unlikely that anything will ever go as badly as I think."

On page 50 of *O's Big Book of Happiness*, you'll discover more tried and proven ways to conquer anxiety and calm your mind. But that's not all...

...you'll also find:

✓ **7 ways to restart a bad day!** You've just woken up on the wrong side of the bed. Can you really switch to the good side and salvage your day? You bet!

✓ **6 ways to stop dwelling and obsessing!** These tactics head off a full-tilt mental spin cycle!

✓ **5 ways to derail rage!** To cool down fast — try these anger management tips!

✓ **4 ways to keep your brain limber!** Like your body, your mind needs regular stretching to stay agile and resilient. Try these proven techniques to prevent you from getting stuck in a mental rut!

✓ **How to break a downward spiral into depression!** 5 fast and practical ways to get out of a funk and turn things around lickety split!

✓ **And much more in your FREE PREVIEW copy of *O's Big Book of Happiness*!**
Mail in your acceptance card today!



**RISK-FREE
PREVIEW!**

**Your journey to ultimate happiness
starts on page 34!**

What do orgasms, hitting the jackpot, and French fries have in common?

It's the same thing that makes it nearly impossible to say "no" to chocolate. According to Nora Volkow, Director of the National Institute on Drug Abuse, it's a chemical reaction triggered by dopamine.

That's why for some people, quitting foods — like chocolate — can be as hard as kicking heroin is for a junkie. Foods hook people by triggering the exact chemical reactions triggered in the brain by drugs, nicotine, alcohol, shopping, gambling and even sex.

In *O's Big Book of Happiness*, you'll also discover...

- **Why diets often fail** — and how to turn the odds back in your favor!
- **How to get yourself hooked on good stuff.** Yes, actually look forward to eating broccoli — and even going to the gym!
- **How to rewire your brain to crave exercise!** And watch the weight m-e-l-t away!
- **The #1 willpower zapper** — and how to clobber it.
- **Miracle Gro™ for your mind!** Helps you think clearly and focus for longer periods of time!
- **How to trick your brain into breaking a bad habit.** Mental power rules!
- **And much more!**

The secret is on page 10 of *O's Big Book of Happiness*. And right now, you can sample this life-enhancing new release absolutely free! See page 34 for more details.



Insight. Knowledge. Joy. Love. Empowerment. It's waiting for you...

All you have to do is one thing:

Mail in the acceptance card on page 34.

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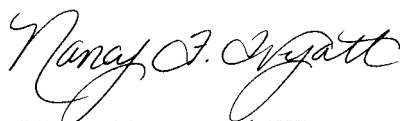
Soon, you'll receive your FREE PREVIEW copy of *O's Big Book of Happiness*. Take a full 30 days to rejuvenate your life with the heartwarming stories from celebrities...political figures...and everyday people who've overcome colossal obstacles to achieve the happiness they desire.

If you're not completely satisfied with *O's Big Book of Happiness*, simply return it. You owe nothing.

And you can keep all 4 of your FREE gifts as my way of saying, "Thanks for giving *O's Big Book of Happiness* a try." I think that's fair, don't you?

Remember: Every day you live is a day to GIVE! Please allow me to give you *O's Big Book of Happiness* during this special preview opportunity. I promise, it will help you pursue and achieve your special gift of happiness. Mail in your acceptance card today.

Here's to creating happiness — *your way*.



Nancy Fitzpatrick Wyatt
Editor-in-Chief, Oxmoor House

P.S. Remember, you'll receive 4 special gifts just for agreeing to preview *O's Big Book of Happiness*. And there are no strings attached.

The gifts are yours no matter what you decide. So, go ahead, and splurge — it won't cost you a dime — but you'll be richly rewarded with the happier, healthier life you deserve.

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Gift #2: **Martha Beck's How to Juggle Life Without Dropping the Ball!**

Gift #3: **Dr. Phil's Release & Conquer!**

And special gift #4: **The exclusive "O" tote!**

All your free gifts are yours to keep no matter what you decide!

Fair enough? Mail in your acceptance card today!

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Your Exclusive Series Privileges: If you enjoy *O's Big Book of Happiness* and decide to keep it after your free preview, you'll become a valued member of The Best of *O*, *The Oprah Magazine* book series.

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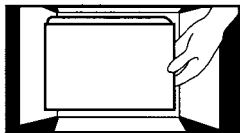
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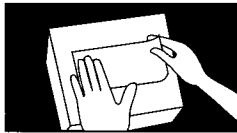
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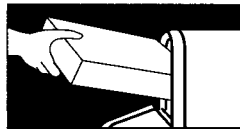
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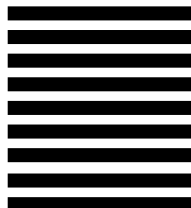
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helps you
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emotional load

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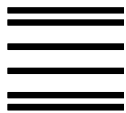
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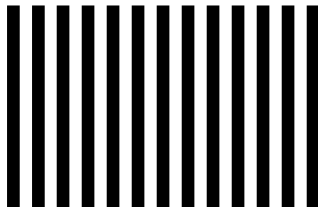
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3233-E

Matthew Rolston

CONGRATULATIONS, WINNER!



Are you ready for your “AHA!” moment?

It can happen at any time...any day...anywhere — that moment when the light bulb goes on and an idea becomes crystal clear.

Surprise!

Queen Latifah realized she didn't need to change herself. She felt comfortable — strong, beautiful, talented — in her own skin. The perfect role model she desperately searched for — was herself...

Pleasure!

...Nikki Giovanni thought of herself as a hip young babe at 58, but when the poet discovered she was old, the now 64-year-old realized she's cooler than ever...

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...Bernie Mac discovered that playing to one or 10,000, he had to give his best — not for anyone else but for himself...

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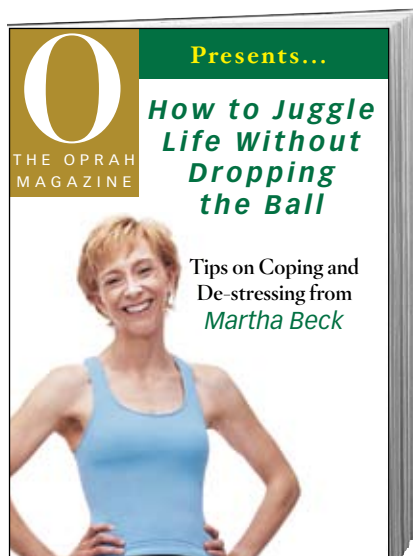
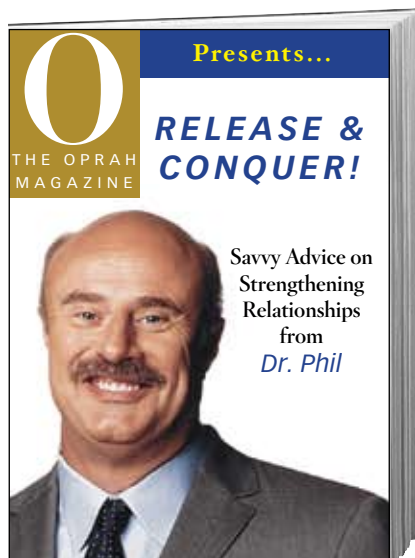
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