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THE OPRAH
MAGAZINE

**FRESH
START
2013!**

**Get to
the Heart
of Who
You Are**
Advice From
One of the
Wisest Women
We Know

**How to
Take a Leap
of Faith—
And Make
a Perfect
Landing**



Living Longer, Getting Stronger

**Dr. Oz: 24 Smart Strategies
for Feeling Great at Every Age**

**Oprah's
New Pick
For Book
Club 2.0!**

**"The opening
pages took my
breath away."**

—Oprah

The List

A few things
we think
are just great!



◀ Our Cup of Tea

Just because you're a coffee person doesn't mean you have to lose out on the benefits of green tea: These sugar-free mints—in flavors like mango and chai—are packed with antioxidants. (Green Tea Leaf Mints, \$36 for a pack of 12; senchanaturals.com)