

O

THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

15 TINY CHANGES THAT WILL CHANGE YOUR LIFE

Small Never Felt So Big!

THE EFFORTLESS GOURMET

7 DELICIOUSLY DOABLE
DISHES (WHEN LIFE'S HARD,
DINNER SHOULDN'T BE)

"No gesture is too
small when done with
gratitude."

—OPRAH

Dr. Oz
WILL SEE YOU NOW
A BRAND-NEW COLUMN
FROM O'S FAVORITE
MEDICINE MAN

Instant Beauty Boosters

O'S GUIDE TO GETTING
GORGEOUS WITH THE NEW
FALL MAKEUP

BEHOLD THE \$30 BAG

+ 33 OTHER
BRILLIANT BUYS

OPRAH UN-RAPS JAY-Z

THE O INTERVIEW





ADAM SAYS

O's creative director, **ADAM GLASSMAN**, tells you what your best friends won't.

Q | As a first-grade teacher, I end each day covered in glue, orange juice, and finger paint. Are there stylish, affordable clothes that can survive the kids?

Being a teacher is as hard and important a job as being a mom—and when you're dealing with 6-year-olds, just as messy! Go for low-maintenance fabrics: stain-resistant, wrinkle-free pieces that emerge from the washer and dryer looking polished (try Banana Republic's new no-iron shirts). A fabric protector like WonderCare (from \$11) will also help. And develop a stylish, authoritative uniform: a well-fitting top and pants or trouser-style jeans—get a pair designed to prevent gapping (like Riders by Lee, \$20) when you crouch.



NO DRY CLEANING



WRINKLE-FREE

ADAM'S A+ LIST

(Clockwise from left): Sleek machine-washable pants (Talbots, \$89); cheerful no-wrinkle shirts (Foxcroft, \$64; Brooks Brothers, \$80); textured flats with foot-friendly Nike technology (Cole Haan, \$188) or low-heeled Mary Janes (Clarks, \$95).



EXTRA COMFORT

ON MY RADAR

Heirloom Looks for Less

CAROL BRODIE is my jewelry guru—anything I ask, she knows. She's handled communications for Harry Winston and De Beers; she's draped actresses with gems for red-carpet events. And now she's debuting as a designer with Rarities, an elegant collection of fine jewelry—yes, the real stuff—for HSN that doesn't cost a fortune (starting at \$30). I'm a big proponent of TV shopping channels, by the way—they've really stepped up their quality and style. (Plus, you can browse from bed.)

RING TONES Blue topaz and blue diamond; amethyst and red diamond; each, \$570. Amethyst and onyx; citrine and onyx; each, \$500. All, Rarities with Carol Brodie.



Crazy for It! Hot Feet

I'm fussy—I like a shoe or boot that does it all. Here are problem-solving designs that also leave a big fashion footprint.



HIGH & DRY "Croc" rubber Wellies (\$395) are the offspring of Jimmy Choo and Hunter, the British rainboot-maker.



COMFORT CHIC Silver Edition pumps (\$160) from Kenneth Cole New York's 925 collection have a springy flaxseed cushion.



CRUELTY-FREE HEEL Handmade Italian recycled paper stilettos (Mink, \$355) prove that vegan shoes needn't look crunchy.



TWICE AS NICE Commute to work in flats, then change to heels with this coordinating set (Davis by Ruthie Davis, \$698 for both).



LET IT RAIN A waterproof liner and snug zipper keep the Saucony ProGrid Razor trail shoe (\$135) totally sealed.