

# O

THE OPRAH  
MAGAZINE

YOUR BEST LIFE

## LOOKING FOR A GOOD BOOK?

We've got  
**27**  
irific summer reads  
for the plane,  
rch, pool, hammock,  
beach, bed...



**THE POWER OF NO**  
54 ways to get out  
of doing anything  
you don't want to do

**WHY MEN DO  
STUPID THINGS**  
Stunningly candid,  
vulnerable, charming—  
men as you've never  
heard them

**ADVICE THAT CAN  
SAVE YOUR LIFE**  
Why you need to be  
your own best doctor

**10 MAKEOVERS  
HOW TO SEE  
YOURSELF IN A  
SEXIER LIGHT**  
(It's not about cleavage)

**THE WAY TO EAT**  
Foods that work for you  
(Paging Dr. Katz!)

**GOING FROM  
LOVERS TO  
FRIENDS**  
Step 1: Don't!  
Step 2: Reread Step 1  
Step 3: See page 161

**MOM DRIVES  
2 HRS TO DO  
SON'S LAUNDRY!**  
The new superparents—  
are they crazy like a fox  
or just plain crazy?

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# Look What We Found!

A handful of delicious, portable scents, soothing new skincare, and more... Here's what O's beauty team fell in love with this month.



### Pick-Me-Ups

You should have seen us, hovering over these cunning little tins of fragrances (*Pacifica Solid Perfumes*, \$9), one more luscious and heady than the next. Val went right for the juicy Tuscan Blood Orange; Jenny snatched the green and slightly woody Mediterranean Fig; and Kate, a California girl at heart, grabbed the fresh, clean, citrusy Malibu Lemon Blossom. Summer never smelled so good. ▶