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THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

HOW TO
LOSE
WEIGHT
AFTER
40

HAVE YOU
a pro



BEAUTIFUL
BOTTOM
At last! Pants that really

CONFRONTATION
FOR SISSIES
A non-scary way
to say what
you need

INSIDE
MARRIAGE

the O list

See the Sea

The Little Mermaid's got nothing on you. This aquatic eyewear can be custom-fitted with your own prescription. (\$45 to \$50 for non-Rx, \$100 to \$110 for Rx; tablewateroptics.com for stores)



It's in the Bag

Even a sweet nothing becomes a special something when it's presented in a chic gift bag. (\$4.50 to \$8.50 per bag, depending on size, the Gift Bag Factory; redstamp.com)



My Beautiful Launderette

These superconcentrated, biodegradable, phosphate-free, toss-and-go packs make this the only liquid laundry detergent that conserves water, plastic, and energy. The blue have a fresh scent, while the clear are dye- and scent-free. (\$6 for 20, Laundry Dropps; dropps.com)



Slice and Dice

This dual-bladed device makes a terrific chopped salad. Think of it as a low-tech food processor. (\$20, Silvermark; silvermk.com)



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