



THE MAKEOVER ISSUE

You —and Improved

photograph by PHILLIP TOLEDANO

If you've been feeling like a little change might do you good, you've come to the right place—because if you ask us, a little change is all it takes to make a big difference. Whether you'd like to make over your **mind (feel more confident!)**, **body (eat better!)**, or **soul (relieve stress right this instant!)**, we'll show you how to tweak your technique—and mix a tastier cocktail, to boot.



A Month of Makeovers

From simple shifts to audacious rethinks, 30 ways to upgrade your life.

START
HERE!

1

GET FRUITIER

Apple, banana, pear, yawn. These exotic alternatives are packed with vitamins and fabulous new flavor.



Rambutan

Peel off the spiky red covering of this iron-rich Southeast Asian treat to reveal a translucent white orb with a taste that marries grape and watermelon.



Feijoa

This vitamin-C-packed fruit from South America looks and feels like a lime, but cut it open to reveal juicy flesh that's reminiscent of a tangy pineapple.



Pepino melon

Also native to South America, this aromatic fruit is single-serving in size, entirely edible, and a crisp flavor blend of honeydew and cucumber. It's also an excellent source of fiber.



Dragon fruit

This is the pop star of fruit—hot pink on the outside, bubblegum sweet on the inside. Scoop out the antioxidant-rich, seed-speckled flesh and eat it like a kiwi.



2

PULL THE PLUG ON YOUR SAME OLD FIGHT

YOU'RE MULLING THE night's TV options when your significant other grabs the remote and starts clicking away like a sugar-fueled 5-year-old. When you mention this, he asks how your OCD is going. You counterstrike that his mother raised her sons to be boorish louts—eliciting his usual rant about your mom still serving him meatloaf when he's been a vegetarian for years.

It's the same fight you had last week. And the 962 weeks previous. It would almost be funny if the whole routine weren't so hurtful, unproductive, and bafflingly inescapable. But here's the aha: While repetitive arguments stem from misunderstandings and emotional wounds, they also owe a lot to simple pattern formation. As my karate teacher used to say, practice doesn't make perfect—it makes permanent. What we've done before, we tend to do again.

Which means we can disrupt our patterns with a brilliant trick that marriage therapist Bill O'Hanlon calls the do-one-thing-different approach. For instance, you can criticize each other's TV habits, but only if you're wearing oven mitts. You can insult relatives as long as you're lying on the floor. You can question each other's sanity, but only in whispers.

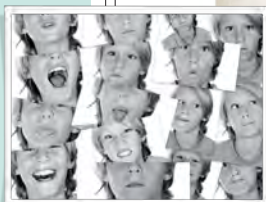
The effect can be extraordinary. Your brain, startled by new associations, loses the familiar flow as you see the useless toxicity of whatever you're about to say. You may even end up laughing. At the least, you'll find you have the power to change fights you "can't help" having, by starting small and being creative. And that's a pattern you want to repeat. —**MARTHA BECK**

3

Click, Click, Print

We take 28 billion digital photos each year, most of which languish on our hard drives. To get those third-grade plays and surprise birthday parties off your computer and onto the fridge, consider the digital-photo collage.

Photovisi.com offers customized tools that can be downloaded free of charge, **smilebox.com** provides more than 1,000 collage templates for home printing, and **shutterfly.com** and **snafish.com** will deliver printed collages to your home or office.



EDIT YOUR ONLINE SELF

Deleting old Flickr photos and closing Myspace accounts do only so much. If you want to seriously revamp what pops up when someone searches for you online, consider turning to an online reputation management agency. Such sites, like **reputation.com** and **metarabbitmedia.com**, reverse engineer search-engine algorithms in order to drive favorable content toward the top and bury unflattering posts. One DIY tip to hiding embarrassing content: Create Facebook, LinkedIn, and Twitter pages; Google and Bing generally put content from social networking sites toward the top of search results.

ENTERTAIN WITH EASE

Who knew the humble paper plate could bring both class and consciousness to the table? A Japanese brand called **WASARA**, that's who. Designer and restaurateur Shinichiro Ogata sculpted the curvaceous plates (and bowls, and cups and saucers) for easy balancing while you're deep in conversation, then molded their creamy surfaces from rapidly renewing materials like bamboo, reed pulp, and sugarcane fibers. When the party's over, the dishes go straight to the compost bin. (**branchhome.com**)

BUILD A BETTER CHOCOLATE BAR

Mmm, dark chocolate with yogurt-covered pretzels, rainbow sprinkles, and salty potato chips. Or—oh, God—milk chocolate with pumpkin seeds, dried raspberries, and flaxseeds. No—wait—white chocolate with toffee bits and Fruity Pebbles. Hungry? Sites like **CHOCRI.COM**, **CHOCOMIZE.COM**, and **CHOCBITE.COM** let you customize your own bar from scratch, with scores of sweet, savory, and spicy add-ons. Chocolate with Pop Rocks, anyone?



