



How do I  
lose five pounds  
in a week?

What's the  
best way to stay  
in touch?

Where can I find  
a cheaper flight?

How can I keep fresh  
flowers from wilting?

Any tips for  
looking great  
in pictures?

Is this  
the right cat  
for me?



*Photographs by*  
JOHNNY MILLER

***How do  
I survive my  
teenage  
daughter?!?***

**Do you help  
sweating  
small stuff?**

KITTY  
CAT



# 1

## How to COMFORT SOMEONE

JIMMY VECERE, bartender at  
12th Street Irish Pub, Philadelphia

We're a block from a hospital, so in my 31 years here I've met many people who've just received bad news. If you see someone in distress, don't hesitate to talk to them. Once you've heard their story, sometimes all you have to say is "I'll be thinking of you." Your words are more powerful than you think.

## How to Spot a Good Opportunity

CHRISTINA WAYNE, former senior VP at AMC, current president of Cineflix Studios, and an executive producer of the new BBC America series *Copper*

A lot of people ask me how I knew *Mad Men* or *Breaking Bad* would make great TV. I knew because when I read those scripts, I felt something.

I didn't do any market testing or focus groups—I just asked myself, *Would I want to watch this?* When you're weighing an opportunity, make the question that simple: *Do I really want this, or am I doing it for the money or the prestige or because I think I should?* It can't just be about those things. It has to make you feel good, too. And by the way, if opportunities aren't knocking, you can make your own. When I was looking for work several years ago, I took everyone I knew in New York, where I'd just moved, to dinner or drinks or tea. I explained that I was open to anything. Six months later, one of those dinner dates called about a possible job at AMC. If I hadn't put myself out there, that never would have happened.



For Alton Brown's chocolate chip cookie recipe, visit [oprah.com/omagextras](http://oprah.com/omagextras).

## HOW TO MAKE THE MOST DELICIOUS CHOCOLATE CHIP COOKIE

ALTON BROWN, host  
of *The Next  
Iron Chef*

• Include dark, milk, and semisweet chocolate. Otherwise you'll hit the same flavor notes with every bite, and your palate will get bored.

• For a chewier cookie, try baking with bread flour instead of all-purpose flour.

• Use room-temperature eggs. Cold eggs are hard to work into a batter.

• Never bake the dough immediately. Instead, scoop it onto cookie sheets and refrigerate.

• Before you bake, toss the dough in sugar, which will caramelize into a sweet-smelling, crispy crust. Yum!

## How to Delegate

IVANKA TRUMP, executive VP, *Trump Organization*; principal of *Ivanka Trump* fashion and accessories lines

Make certain the people around you have good values, good judgment, and are loyal. Allow them to impress you but be sure they're comfortable coming to you for feedback. Most important, hire people smarter than you!

## How to Stay Sane While Traveling

U.S. chief of protocol CAPRICIA MARSHALL, who travels with the president and the secretary of state. Ambassador Marshall logs up to 10,000 miles a month.

My motto: Fail to plan, plan to fail. I keep two cases stocked with the same toiletries; if one runs out, the other's ready. I leave my favorite outfits at home, instead choosing pieces I can combine easily. Once I reach my destination, I exercise every day. Deep breathing and a good sweat—that's how I knock off the travel dust bunnies. And instead of adjusting my body clock to a different time zone, I grab sleep when I can. People laugh, but my neck pillow is my best friend.

## THE GRAIN OF SALT DEPARTMENT

Highlights from  
history's worst (and  
weirdest) advice.



"It is good to cast  
colde water in the  
face of him that hath  
the hiccups."  
—*Regiment  
of Lyfe*, 1553

"Spend no  
time in Reading,  
much less  
Writing."  
—*Advice to a  
Son*, 1656

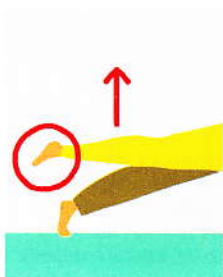


"Excitement of the sexual system is a  
necessary consequence of the...glances lov  
bestow upon each other [and is] injurious  
the nervous system if [it occurs] frequentl  
—*The Mother's Guide and Daughter's Friend*, 11

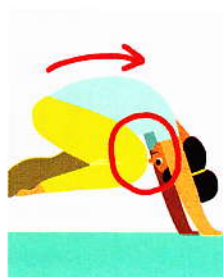


## 4 STEPS TO JENNIFER ANISTON ABS

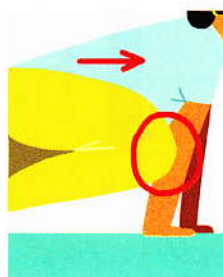
MANDY INGBER, Aniston's yoga instructor and creator of the Yogalosophy workout DVD



Start in a push-up position. Lift right heel until it's no higher than your shoulder.



