

O

THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

100 Things That Are (ACTUALLY) Getting Better

Prepare to
Be Delighted,
Inspired, and
Very Relieved

COMING INTO YOUR OWN

And How to Look Gorgeous
When You Get There

STAY AWAY FROM THESE WOMEN!

The 5 Kinds of "Friends"
That Bring You Down

DON'T CHANGE YOUR BODY... CHANGE YOUR JEANS!

Find Your Dream Fit
PAGE 77

Enter to
Win a Trip
to O's 10th
Anniversary
Bash!

**YOUR GOLDEN
TICKET IS INSIDE**

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HERE WE GO!

THE BEATLES TOLD US LONG ago that all we need is love, but let's be serious, people. The truth is, we also need contact lenses and office chairs and running shoes and a great pair of jeans. And this explains why lately I've been walking around humming another of the Fab Four's lines: *...got to admit it's getting better...* After noticing exciting improvements in everything from wine (affordable *and* drinkable!) to mascara (what *can't* today's wands do?), we went looking for more good news—and wound up with 100 reasons to cheer (page 168). When you get to the end of our list, I think you'll agree: Things really are looking up.

That's definitely the perspective of Sean Sessums Means, a young man whose chance encounter at a Staples store in California led to the multimillion-dollar inheritance—courtesy of a very famous distant relative—he'd been denied his entire life (page 186).

And as big-time improvements go, it's hard to top writer Paige Williams's journey from desperation and defeat to hard-won hope. Overweight, out of work, deeply in debt, and with no love life in sight, Paige has braved the yoga mat, stared down her health issues, and faced

the biggest foe of all—herself. She told the first half of her funny and moving story in January (oprah.com/omagextras, in case you missed it); for the final installment, turn to page 196.

We may be deep into winter, but I can't help looking ahead to spring, when we'll be celebrating *O's* tenth anniversary. I hope you'll join me in New York City, May 7–9, for a spectacular anniversary weekend. Tickets go on sale in March—but you may not have to wait that long: Take a look at page 57 to see if you're one of ten lucky readers who've won a very special ticket to ride....

Enjoy!



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