



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

* 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

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!
(page 280)

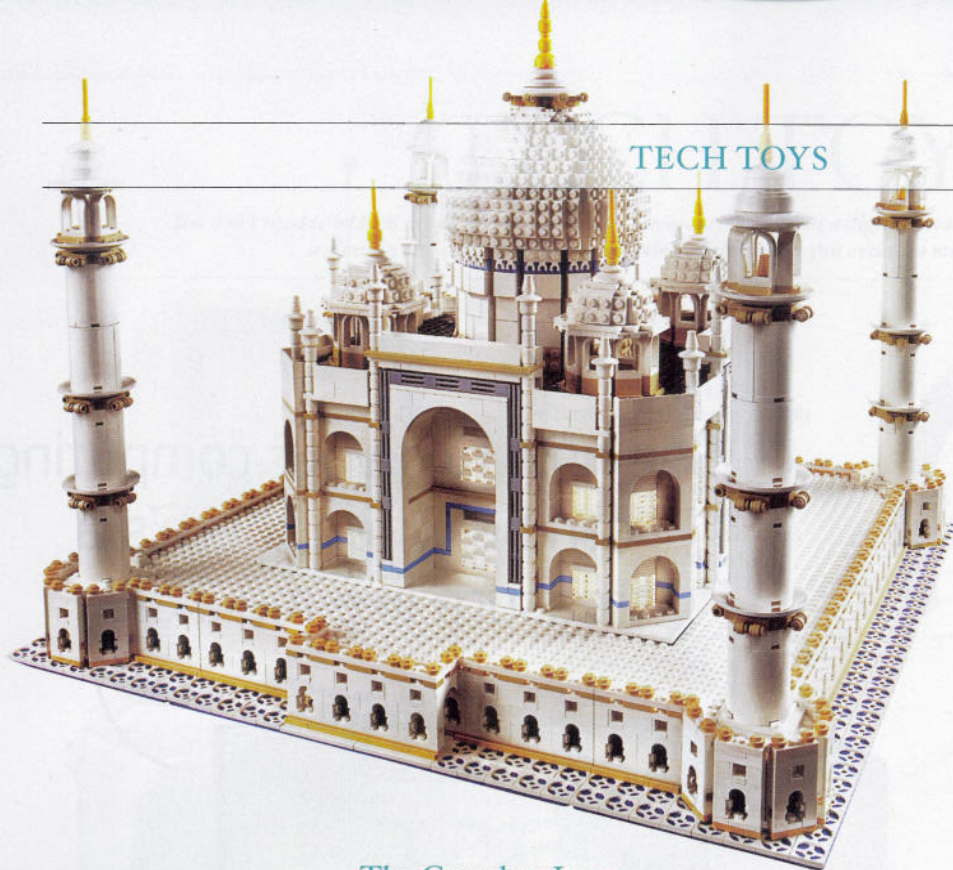
O
Sweepstakes
ENTER TO WIN
\$250,000!
AND A
\$10,000 BONUS
(page 50)

SEPTEMBER 2008 \$4.50



OPRAH.COM

TECH TOYS



The Grandest Legos

Your beloved childhood construction bricks have evolved: They now click together to form this extravagant new 16.9-inch, 5,922-piece replica of India's Taj Mahal. (Lego Systems, \$300; lego.com)



Night Rider

This innovative two-wheeler is coated with paint that collects light during the day and glows after dark—so cars can really see you. City dwellers love its portability and mega-secure lock. (Puma "Stealth Visibility Bike," \$1,600; puma.com)

Retro Fitness

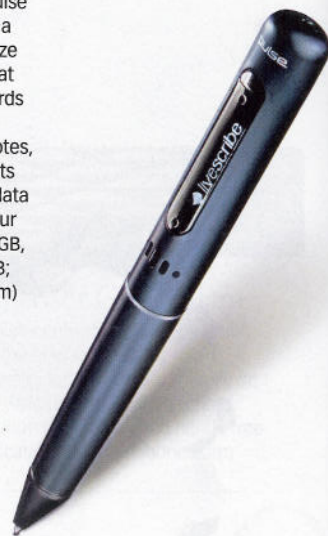
First used to train Olympians and Eastern European strong men, kettle bells—more demanding than dumbbells because of their off-balance form—are making a comeback. (Weider, \$9 to \$30; weiderfitness.com)



Great Buy!

Note-taking Made Easy

Transcribe no more: Livescribe's Pulse Smartpen is a Montblanc-size computer that faithfully records voices and handwritten notes, then transmits both kinds of data directly to your PC. (\$150 for 1GB, \$200 for 2GB; livescribe.com)



Talk All You Want

With Skype's cosmopolitan handheld console plus a trustworthy Wi-Fi zone, call anywhere in the world—no PC needed. Contacting other Skype users is free; modest charges apply outside the network. (Netgear Wi-Fi Phone, \$150; skype.com)
For details see Shop Guide.

Great Buy!