7 Pen a New Kind of Note

Say it with...elephant dung. Seriously: Green-minded stationer **HAATHI CHAAP** collects the stuff from elephant stables, then dries it and boils it with salt water to eliminate odor and bacteria. The remaining fibrous material—digested sugarcane and leafy tree stalks—is beaten into pulp, diluted with water, and pressed into hygienic sheets. The paper's light brown color varies depending on the elephant's diet. (elephantpooppaper.com)



8 ACCOUNT FOR IT ALL ONLINE

Keep track of nearly everything with these digital dashboards.

Mint.com

Create budgets, set savings goals, and monitor where the dough goes, with this money manager that syncs automatically with your bank, credit card, investment, and loan accounts.

Manilla.com

A virtual and secure file cabinet with unlimited storage, Manilla allows you to go paperless while streamlining banking, magazine subscriptions, loyalty reward programs, and utilities.

Pageonce.com

If you want to manage your Netflix queue and pay your credit card bills on the same screen, head to this popular mobile app.

9 RUB OUT STRESS

You can *schlep* to a masseuse for \$100 an hour, or relieve stress in minutes for free, using acupressure—the Chinese art of applying pressure to specific points on the body, says **Dr. Mehmet Oz**. Start by gently tugging your earlobes, pressing lightly with your thumb and index finger. Rub your lobes and move up the outer rim of the ear. This can stimulate endorphin production and reduce stress hormones like cortisol and adrenaline.

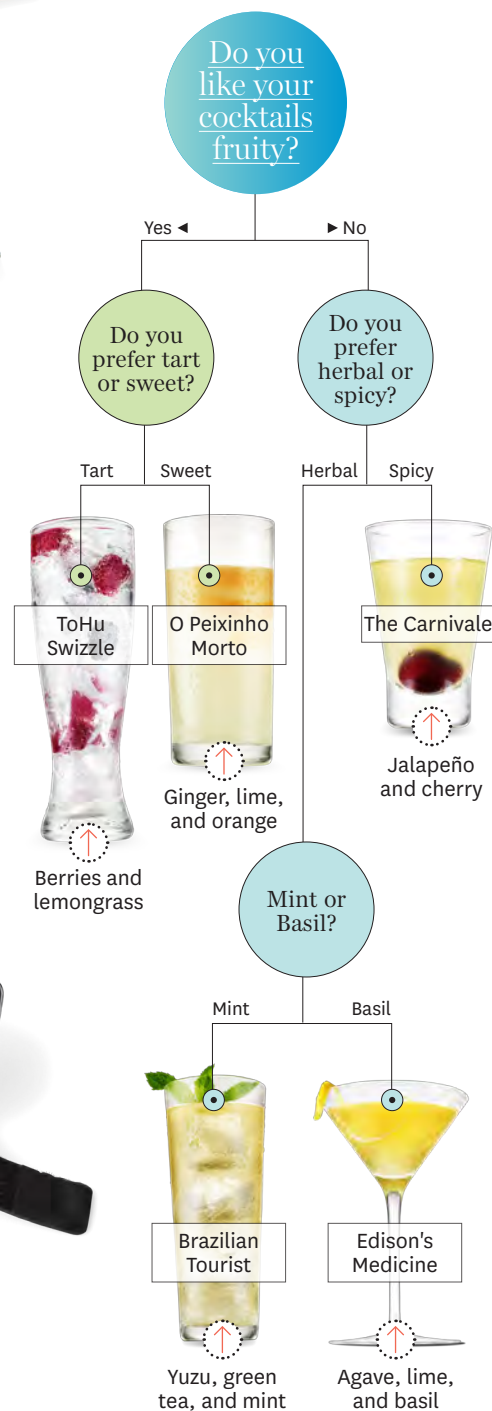
10 SHAKE AWAKE

Billed as the “un-alarm clock,” **LARK** is a sleep system in which you program wake-up times into your iPhone, iPod Touch, or iPad, slip on the wireless wrist band, and then hit the sack. When it's time to rise, the band wakes you with gentle vibrations. The best part? If you and your partner are on different schedules, it rouses only the person who needs to get up, as there's no audible alarm. (lark.com)



11 SIP CACHAÇA

While some poor souls may think cachaça is limited to the caipirinha—Brazil's national cocktail—mixologists are finding increasingly creative combinations for the Latin spirit, made from fresh-pressed sugarcane juice. We asked three to craft new cocktails starring this lesser-known liquor.



