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THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

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

* Is your diet soda
killing you?...

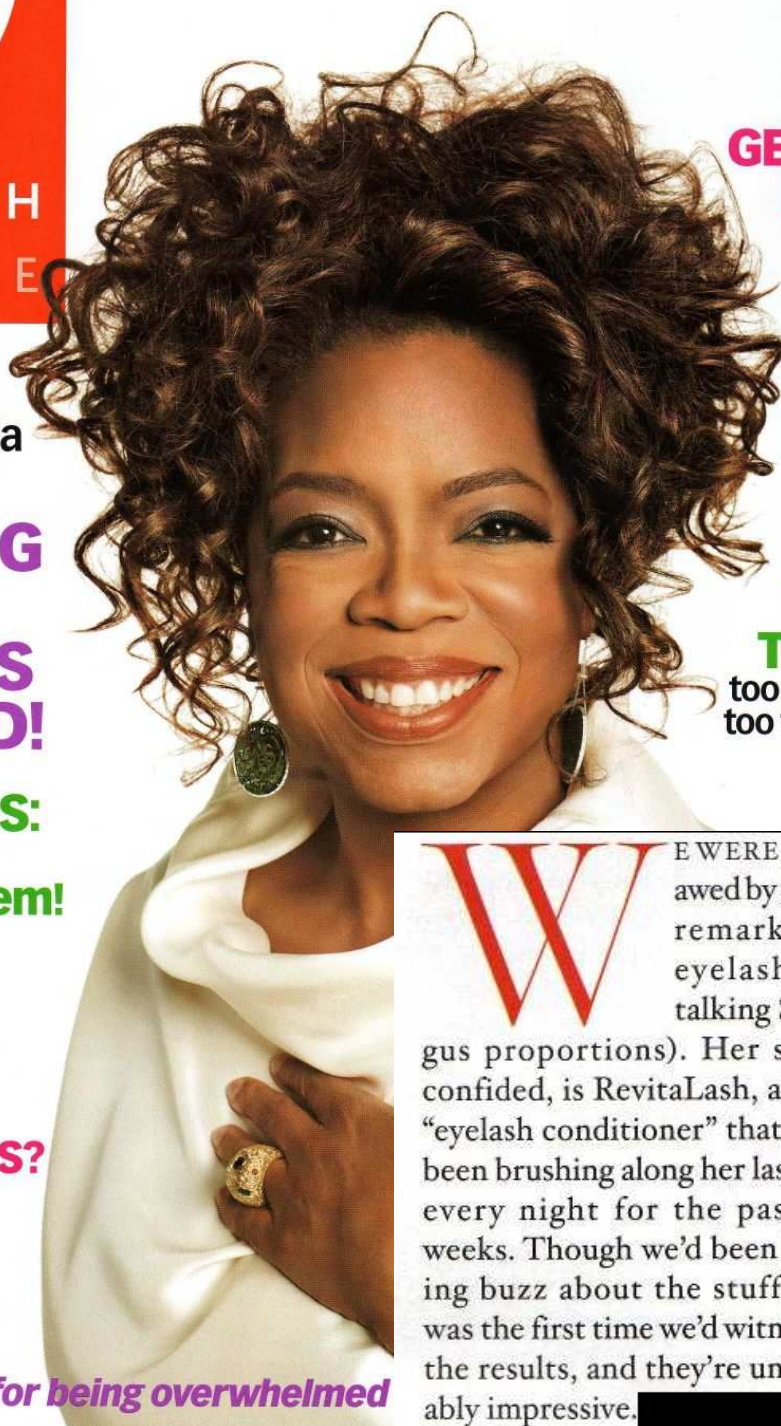
**25 BURNING
HEALTH
QUESTIONS
ANSWERED!**

* **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**



WE WERE RECENTLY awed by a colleague's remarkably long eyelashes (we're talking Snuffleupagus proportions). Her secret, she confided, is RevitaLash, a \$150 "eyelash conditioner" that she's been brushing along her lashline every night for the past six weeks. Though we'd been hearing buzz about the stuff, this was the first time we'd witnessed the results, and they're undeniably impressive.