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THE OPRAH
MAGAZINE

Win a spa vacation
at Miraval with
Oprah & Gayle
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BOB GREENE'S
BEST LIFE DIET
It's gentle, it's smart—
you can do this!



Be the woman you want to be!

Why it's so hard to change yourself—
a revolutionary guide to making it happen

ORGANIZE EVERYTHING!

Draw the line
against kids' clutter with
cheerful collapsible bins.
(Bungalow: small, \$20;
large, \$35; Warner's
Hallmark, 603-431-6641)



Clutter Control!