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THE OPRAH  
MAGAZINE

LIVE YOUR BEST LIFE

# Oprah's Favorite Things!

AND DR. OZ'S,  
AND SUZE ORMAN'S,  
AND DR. PHIL'S...

Here's your chance  
to win them all

(page 42)

Great News for  
Your Body!

THE TOP 10  
HEALTH TIPS  
OF THE YEAR

12 Fantastic Ways  
to Bring More  
Magic into  
Your Life

A MIRACLE  
COURSE IN  
**WEIGHT  
LOSS**

(That really works)

Oprah TALKS TO  
**TYLER  
PERRY**

A must-read for  
anyone who's ever  
felt like giving up

**BEST  
BOOKS**  
of 2010



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Holiday Edition



**Gayle King**

PRETTY,  
DELICIOUS GIFTS

*"The best presents feel specially chosen for that person—and that person only."*



### ▲ Takes the Cake

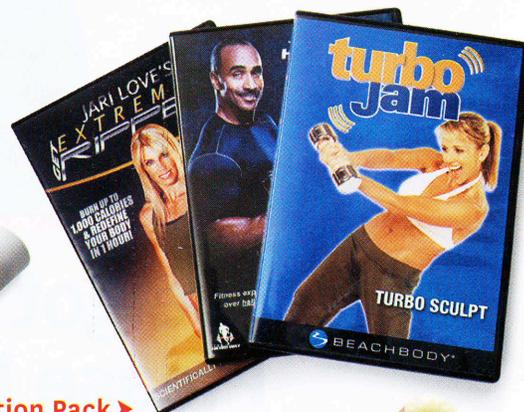
This extraspecial delivery is layered with A+ ingredients: a delectable Southern-style pound cake, topped with a bouquet of fresh flowers, inside a keepsake fabric box. (Crown Jewels Peridot, **originally \$130, now \$104** with code OPRAH; nonniewallers.com)

▼ **A Walk in the Park**  
People always appreciate the comfort of clogs—I get stopped whenever I wear these floral leather ones. They're available in 39 patterns, making every step a little livelier. (**Spring Bouquet, originally \$85, now \$68** with code OPRAH; capeclogs.com)



### Toile Tale ▶

Up close, these porcelain plates show scenes from modern African-American life. I have this wallpaper in my kitchen. (Harlem Toile De Jouy Limited Edition plates, **originally \$83 for set of six, now \$69** with code OPRAH; sheilabridges.com)



### Action Pack ▶

These exercise videos—with Jari Love, Steve Hayes, and Chalene Johnson—are like the gift of a personal trainer. (**Jari Love's Get Extremely Ripped! 1000, originally \$15, now \$12** with code OPRAH, jarilove.com; **The Hayes Way, originally \$16, now \$12** with code OPRAH, thehayesway.com; **Turbo Jam, \$60** for five-disc set, beachbody.com)



### ▲ One to Watch

I wear this rose-gold-tone stainless steel watch (with real diamonds) every day. People assume it's a Rolex, but it's much less expensive! (**Renato Collezioni Women's Beauty Chronograph, originally \$399, now \$319** with code OPRAH; shopenato.com)



### ▲ Sweet St. Nick

I was so happy to see a black Santa! He's all-natural milk chocolate—such a yummy, witty stocking stuffer. (**Originally \$10, now \$8** with code 1234; bissingers.com)



### ◀ Lounge Acts

The "Mr. and Mrs." titles are guaranteed to please newlyweds, and these monogrammed, Italian-made robes feel even more extravagant than they look. (**Pratesi Signature 3 Lines Terry Robe, \$700 each; 800-332-6925**)