For recipes go to oprah.com/omageextras.

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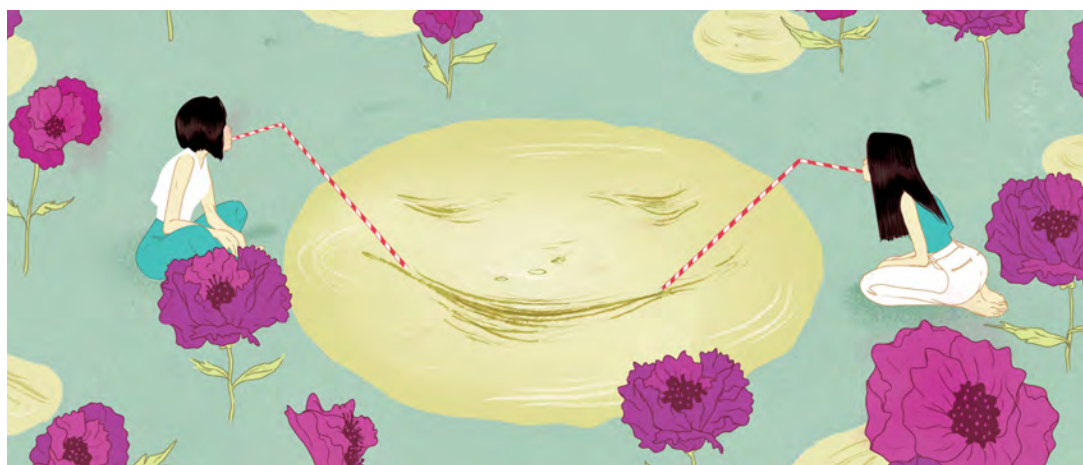
Send a Smarter Message

Yes, we live in a 140-character world, thumbs furiously tapping out terse missives. But consider an e-mail received recently by this magazine's editor in chief: "susan: hows it goin?? Annny chance you might know some peeps that could get a screenplay 2 production?" The chances of this e-mail being taken seriously, of course, are south of zero. Literacy speaks volumes; all these disposable little messages themselves send messages—about you. So we humbly suggest: When faced with the choice of writing "because" or "becuz," "for" or "4," opt for elegance. Spell out words, end sentences with periods, consider the comma. Oh, and one exclamation point will do.

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Find Your Calling Card

News flash: You are not your job. So why, at social events, should you be stuck swapping business cards? Instead, go retro with a calling card—a stationery statement of personality through art, color, and a simple presentation of contact info. Browse crisp letterpress at [Suitor \(suitoirlife.com\)](#) and [Page Stationery \(pagestationery.com\)](#) or a riot of colorful motifs at [Crane & Co. \(crane.com\)](#).



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TAKE YOUR DEMONS TO LUNCH

Looking past divisive politics and differing views to the person on the other side of the issue may be challenging, but it's not impossible. **Elizabeth Lesser**, cofounder of the Omega Institute and author of *Broken Open: How Difficult Times Can Help Us Grow*, suggests starting with lunch.

"Otherising" is the dangerous act of turning someone into the enemy just because he or she looks different, prays different, speaks different, or thinks different. Some of history's most tragic events—wars, genocides, terrorist acts—began with ordinary people demonizing other ordinary people.

I noticed a remarkable amount of otherising during the 2008 presidential race. And there was one

woman doing it who bothered me the most—me! I'm a true believer in our capacity to care and cooperate, but there I was, participating in otherising rants, calling whole groups of people evil wrongdoers, though I had never talked to them.

Which is how I came to find myself having lunch with an activist from the other side, talking about our kids, jobs, and hopes for society. It was the first of many such meetings I've had in the years since in an attempt to breed civility in my heart. I call my experiment *Take the Other to Lunch*.

First, think of a person you may be otherising—maybe a woman from a different side of the abortion debate or your brother who doesn't believe in global warming. Next, tell that person

you'd like to understand him or her better. Ask if they would like to do the same with you. Agree to these ground rules: Be curious, conversational, and real. Don't persuade or interrupt. Listen, listen, listen. (You can start by asking: What were some of your most defining experiences? What issues deeply concern you? What have you always wanted to ask someone from the "other side"?)

