



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

Who Are You Meant to Be?

A step-by-step guide
to finding (and fulfilling)
your life's purpose

+ 28 questions that will change
the way you see yourself

EXCLUSIVE

"There Was No Way to Atonement"

For the first time
ever, a Columbine
shooter's mother
tells her story

How to Talk
So People
Really Listen
4 WAYS TO MAKE
YOURSELF HEARD

HELLO
WELCOME TO
THE SHOW

YOU COULD
PAY \$100
FOR
HAIRCOLOR
Or you could
turn to page 202

THE \$35
WINTER
COAT
(And it's
gorgeous!)

NOVEMBER 2009 \$4.50



OPRAH.COM

Three favorites:

1 Wholearth Perfume Spray in #7 (\$65; wholearthbeauty.com), a

spicy citrus blend, and **2** Red Flower Perfume

Concentrate in Champa (\$186; redflower.com), a heady floral, are USDA certified.

3 L'Occitane Eau de Toilette (\$46; loccitane.com), a light lavender mist, has the Ecocert seal.

BEAUTY GAZETTE

WHY WOULD YOU WANT AN...

Organic Fragrance?

Three favorites: Wholearth Perfume Spray in #7 (\$65; wholearthbeauty.com), a spicy citrus blend, Red Flower Perfume Concentrate in Champa (\$186; redflower.com), a heady floral, are USDA certified. L'Occitane Eau de Toilette (\$46; loccitane.com), a light lavender mist, has the Ecocert seal.

You'd want one for the same reason you would want any fragrance: You love the way it smells. But organic perfume has added appeal if you prefer subtler, more fleeting scents. Fragrances made from ingredients sourced from nature generally don't last as long on the skin as their synthetic counterparts, which are formulated from scent molecules engineered in a lab (USDA-certified perfumes are at least 95 percent organic; the Ecocert seal means that a product is a minimum of 95 percent natural and 10 percent organic). "The synthetic perfume industry is very focused on creating the luxury of long-lasting scent—but sometimes an ephemeral pleasure is more powerful," says Yael Alkalay, a perfumer and founder of Red Flower, which makes three organic fragrances. "Natural perfumes give you the opportunity to refresh scents during the day." Another benefit of organic fragrance: It doesn't contain phthalates, chemicals found in everything from perfume to plastic food containers to tap water. The

FDA has not found definitive evidence that phthalates, in the trace amounts used in cosmetics, pose a safety risk, but because numerous studies have indicated that exposure could disrupt the body's endocrine system, some people choose to avoid these chemicals. An organic seal doesn't guarantee that a perfume won't cause allergies, though. "Many natural substances, such as rose oil, can cause some of the worst fragrance allergies," says New York City dermatologist Anne Chapas, MD. And there are some folks who think organic, when it comes to fragrance, is mostly a marketing gimmick. "Using only natural ingredients in a fragrance is a denial of some of perfume-making's great raw materials," says Chandler Burr, *New York Times* perfume critic and author of *The Perfect Scent*. "It's the equivalent of an architect refusing to use advanced carbon fibers and earthquake-resistant glass in favor of mud and straw and sticks. You can do it—and the results might be interesting—but there's no legitimate scientific reason for it." —J.B



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shop guide

(ALL PRICES ARE APPROXIMATE)



Designer heels at an unbeatable price, page 88.



The perfect sweater-coat for your figure, page 81.



Organic fragrances and more beauty finds, page 101.

COVER/HERE WE GO! P.39 Dress, Deanzign, \$695; deanzign.com. Earrings, Caroline Dadlani; 305-322-4597. Shoes (*Here We Go! only*), Christian Louboutin, christianlouboutin.com for more information.

TABLE OF CONTENTS P.2 *Top*: Coat, Tommy Hilfinger, \$380; macys.com. Tights, Hue, \$13, Macy's; 800-622-9748; hue.com. Boots, Chanel; 800-550-0005 for stores.

KNITS FOR EVERY BODY P.81 *On Beatrice Johnson*: Cardigan, Alms, \$637; info@almsdealer.com. Jeans, Riders by Lee, \$20; ridersjeans.com. Circle scarf, Wai, \$225; 646-216-8677; waiponchos.com. Tee, J.Crew, \$52; jcrew.com. Belt, Lana Marks, \$995; 212-355-6135. Cuff, Cara Croninger, \$600, Ten Thousand Things, NYC; 212-352-1333. Ring, Melinda Maria, \$170; melindamaria.com. Boots, Madewell, \$198; madewell1937.com for stores. **P.82** *On Debra Roberts*: Sweater-coat, French Connection, \$258, frenchconnection.com for stores. Shirt, Gap, \$50; gap.com. Belt, Longchamp, \$220; longchamp.com. Corduroys, J.Crew, \$80; jcrew.com. Earrings, Irene Neuwirth, \$1,390, Neapolitan, Winnetka, IL; 847-441-7784. Necklace and bracelet, J.Crew, \$55 and \$45; jcrew.com. Ring, Kara by Kara Ross, \$110; bloomingdales.com. Boots, Coach, \$478; 866-262-2440. **P.84** *On Bonnie St. John*: Silver-flecked knit, Eileen Fisher, \$238; eileenfisher.com. Skirt, Sir Alistair Rai, \$630; siralistairrai.com. Heels, Talbots, \$119; talbots.com. Shells, Eileen Fisher, \$168 (cream) and \$138 (black); eileenfisher.com. Earrings, Ann Taylor, \$40; annataylor.com. Necklace, Costello Tagliapietra, \$3,500; costellotagliapietra.com for stores. Bracelet, available at Jennifer Miller, \$175; 212-734-8199. **P.86** *On Lori Dernavich*: Purple sweater-coat, 3.1 Phillip Lim, \$625; 212-334-1160. Top, Zero + Maria Cornejo, \$398; Louis Boston, Boston; 617-262-6100. Skirt, Zero + Maria Cornejo, \$416; 212-925-3849. Beads, Joan Rivers, \$49; qvc.com. Belt, Kara Ross, \$643, Stanley Korshak; 800-972-5959. Ring, Paige Novick, \$135; lagarconne.com. Watch, David Yurman, \$1,950; davidyurman.com. Shoes, Nine West, \$79; ninewest.com. *On Melissa King*: Wool coat, Magaschoni, \$698; 203-869-2119. Dress, Christopher Fischer Cashmere, \$325; christopherfischer.com. Necklace, available at Jennifer Miller, \$195; 212-734-8199. Watch, Cartier, \$8,375; cartier.com for stores. Ring, Dean Davidson at Supplements NY, \$268;

