

# O

THE OPRAH  
MAGAZINE

LIVE YOUR BEST LIFE

## 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)

\* 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**

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

SEPTEMBER 2008 \$4.50





## HOME



### Prefab Housing Gets Hip

The 117-square-foot KitHaus K3 (*left*) is a freestanding retreat/studio/office (from \$29,500; [dwr.com](http://dwr.com) for more information); the multistory FlatPak house (*right*), with customizable components and materials, is the cheapest way we know to build an extra room—or a whole house (from \$220 per square foot; 612-788-5355).

### Hot Seat

White stacking chairs are so generic. The Myto—made of a revolutionary, easy-flowing industrial plastic and employing a radical cantilever design (no back legs)—is so inspired, it's in the permanent collection at the Museum of Modern Art. (ICF, \$495 each; [momastore.org](http://momastore.org))



### Earth-Friendly Wallpaper

This eco-conscious wallpaper by Graham & Brown uses water-based inks and materials from sustainable forests; its nature-inspired patterns—with names like Fossil and Rainforest—were brainstormed by imaginative design students. (\$60 per double roll; [grahambrown.com](http://grahambrown.com))

### A Matchless Table

Same whimsical floral motif, but each category in Royal Copenhagen's latest tableware line is a different color. The look is charming and spontaneous, like vintage dishes that don't quite match. (Elements Collection, \$35 to \$300; [royalcopenhagen.com](http://royalcopenhagen.com) for stores)



### The Return of Danish Modern

Dansk's teak-handled stainless steel, introduced in the '50s, anticipated today's fondness for simple lines and natural materials. It's back, as understated as ever. (Classic Fjord Flatware, \$100 per five-piece setting; [dansk.com](http://dansk.com))



176 SEPTEMBER 2008

Great Buy!

### Doctor in the House

Every home needs a first-aid kit—you might as well have an attractive one by a hip product designer. This classic model, updated. (Harry Allen for Johnson & Johnson, \$20, Target; 800-440-0680 for stores)



[SHOPPING>178]