Will the heavens open and "We Are the World" start playing over the restaurant's sound system? Doubtful. But in the lunches I have shared, I have grown in compassion and patience. And as another election nears, perhaps if enough of us take each other to lunch, we can give our country the civility makeover it needs.

DANGLE, DON'T TANGLE

The best way to solve jewelry box woes? Ditch the box. Organizing whiz **PETER WALSH** offers this how-to: Start with a picture frame, fill the opening with cut-to-fit wire mesh (available at hardware stores) or a fabric-covered cork board, and staple or nail it in place. Earrings hang from the mesh; necklaces dangle from hooks. To keep rings and bracelets equally visible at a glance, Walsh recommends clear drawers or jewelry trays.



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REMIX YOUR WORKOUT

To change up your sweat routine, give your yoga mat a break and try one of these new classes.



Raising Heartbeats

SoulCycle

Fans of this thigh-quaking class lift hand weights, do modified push-ups, and work their core with crunches—all while furiously peddling spinning bikes. (soul-cycle.com)

Physique 57

Favored by celebrities like Kelly Ripa and Emmy Rossum, Physique 57 shifts between isometric exercises, like leg scissors and pulse squats, and deep stretches. (physique57.com)

Piloxing

Created by a Swedish trainer and dancer, this unlikely hybrid of Pilates and boxing marries flexibility with fancy footwork and punching drills. (piloxing.com)

Aerial Yoga

Remember Pink's midair performance in a silk hammock at the 2010 Grammy Awards? AntiGravity has created a yoga-infused class full of similar aerial moves. (antigravityyoga.com)

Forza

The Italian word for strength, Forza turns samurai sword training (using a wooden sword called a bokken) into a powerful workout for your arms, core, and legs. (powerstrike.com)

Raising Eyebrows

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READ YOUR VOICE MAIL

The last time you dialed in and listened to a voice mail was...when, again? Delete the hassle of message retrieval with Google's free voice mail service. After a quick setup, it automatically transcribes incoming messages and sends them to you as e-mails or text messages. Do a quick read and get on with your life. (google.com/voice)

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CREATE QUALITY TIME

Three readers share the traditions that help them savor time with family.

"For Friday dinners, I had a vase stuffed with folded Post-it notes, each with a conversation topic on it, like 'What do you love most about the person sitting next to you?' When my kids were young, we'd all pick one and take turns answering. Mixed in were bonus coupons for a kid's-choice meal or free ice cream." —Lisa Rowsell, 45, Falmouth, Massachusetts

"It's so easy to crowd the calendar with activities, but last year we decided not to enroll our son in anything on weekends. Instead, we have Explorers Day—we take turns picking a destination. We bike or drive with grandparents, which feels leisurely because we're not racing back for other things on the schedule." —Anne Medved, 33, Boston

"Deciding which movie to watch as a group used to take forever. Now my sisters and I play a game we call 3-2-1. One of us picks three movies to watch, the next narrows it down to two options, and the last person makes the final choice. It's a fun bonding game—and now no more bickering if the movie is lousy." —Jamie Spitz, 24, New York City

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DRINK YOUR GREENS

Whether you're a lettuce freak or salad-phobe, you'll want to try blending greens into your next fruit smoothie. Tossing in a large handful of spinach, kale, collards, Swiss chard, parsley, or romaine along with fruit and milk makes for an emerald-flecked glass of liquid sunshine, full of chlorophyll, fiber, and nutrients. Trust us, the fruit is a master of disguise—you won't even taste the greens. For recipes go to greenmonstermovement.com.



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DECORATE FROM A DIFFERENT ANGLE



Sure, bookshelves provide efficient storage, but they make reading book titles a pain in the neck—literally. Keep your head upright with the **Paperback Wall System by Studio Parade**, which has skinny little laminate slats for holding books horizontally.

Like any ottoman, the **Rousseau Shoe Ottoman from Lilly Pulitzer Home** lets you put your feet up. But when it's time to run, your shoes are within easy reach. Lift the lid to reveal a hidden storage compartment, complete with separate pockets for holding matching pairs.

If you weren't blessed with a green thumb, or just don't have room for traditional potted plants, give **Mudpuppy's Air Plant Pod** a try. The no-fuss plant requires no soil and little watering, and takes up exactly zero surface space.