deandavidson.ca. Tights, Falke, \$65; bare necessities.com. **ADAM SAYS** P.88 Leather leggings, Tory Burch, \$905; toryburch.com. Cardigan, McGinn, \$328; anthropologie.com. Belt, Donna Karan New York, \$895; 866-240-4700. Booties, Moschino, \$995; 212-243-8600. Dress, Elizabeth and James, \$395, select Saks Fifth Avenue stores; 877-612-7257. Gray leggings, Splendid, \$57; splendid.com. Boots, Nine West, \$109; ninewest.com. Scarf, Bajra, \$850, Sola Showroom

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NO PURCHASE NECESSARY TO ENTER OR WIN. A payment or purchase of any kind will not increase your chance of winning.

LIVE YOUR BEST LIFE! \$100,000 SWEEPSTAKES: Sponsored by Hearst Communications, Inc. Go to liveyourbestlife.theoprahmag.com and complete and submit the entry form pursuant to the onscreen instructions. Beginning December 15, 2008, at 12:01 A.M. (ET) through January 15, 2010, at 11:59 P.M. (ET). One (1) Grand Prize Winner will win \$100,000. Odds of winning will depend upon the total number of eligible entries received. Must be 13 years or older at time of entry and a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at liveyourbestlife.theoprahmag.com.

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NYC; 212-620-0988 for stores. Denim leggings, Hue, \$28; hue.com. Shell, Gryphon New York, \$345, Intermix, NYC; 212-249-7878. Leather jacket, Gap, \$298; gap.com. Flats, Coach, \$168; 866-262-2440. Scarf, Loro Piana, \$895, Bergdorf Goodman, NYC; 212-753-7300. *On Adam*: Watch, Tag Heuer, \$3,700; tourneau.com. **P.89** Fragrance, Daphne by Comme des Garçons, 50 milliliters, \$140, Barneys New York; 888-822-7639.

BEAUTY GAZETTE P.108 *On Val*: Blouse and skirt, Yves Saint Laurent, \$1,075 and \$850; 212-980-2090.

MAKE ME A TEN! P.113 Sweater, Inhabit, \$276; chickdowntown.com. **P.115** Dress, Scala, \$178; edressme.com. Earrings, Jennifer Miller, \$150; 212-734-8199. *Special thanks to the following people and their teams:* Achilina Marinescu, Eyebrow E-ssociate of Eliza's Eyes; elizaseseyes.com, Edris at Edris Salon, Josh Dieffenbacher at Edris Salon, Rebecca Restrepo at Wall Group, Roseann Singleton for Art Department. *Thank you to all who donated items:* Cj by Cookie Johnson, CoverGirl Jones New York Eyewear, Karl Lagerfeld Eyewear, and Maidenform.

ANSWERING THE CALL P.178 *On Oprah*: Sweater, Magaschoni, \$398, Bloomingdale's, NYC; 212-705-2000. Skirt, Max Mara, \$595; 617-267-9775. Earrings, Michelle Siegel for Blake Scott Jewels, \$4,200; 312-543-1551. Belt, Etro, \$1,005, Bergdorf Goodman, NYC; 212-753-7300.

THE WELL-BRED BOOT PP.192-193 *Far left*: Suede knee-high boot, Hermès, \$2,250; hermes.com for stores. Coat, Sportmax, \$1,490; 212-674-1817. *Near left*: Over-the-knee boots, Devani, \$165, ShoeBox, NYC; 212-937-5750; London Underground Shoes, Brooklyn, NY; 718-266-1832. Jacket, 'S by Max Mara, \$1,375, Max Mara; 248-637-3073. Leggings, Tse, \$495; 800-487-369 **P.194** Boot, Michael Kors, \$895; 212-452-4685. Legging Riller & Fount, \$134, Inge's Boutique, Irving, TX; 972-717-1700. Coat, Moschino Cheap and Chic, \$1,580; 212-243-8600. Bag, Botkier, \$595; botkier.com. Dog leash, Hogan Leather, \$40; hoganleather.com. **P.195** Boot, Chloé, \$695; net-a-porter.com. Pants, Sportmax, \$435