Draw right knee to your forehead, rounding your spine; inhale and extend your leg back again.



Exhale and bring right knee to outside your right triceps; inhale and extend your leg.



Exhale and cross knee to left elbow; inhale and extend leg. Do sequence three times. Switch legs.



### HOW TO CHOOSE A SECOND CAT

GAIL BUCHWALD, senior vice president of the ASPCA's Adoption Center

Most rules you hear—don't mix sexes, don't mix clawed and declawed—aren't so important. The key is making sure they're close in size, age, and energy level. A mellow cat won't like being pounced on; an adult won't want to spend all day with a kitten any more than you'd want to spend all day with a toddler.

### THE BEST WAY TO COOK BRUSSELS SPROUTS

AMANDA COHEN, chef and author of *Dirt Candy*, A Cookbook: Flavor-Forward Food from the Upstart New York City Vegetarian Restaurant

Most chefs roast them, which is great because it brings out their sweetness. But when you do that, you lose their inherent crunchiness. People forget they're tiny cabbages! So when I cook them, I drop them in a very hot pan with a little olive oil, throw in some chopped garlic, flip once after one minute, add a splash of water, wait another minute, and you're done. They're lightly cooked, and they retain their color and crunch.

### HOW TO PACE YOURSELF

A therapist once told me something that's as true now as when I first heard it: "You can only go as fast as the slowest part of you can go."

—Singer **BONNIE RAITT**, who took a seven-year hiatus from the studio before releasing her new album, *Slipstream*

### HOW TO End a Friendship

IRENE S. LEVINE, PHD, author of *Best Friends Forever: Surviving a Breakup with Your Best Friend*

Be clear that you need distance, but avoid getting into specifics. You might say, "I've realized I need to take a break from our friendship. I have so much going on in my life right now, and I need to take more time for myself." Now isn't the time to

try to change your friend or teach her a lesson. (If you believed you could see things the same way, you wouldn't be breaking up in the first place.) Above all, be sure you want to break up. It's unlikely you'll ever be able to return to the same level of intimacy.

# 11.

## HOW TO Make Conversation at Parties

MARJORIE GUBELMANN, CEO of *Vie Luxe* and society hostess extraordinaire

First, get a drink. If it's a cocktail, it'll loosen you up, but even if it's just club soda, it's good to have a prop to hold if you're feeling nervous. Next, approach someone—a person, not a group—and ask how he or she knows the host. After that, be authentic and interested and ask questions, and others will float over and join in. A good host will have considered the mix of people, so when you arrive, ask, "Who should I meet?" Most important: Even if you won't know anyone and you're feeling intimidated, you must go. *Do not stay home.* So many people are afraid that no one will talk to them and they'll leave feeling awful—but has that ever happened to you? Me, neither. Usually I end up laughing and eating and drinking and making friends, and that's what it's all about.



"Never hug and kiss them, never let them sit in your lap. If you must, kiss them once on the forehead when they say goodnight. Shake hands with them in the morning."  
—*Psychological Care of Infant and Child*, 1928



"Almost anything you like can be rolled in bacon, oven- or pan-broiled, and served on picks."  
—*500 Tasty Snacks: Ideas for Entertaining*, 1949

"Duck and cover."  
—1950s safety strategy for nuclear attack





## HOW NOT TO KILL AN ORCHID

**SANDRA TILLISCH SVOBODA**, president of the American Orchid Society

- 1 Don't overwater. Touch the orchid's roots to see if they've dried out, or pick up the plant—if it feels heavy, it's sufficiently wet.
- 2 When the orchid is dry, put it in your sink and run lukewarm water through it for about 15 seconds—the water should pour through the holes in the bottom of the pot.
- 3 Feed your plant weakly, weekly—diluting fertilizer to a quarter of the recommended strength.
- 4 When the orchid loses its blossoms, move it to an east, west, or partly shaded south window and continue caring for it. The flowers should bloom again next year.

## How to Have More Fun Having Sex

**GAIL SALTZ, MD**, author of *The Ripple Effect: How Better Sex Can Lead to a Better Life*

Sex researchers have found that one of the biggest turn-ons for women is feeling desired. So *believing* that you're desirable is key. Choose a part of your body you admire. It might be your eyes, your hair, the curve of your calves. Now focus on that part in your mind and "see" it as your partner would see it. It may feel silly, but imagine he's thinking, *Wow, I want her so bad*. And remember: You don't have to wait until you're in the mood. Sometimes you just need to get started and the mood will follow.