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DO GOOD—BETTER

Figuring out where to put your philanthropic energy can be surprisingly daunting. Enter **All for Good**, a service-based Web site that does the sifting for you. Inspired in part by Craigslist founder Craig Newmark and developed with the help of Google engineers, the smartly designed site is a centralized search engine for volunteer opportunities, culling more than 150,000 postings from matching sites like Idealist, Catchafire, Truist, AARP's Create the Good, and United Way. Filter listings according to your interests, skills, neighborhood, and time frame, whether you're seeking a one-day project building a playground or a weekly soup kitchen gig. (allforgood.org)

22

Find a (Sort of) Sequel

Some follow-up suggestions for couldn't-put-it-down books you've already read.



Follow **FREEDOM**, Jonathan Franzen's stunner about life as we know it, with Julia Glass's **THREE JUNES**, another great American novel. Or try **A SMALL HOTEL**, Robert Olen Butler's shorter but no less encompassing tale of love and loss.



Follow Kathryn Stockett's **THE HELP**, set in the 1960s South, with Ellen Feldman's **NEXT TO LOVE**, which travels from World War II to those same (but different) 1960s. Or pick up **THE SPACE BETWEEN US**, by Thrity Umrigar, about a high-born Indian lady and her maid.



Follow Sara Gruen's big-top blockbuster, **WATER FOR ELEPHANTS**, with John Irving's **THE WORLD ACCORDING TO GARP**, for its circus-like family. Or try Siobhan Fallon's **YOU KNOW WHEN THE MEN ARE GONE**, about life on an army base.



Follow Stieg Larsson's **THE GIRL WITH THE DRAGON TATTOO** with **THE TROUBLED MAN**, by Henning Mankell, who many say is the heir to the Swedish-thriller-writer throne, or Jo Nesbø's **THE SNOWMAN**, a gripping tale of Norwegian origin.

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COOK UP A FINE MESS WITH YOUR IPAD

Tired of gunking up your iPad screen with tomato sauce while trying to follow a recipe for spaghetti Bolognese? The **CHEF SLEEVE** is the splatterproof, smearproof, and smudgeproof answer: The thin, food-safe film encases your tablet but doesn't interfere with touchscreen functions.

Reusable (but also recyclable when they get too gross), the sleeves are sold in packaging that doubles as a convenient countertop iPad stand.

(chefsleeve.com)



24 SCORE A DEAL

Quit clipping coupons! Thanks to the popularity of sites like Groupon, flash sales (limited edition deals) are oh so of-the-moment. Four sites to suit any shopping style:



Fashionistas

At **MYHABIT**, the new designer sale site from Amazon, shopaholics enjoy up to 60 percent off—and free shipping—from high-end and boutique brands like Alberta Ferretti and Dogeared jewelry.



Techies

Get an Android smartphone, iPod nano, or LCD monitor on the cheap with the daily deals at **COWBOOM**, a Best Buy offshoot that offers new, used, and refurbished electronics.



Foodies

DAILY GOURMET dishes discounts on high-quality eats from around the world (think: cask-aged premium wine vinegar, small-batch gluten-free granola, and hand-crafted coffees).



Social butterflies

LIVINGSOCIAL secures savings of 50 percent or more on local products and getaways. Convince three of your friends to purchase the offer as well and you get the deal for free.

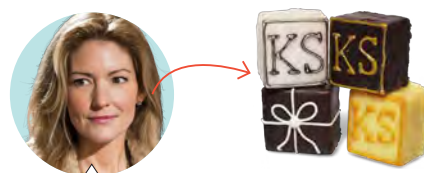
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GIVE A GIFT THEY'LL REMEMBER

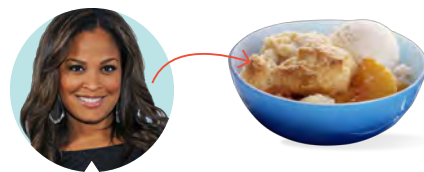
Wine and flowers are nice but not noteworthy. We asked frequent hosts to recall gifts that made an impact.



