

O  
THE OPRAH  
MAGAZINE

LIVE YOUR BEST LIFE

"I feel like my whole life is in makeovers now. My changed attitude is real!"  
—Oprah



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**How 5 Women**  
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Love  
That!

NOW  
176 lbs  
Size 8-10

## Wearing It Well: A Structured Fit

Tammy St. Clair, 41, patient liaison

### SLIMMING DOWN

"When my doctor told me that, at 34, I had the health problems of a 64-year-old, something shifted in me," Tammy St. Clair says. "I have a family history of diabetes, and suddenly I became defiant—that wouldn't be my fate, too." St. Clair chose to have lap-band surgery, and more than six years later, she's still cultivating a new sense of confidence.

### DRESSING UP

Shopping for structured clothing has been tricky for St. Clair. "That was one great thing about oversize clothes," she says. "I could pull a size 28 off the rack without caring how it fit."

Glassman chose this Bordeaux-colored sheath dress (Roaman's, \$45) for her because it "creates the illusion of structure." When shopping for formfitting clothes, he says, "look for seaming details that draw the eye up and down to make you look longer and leaner. Try fabrics that have enough stretch to move with you. And remember that formfitting doesn't mean skintight. When a piece is too tight, it shows every lump." Earrings, Suzanna Dai. Ring, BoubieBar. Bracelets, R.J. Graziano, Samira 13 Jewelry. Shoes, L'Wren Scott.

THEN  
287 lbs  
Size 24



### Worked for Me!

*"I made a cross-country map of all the places I want to visit—from New York to San Diego—with the goal of 'walking to them' on the treadmill. I think I actually made it to St. Louis!"*