# 14

HOW TO

## Say Goodbye to a Loved One

**MAGGIE CALLANAN**, hospice nurse since 1981 and coauthor of the celebrated book *Final Gifts*

First and most important: Meet the dying person where she is. She may be in denial, and denial is a fabulous crutch. You don't pull a crutch out from under somebody. Try to validate the feelings behind the denial. So imagine your aunt says, "Let's reserve a house at the lake this summer. I loved the weeks we used to spend there." You don't rush out to make a reservation; you reminisce with her about those good times. She's living in memories much kinder than her reality.

But let's say she tells you, "You know, I'm not going to live much longer." The door's open. Be honest, direct. Tell her you hate that this is happening. Tell her it mattered that she was here. Tell her how she enriched your life,

that she won't be forgotten. This is no time to pussyfoot. For God's sake, don't tell her she looks great, or that she'll pull through. Pretending creates a chasm of loneliness for the dying. Can you imagine if you were in labor, and no one in the room would acknowledge that you were giving birth?

Toward the end, dying people tend to withdraw. You know how when you drop a pebble in a pond, the rings ripple out? For a dying person, the rings go in. It doesn't matter what's happening in politics or sports or the next room. Eventually all that matters is *I'm hot. I'm cold. I love you. Do you love me?* At that point, all that's required is your presence. Be quiet. Put your hand on hers. That's it.

## HOW TO WIN THE FIGHT

### *It's always more effective to be civil.*

—**SANDRA FLUKE**, former law student whose congressional testimony in favor of birth control insurance coverage prompted Rush Limbaugh to call her a "slut" and a "prostitute" on his nationally syndicated radio show

## TIME-SAVING TIPS OF THE SUPERBUSY



I've learned to be deliberate. It's too easy to spend your life in reactive mode, so at the start of every day, week, and month, I identify the most important things to accomplish and set aside time to focus on them first.  
—**Sheryl Sandberg**, COO of Facebook



On any given day, I may have only an hour in a new city. To be efficient, I rely on apps. For food, Urbanspoon is my favorite. On a longer layover, I use AroundMe: I type in what I'm interested in, like craft fairs, and it shows me what's nearby.  
—**Sara Keagle**, flight attendant



Studies indicate that multitasking lowers productivity. So I focus on one thing at a time, and I do things that require concentration during the day, when I'm most alert. Tasks that require less brain activity, like cleaning, I save for night.  
—**Ariella Sprague**, medical student



I lay out my clothes the night before so once I wake up, there's not one minute wasted. In the morning, I put on minimal makeup, don't usually eat a hot breakfast at home, and skip reading the paper. I can read that at the end of the day.  
—**Annise Parker**, mayor of Houston



I free up time with a game of team tidying: mom versus quads. It's amazing how quickly the dinosaurs disappear and the trains get tucked away. And I love the quiet that (briefly) follows! —**Jennifer Murray**, mother of 5-year-old quadruplets



"This act [of blowing out birthday candles]...is a vile one.... From now on supply yourself with a snuffer." —**Manners for Millions**, 1950

"Don't appear to...surpass your husband in intelligence.... Keep him in the dominant position to help him feel needed and adequate as the leader." —**Fascinating Womanhood**, 1963

"Love means never having to say you're sorry." —**Love Story**, 1970



"The solution to substandard performance is always to excoriate, punish, and shame the child." —**Battle Hymn of the Tiger Mother**, 2011





Hello!

21

### *How to Stay in Touch*

ALEXANDRA WILKIS WILSON, cofounder of the five-million-member Gilt Groupe; keeper of 16,500 BlackBerry contacts

I don't often get to see or even talk to my closest friends from various stages of life (including the 16 who were my bridesmaids). But I stay connected with them—and the thousands of others in my BlackBerry.

The key is managing your friending: The more organized and accessible your friends' information, the easier it is to stay in touch. So you have to set calendar reminders for birthdays (I do it for anniversaries, too), and

keep your address book up-to-date. And when someone pops into your mind, let them know, even if it's just with a "Thinking of you" text. Don't let the moment pass; treat it as a reminder to reach out.





