



# Rise Above!

## HOW TO BE A FORCE FOR GOOD IN THE WORLD

THE OPRAH  
MAGAZINE

YEAR OF ADVENTURE  
ENTER TO  
WIN  
9 DAYS  
IN A  
TROPICAL  
PARADISE  
Details, pg. 14  
SWEEPSTAKES

O's WEIGHT LOSS  
CHALLENGE  
The results are in!

IS YOUR  
HAIRCUT  
TRYING TO  
KILL YOU?  
Get help on pg. 120

How one  
mother kept  
a crushing  
loss from  
crushing her  
pg. 110

WHEN  
GOOD SEX  
HAPPENS  
TO BAD  
MARRIAGE

Live Your Best Life

**Short and Sweet**  
Compliments Of  
is a nifty deck of  
20 flattering remarks  
(YOUR OUTLOOK IS ROSY,  
YOUR LOGIC IS COMPELLING)  
stamped onto  
businesslike cards—  
perfect for handing out  
to a sunny friend  
or a sparkly waiter  
deserving of impromptu  
adulation. Pick up  
a praiseworthy pack  
at complimentsof.me.



FROM AWWW TO AWESOME

Five  
things we're  
smiling  
about this  
month!

## The Gratitude Meter

BY Zoe Donaldson

**The Nature of Things**  
Each year opossums, often  
seen as nasty nuisances,  
helpfully ingest thousands of  
disease-causing ticks.  
That's just one of the good-  
to-know facts in Nancy  
Lawson's book, *The Humane  
Gardener*, which reveals  
how you can make your  
private green patch a safe  
haven for all critters.

**Best Nests**  
Robins, finches, and sparrows  
are moving on up, thanks  
to Sourgrassbuilt, a design  
company that creates  
seriously chic birdhouses. The  
miniature masterpieces pay  
homage to midcentury modern  
architecture (think Frank Lloyd  
Wright), with charming details  
like functional planter boxes  
and even petite surfboards.  
(sourgrassbuilt.com)

**Making an Entrance**  
Since 2014, True  
Doors, a Dutch  
company that sells  
full-size door  
decals, has turned  
room entrances  
in about 90 senior  
care centers  
into welcoming  
thresholds. Its  
unique collection of  
stickers—you can  
also place a custom  
order—lets  
residents express  
their style and  
reflect on the past.  
(truedoors.com)

**Held High**  
It's time to shelve the dictionary  
your computer monitor has been  
teetering on top of. The Cliff  
is a smart two-drawer storage  
compartment and riser that  
boosts your screen while clearing  
your desk of pens, pencils, and old  
sticky notes. (hecklerdesign.com)

CREATURE COMFORTS

### PET SOUNDS

There are podcasts for  
crafting fanatics, classical  
music buffs, and guys  
who watch *Gilmore Girls*—  
which means there  
are bound to be a few for  
pet lovers. Here, three  
programs devoted to  
your four-legged family  
members.



**CAN I PET YOUR DOG?**  
Animal-loving  
hosts: Allegra  
Ringo and Renee  
Colvert  
Tall tails: In each

episode, Ringo and Colvert gush about  
the pooches they've met on the street, in  
coffee shops, and more. The pup-centric  
program also includes Mutt Minute  
(a deep dive into various breeds) and  
interviews with writers (like Lin-Manuel  
Miranda), artists (Lisa Hanawalt), and  
comedians (Nicole Byer) who dish about  
the cherished canines (Tobillo, Indy,  
and Charlie, respectively) in their lives.



**Oh Behave!**  
Animal-loving  
host: Arden  
Moore  
Tall tails:  
If you want to  
understand why

your dog gets spooked at the vet or how  
to enrich your indoor cat's life, pet first-  
aid instructor and behavioral consultant  
Moore has answers. Her program digs  
into aspects of animal behavior both  
adorable and aggravating, and includes  
tributes to military dogs, pet fashion tips  
(be wary of fur-related Velcro injuries),  
and Q&As with everyone from ur-pet-  
lover Betty White to emergency vets.



**THE PURRRCAST!**  
Animal-loving  
hosts: Sara  
Iyer and Steven  
Ray Morris  
Tall tails:  
It's a meow

mix of personal kitty updates from Iyer  
(mom to mixed breed Samba) and  
Morris (dad to short-haired tabby  
Miss Penny Lane), sprightly interviews  
with cat people (because "we can't talk  
to their cats"), and discussions about  
the highs (early-morning snuggle  
sessions) and lows (spilling wet cat  
food on yourself) of sharing a home  
with felines.

THE GRATITUDE METER, CLOCKWISE FROM TOP LEFT: ALEXANDRA AMAROTICO (2); TERA TORCHIO PRODUCTIONS; COURTESY OF TRUE DOORS; HECKLER DESIGN; MELANIE FURR; THE HUMANE GARDENER; COURTESY OF PRINCETON ARCHITECTURAL PRESS; CREATURE COMFORTS; COURTESY OF COMPANIES (3).