"The **Zoku Quick Pop Maker** has become a permanent fixture on my kitchen counter. You'd be surprised by the endless flavor options!" —**Ivanka Trump**, jewelry designer



"Someone gave me **petits fours** with my initials, from Duane Park Patisserie. It was like receiving four tiny, darling birthday cakes." —**Kathryn Stockett**, author of *The Help*



"A friend brought a warm, **fresh-baked peach cobbler and ice cream!** I was so pleasantly surprised. I ate way too much dessert that night." —**Laila Ali**, boxer



"My most memorable hostess gift was a **trampoline**...though I promptly flew off it and broke my arm. That was unforgettable!" —**Cynthia Rowley**, fashion designer



"**Slate and chalk** sounds like something from a Dickens novel, but you can serve cheese on the slate and write the name right next to it." —**Jayma Mays**, actress

FROM LEFT: GREGOR HALENDA; STYLIST: LAURIE RAAB FOR HALLEY RESOURCES; FOOD STYLING: VICTORIA ESCALLE FOR HALLEY RESOURCES; PORTRAITS: GETTY IMAGES (5); ZOKU: YOS KUMTHAM PINIJ; PETITS FOURS: COURTESY OF CHEF MADELINE LANCANI; DUANE PARK PATISserie; ICE CREAM AND TRAMPOLINE: GETTY IMAGES; SLATE AND CHALK: COURTESY OF BROOKLYN SLATE & GREEN DEPOT.

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SEND A PRETTIER INVITE

Online invitations don't have to be so cheesy—or cluttered by ads.

Punchbowl.com: Customized invites and add-on perks like potluck checklists and a polling tool to help pick the date.

Cocodot.com: Thousands of contemporary invitations to satisfy design snobs and typography geeks.

Pingg.com: Artists upload images, creating a bank of more than four million themes you can personalize with photos or video.

Paperlesspost.com: The virtual version of high-end stationery, these pack the luxe look of letterpress.

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Play Smarter

You can zone out with another round of *Angry Birds*—or kill time with these apps that work your brain.



UNBLOCK ME

A frustrating yet addictive puzzle game in which you manipulate rectangles to free one from its blockade. iTunes, free; full version 99¢. Android, free.



7 LITTLE WORDS

Each puzzle consists of seven clues that lead to seven mystery words made from 20-letter groups—let the brain racking begin! iTunes; free.



SIMPLE PHYSICS

Design sturdy structures—a skyscraper buffeted by hurricanes, a roof bearing a mountain of snow—without breaking your project budget. iTunes; 99¢.



TRIXEL

You have a limited number of moves to navigate this visual puzzle, flipping tiles to match a set pattern. iTunes; 99¢.



28

ZAP THE MONEY TENSION FROM YOUR MARRIAGE

You promised to love, honor, and cherish—but what about not killing each other over your finances? **SUZE ORMAN** offers three rules:

- 1 Keep it private.** Making cutting financial remarks in front of friends helps no one. Ditto, ambushing each other in public about big purchases or financial decisions you've made. You'll only alienate your spouse and make everyone else uncomfortable.
- 2 Remember—yours, mine, and ours.** All family spending and saving should come out of a joint account. Then divvy up anything that's left over into separate accounts that you each manage without input or judgment from the other.
- 3 Update, update, update.** You handle the monthly bills, your spouse takes care of the retirement accounts. That's fine. But what I will not tolerate is either of you staying in the dark. Sit down and brief each other once a month on the stuff you handle.

30

MAKE NEW FRIENDS

You moved, you switched jobs, you lost your best pal to a new romance. Now what? **Rachel Bertsche**, author of *MWF Seeking BFF*, on how to solidify a new friendship:

Don't play hard to get. You might need to make the first move, and the second, and the third. People are busy in their routines. If you wait for reciprocity, you could be waiting forever.

Be confident. Skip the dissertation-length explanation of why you've got time to burn. A simple "I'd love to get together sometime; are you available for lunch or coffee this week?" should do the trick.

"Friending" is not befriending. It's easy to get caught up in a virtual friendship, but monitoring her Facebook is not a real relationship. If she posts, "like" it—then meet IRL (in real life).

Makeovers by Rachel Bertsche, Susan Casey, Robbie Couch, Arianna Davis, Rebecca Little, Tim McKeough, Rachel Mount, Lauren Murrow, Jaclyn Riback, Alissa Walker, and Abbe Wright.

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KISS SUBTLETY GOODBYE

A sheer peach gloss is lovely, and a soft pink stain has its place. But for an under-a-minute total transformation, you can't beat a bold, bright lipcolor. Here's how makeup artist Denise Markey says anyone (including you) can pull off a poppy red or fuchsia mouth: Use a brush to apply lipstick in the center of the lips. With your finger, tap the color out to the corners of your mouth. This ensures that the color isn't opaque, which can make it too intense and likely to migrate beyond the edges of your lips. Limit the rest of your beauty routine to tinted moisturizer, mascara, and a sheer cream blush.