**How to Make New Friends—at Any Age**  
**HEDDA BOLGAR**, 103-year-old practicing psychoanalyst and cofounder of the Hedda Bolgar Psychotherapy Clinic, in Los Angeles

I tell my patients, “Food, alcohol, and drugs are no substitute for a relationship.” If you’re lonely, do something about it. If you love the arts, take a course at your local community college. And if you can’t find a place to get

involved, create one. Besides seeing patients several times a week, I’m thinking about starting a group where immigrants and refugees can talk about their feelings. It’s important to be part of a community!

## HOW TO Get the First Lady’s Arms

**CORNELL McCLELLAN**, personal trainer for the First Family

Twice a week, spend 15 minutes strengthening and toning. Start with the routine below, varying the number of reps at every workout.

### Triceps Superset

• **Skullcrusher:** Lie flat on the floor, a bench, or an exercise ball; tighten your core, hips, and glutes. Hold a five-pound dumbbell in each hand. Start with hands at ears, elbows pointed toward the ceiling. Extend weights toward ceiling by straightening elbows. Do 12 to 15 reps.

• **Overhead triceps extension:** Without resting, stand and hold the dumbbells, elbows pointed toward ceiling. Extend arms straight into the air, then drop them behind your head. Do 12 to 15 reps.

**For more of the First Lady’s arm-toning exercises, go to [oprah.com/omagextras](http://oprah.com/omagextras).**

## How to Order at a Restaurant

**DREW NIEPORENT**, restaurateur (Tribeca Grill, Nobu, Centrico)

• **Go for what you can’t make at home:** pigeon, frogs legs, halibut...

• **But beware of the too-adventurous item.** It won’t always be the best or most practiced dish.

• **Be a little particular and complimentary, and a server will go out of his way for you.** As we like to say, nice gets nice.



## HOW TO FIND AN EXTRA \$100 IN YOUR MONTHLY BUDGET

**SUZE ORMAN**, host of The Suze Orman Show

Ready to play a game I call Want or Need? Here’s how: Run through your monthly budget (if you need to, you can use the free Expense Tracker at [suzeorman.com](http://suzeorman.com)) and highlight all the expenses that are “wants” (anything you do not literally need to survive; please be honest!). Then start cutting those costs by 10 percent—scaling back the cable plan a tier, going out for fewer meals—until you’re left with \$100 extra. To trim even further, check for discounts before you make a purchase. Sites like [couponcabin.com](http://couponcabin.com) (which offer printable coupons and promo codes on everything from groceries to diapers) and apps like Pic2Shop (scan a bar code with your phone, and the app searches for online or local retailers selling it cheaper) can save you big.

## HOW TO Crave Less Sugar

**MEHMET OZ, MD**, host of The Dr. Oz Show

The degree to which you crave sweets is partly inherited. But you can retrain your palate to appreciate the subtlety of natural sweetness—in foods like peaches, sweet potatoes, and plums. Next time you need a sugar fix, reach for one of nature’s treats instead of candy or cake; the more you do, the stronger the habit will become. Eventually, you’ll no longer feel the need to dump three packets of sugar in your tea.

## THE SECRET TO TRYING NEW THINGS

People say it’s gross that I eat grubs and goat liver, but if you haven’t tried it, how do you know? Our brains tell us lies, and if we listen, we cost ourselves surprises. When trying something new, cast off your fear and expectations.

—**ANDREW ZIMMERN**, host of Travel Channel’s Bizarre Foods America

## Simple Ways to Look Polished

**ADAM GLASSMAN**, O creative director

Start with a great haircut, neat nails, and well-shaped eyebrows (if eyes are the windows to the soul, eyebrows are the frames). Invest in a tailor—and in a few no-fail items that will help you look pulled together: a crisp white shirt, a pencil skirt, a great-fitting shift dress

(just add shoes and go!), a tissue-weight scarf, and the perfect jacket. Whether it’s a black blazer with a structured shoulder and nipped-in waist or a little leather jacket that looks great over anything, the right jacket projects confidence. And isn’t that what *polished* really means?





## HOW TO Rock Your Shapewear

GAYLE KING, *O* editor  
at large and cohost of  
CBS This Morning

I don't leave home without my Spanx. Normally I wear a large, but for an evening event, I'll squeeze into a medium. When I want to let it all hang out (even then, you don't want panty lines), I'll go for an extra large! But when desperate times call for desperate measures, I'll wear *two* pairs in a large. I'm not saying it's comfortable, but it's effective!

