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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)

OCTOBER 2009 \$4.50



OPRAH.COM

"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

the O list

Cookie Curator

A sweet-to-sampler of chocolate treats
handsomely packaged in dairy just-
a-bite servings. (Victoria Duval,
\$54 for 16-piece box, victoriaduval.com)

Bank Machine

Nothing against
round-bellied pigs,
but young science-
fiction lovers might
prefer to embrace
this friendly fellow
with their rainy-
day loot. [henr.com](http://www.henr.com)

Light Touch

These ceramic votive
candles bring a
fragrant, welcoming
glow to the bathroom;
scents include lemon
lily and white jasmine
sambac. (\$15 each;
cambriacove.com)

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Blue Streak

The turquoise glass-
dripped beads on
this gold-finished bijou
can shine on their
own or layer with
bangles and a
wristwatch. (\$44;
lenoraclame.com)

Our Daily Bread

Best known for coffee
presses and mugs,
Bodum now gives the
humble toaster a



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