

Too busy to live?

How to go from swamped to sane-now!*

THE **OPRAH** MAGAZINEO

IVE YOUR BEST LIFE

ls your diet soda killing you?...

25 BURNING HEALTH QUESTIONS ANSWERED!

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

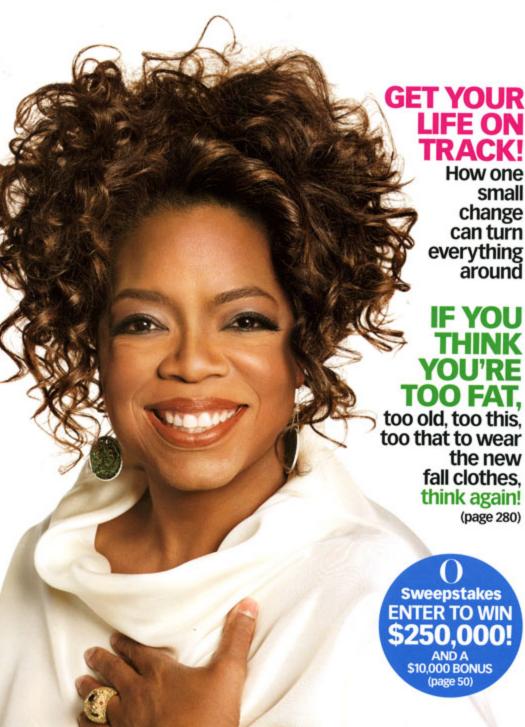
*12 WAYS TO UNCLUTTER

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



SEPTEMBER 2008 \$4.50



PLAYTHE 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, S60.

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. 2 Bark-textured oxidized copper vase, Michael Aram, \$95. 6. Indigo chisel vase, Roost, \$60. 9. Silver-plated teaspoon, Demain Jadis, \$175 for six. 10. Tray, Armani/Casa, \$275. ▶