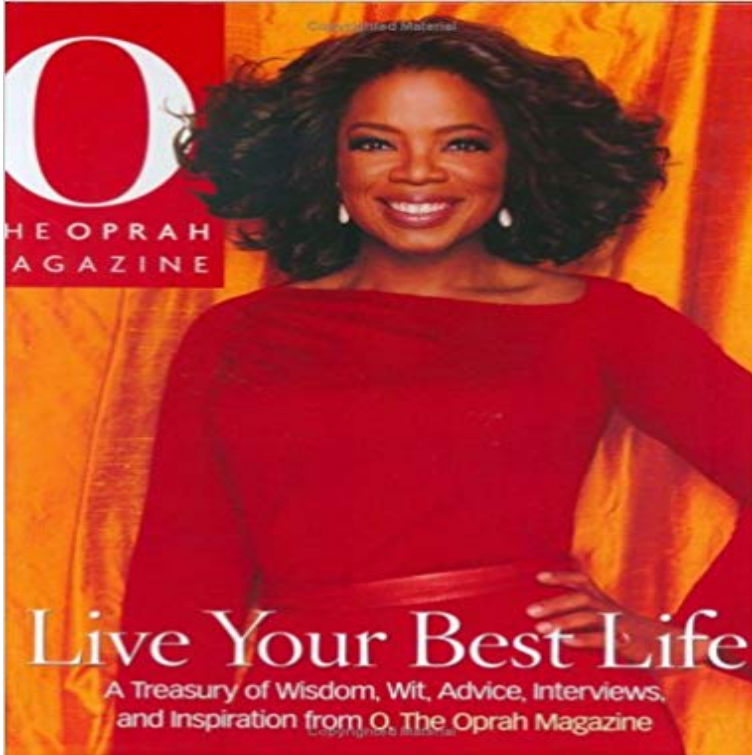


Live Your Best Life: A Treasury of Wisdom, Wit, Advice, Interviews, and Inspiration from O, The Oprah Magazine



For anyone eager to answer Oprah's call to live your best life, here is the ultimate, all-around self-discovery book. This first annual edition of *Live Your Best Life: A Treasury of Wisdom, Wit, Advice, Interviews, and Inspiration from O, The Oprah Magazine* pulls together over 100 of the most empowering, energizing, and entertaining articles from the magazines last two years. Filled with brilliant advice from experts like Dr. Phil, Suze Orman, Martha Beck, and Oprah herself, the book is divided into three sections. Your Personal Best focuses on emotional and physical well-being from Oprah's own weight-loss secrets to ways to gain confidence, serenity, and balance. Relationships has the tools and insights everyone needs to form warmer, more satisfying connections with those near, dear, and even not-so-dear to us. And, in true Oprah style, Living in the World helps the reader think about how to make her life more meaningful and useful. This rich, collectible volume is a resource that readers will keep returning to for answers and inspiration.

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