

O

THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

* Is your diet soda
killing you?...

**25 BURNING
HEALTH
QUESTIONS
ANSWERED!**

* **48 SOLUTIONS:**
Love, money,
work—no problem!

* **12 WAYS TO
UNCLUTTER**
your home, car, mail,
even your mind

* **GOT 10 MINUTES?**
World's fastest
fitness plan—
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you sweat (page 196)

* **PLUS: Oprah's cure for being overwhelmed**

Too busy to live?

How to go from swamped to sane—now!*

**GET YOUR
LIFE ON
TRACK!**

How one
small
change
can turn
everything
around

**IF YOU
THINK
YOU'RE
TOO FAT,**

too old, too this,
too that to wear
the new
fall clothes,
think again!
(page 280)

O
Sweepstakes
ENTER TO WIN
\$250,000!
AND A
\$10,000 BONUS
(page 50)

SEPTEMBER 2008 \$4.50



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Weight off Our Shoulders

Perhaps in response to O's article last October on cruelly hefty handbags, designers have been taking some of the weight off. Coach, Bottega Veneta, and Marc Jacobs—notorious for his metal-heavy creations—are introducing bags with minimal hardware (or none at all) in airy, supple materials. (From top: Coach, \$1,000, coach.com; Marc Jacobs, \$1,275, 212-343-1490)

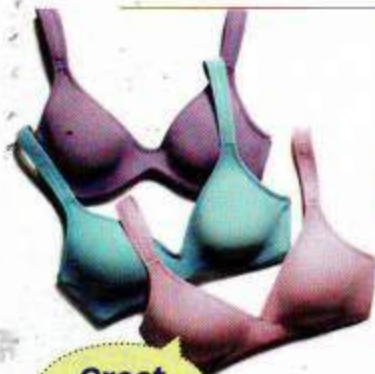
Label to Watch

Body by Dainy Sawatzky, a collection created a decade ago by an Australian ballerina, has come Stateside. Basics like (clockwise from top left) a cotton shirt (\$145), a casual jacket (\$345), cropped pants (\$135), and an offbeat cardigan (\$190) in muted colors and natural fibers are polished enough for the yoga studio or a vacation. (body.com.au for stores)



Hallelujah for High Rises

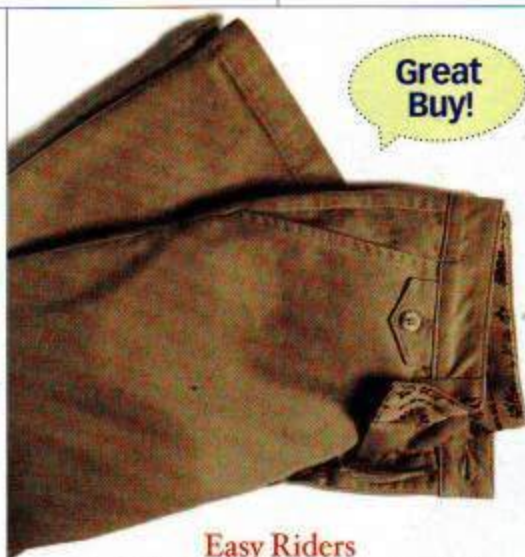
What a difference an inch can make. This season, jeans with an eight-inch rise or higher (below) are replacing the low-slung seven-inchers that have plagued grown women over the past couple of years. Joining them are higher-waist panties, like this precision-cut pair (above), designed without elastic or trim to provide smooth, invisible coverage. ("Straight Leg 545" jeans, Levi's, \$44, sears.com; high-rise panty, Commando, \$32 each, herlook.com)



Great Buy!

Brilliant Bras, Plain and Simple

Hanes "All Over Comfort" bra is supportive, unfussy (for fewer lines beneath T-shirts), offered with and without underwire, and available in a range of attractive colors that remind us of Necco wafers. (\$12 each; hanes.com)



Great Buy!

Easy Riders

"Comfort-No Gap" khakis and jeans are slimming like Spanx, attractive, and affordable as all get-out. Meant to minimize bottoms and thighs, they feature an undetectable stretch waistband that eliminates gapping (some jeans also have Lycra paneling to smooth the stomach). (Riders by the Makers of Lee, \$19, ridersjeans.com for stores)

The Stylish Hospital Gown

Dearjohnnies has designed gowns in uplifting prints that look as good as you want to feel—with snaps in the back for dependable coverage. ("Mimi," \$72; dearjohnnies.com)

