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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—**
it's over before
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



Please Touch

A lotus-leaf plate. China embellished with pebbly "sharkskin" borders. A vase that imitates tree bark. Sensuous, nature-inspired textures make your home feel as good as it looks.



PLAY THE PLATINUM CARD to arrive at a rich mix of materials that captures the eye and tempts the fingers. Not just for special occasions, light-reflecting metallics—silver-threaded table linens, a gleaming shell poised on a bookshelf—and faceted glassware should feel at home every day. **1.** Linen-blend fabric, John Hutton Textiles. **2.** Pyrite votive candle, Roost, \$60.

3. Crystal decanter with studded stopper, \$755, Saint Louis. **4.** Glass sake server, Takashimaya, \$38. **5.** Silver-coated seashell, Ruzzetti & Gow, \$130. **6.** Crystal goblet, \$450, Saint Louis. **7.** Bark-textured oxidized copper vase, Michael Aram, \$95. **8.** Indigo chisel vase, Roost, \$60. **9.** Silver-plated teaspoon, Demain Jadis, \$175 for six. **10.** Tray, Armani/Casa, \$275. ▶