## HOW TO KNOW WHEN TO QUIT

ELISSA SCHAPPELL,  
author of *Blueprints for  
Building Better Girls*

After my first book was published in 2000, I spent two and a half years writing a novel. But it never felt right. I didn't even name it—it was the poor, misshapen beast child I kept hidden under my bed. Then I showed it to my agent. "None of the things you do well are in evidence here," she said. I was devastated, then relieved: I had failed, and now I could stop. If you don't feel a shiver of excitement or fear, if there's no emotional risk involved, let it go. You can't discount how hard it will be to leave your bad marriage or stop writing your bad book, but if you're unhappy, nothing can get better as long as the status quo stays the status quo.

## How to Tell a Rumor from the Truth

ANA MARIE COX,  
columnist for the *Guardian*  
and founder of the political  
gossip blog *Wonkette*

► Think about whether you're dealing with a piece of information or just hearsay. For example, if someone says, "Barbara saw the boss and his secretary leaving the Hilton," that's a concrete detail you can verify, but "Barbara heard the boss is having an affair" is likely salacious gossip. It may be a subtle difference, but it matters. That said, you can never know definitively unless you're an eyewitness. So my rule of thumb is: Don't believe until there's a reason to.

# 32



HOW NOT TO

## Embarrass Yourself at Karaoke

DEBRA BYRD, vocal coach  
for *The Voice* and vocal  
producer for *The Next:  
Fame Is at Your Doorstep*  
• **Warm up all day.**  
Start by counting aloud  
when you wake. Later,  
laugh out loud; we laugh  
higher than we talk, so  
you'll be activating your  
upper register.

• **Lubricate your voice,**  
especially if you're  
nervous (stress can dry  
out your vocal cords).  
Half an hour before you  
sing, eat a little bread  
soaked in olive oil.  
• **Breathe from your  
diaphragm.** You'll  
generate the air you need  
to produce a melodious

tone. Inhale through your  
nose and push your belly  
button out. Exhale and  
let your navel go back in.  
• **Feel free to change  
keys.** Even the pros sing  
in a lower register when  
their voice gets tired.  
• **Sing with joy, from  
your heart,** and no one  
will care how you sound.

## How to Fake It Till You Make It

RICHARD WISEMAN, PHD,  
psychology professor at  
the UK's University of  
Hertfordshire and author  
of the forthcoming book  
*The As If Principle*

► The philosopher William James believed that acting a certain way could make you feel that way. Hundreds of experiments have proved him right. A Clark University study showed that smiling made people feel happier. (For best results, smile wide and hold for 20 seconds.) At the University of Rochester, when researchers gave subjects an unsolvable problem, those who folded their arms in a stubborn pose persevered nearly twice as long as others. And a study in Singapore revealed that clenching your fist powers your willpower. Try it next time you're avoiding French fries.

## ADVICE HALL OF FAME

It is better  
to ask some of  
the questions  
than to know all  
the answers.

—JAMES THURBER

Expect nothing.  
Live frugally  
on surprise.

—ALICE WALKER

When people  
show you who they  
are, believe them  
the first time.

—MAYA ANGELOU

When  
people talk, listen  
completely.

—ERNEST  
HEMINGWAY

Only those  
who will risk going  
too far can possibly  
find out just how  
far one can go.

—T.S. ELIOT

Don't ever  
confuse...your life  
and your work.  
The second is only  
part of the first.

—ANNA QUINDLEN

The best  
way out is always  
through.

—ROBERT FROST

Three things  
in human life are  
important. The  
first is to be kind. The  
second is to be  
kind. And the third is  
to be kind.

—HENRY JAMES

A good time  
to laugh is  
anytime you can.

—LINDA  
ELLERBEE

Be the heroine  
of your life,  
not the victim.

—NORA EPHRON



NO.

44.

### HOW TO FLY CHEAPER

STEPHANIE ROSENBLUM,  
the *Getaway* columnist  
for The New York Times

To find the cheapest day to fly, go to [matrix.itasoftware.com](http://matrix.itasoftware.com), select "simple search options," then "see calendar of lowest fares," and enter your destination.

Before you buy a ticket, google "coupon code" and the airline name to see what deals turn up.

Upgrades can cost less than you might think. For example, with a full-fare economy ticket from American Airlines, you can request an upgrade on [aa.com](http://aa.com) before you fly for \$30 per 500 miles.

### How to Buy Great Wine

SHERI SAUTER  
MORANO, *Institute of  
Masters of Wine*

- See if an expensive wine's producer also makes a value bottle—it's likely to be crafted with the same care.
- Serve wine with food from its region. For pasta, look to an Italian bottle. For paella, go Spanish.
- If all else fails, try Malbec from Argentina, Merlot from France, Pinot Grigio from Northern Italy, and Chardonnay from Australia. Pinot Noir pairs with almost anything. And you can't go wrong with bubbly.

No 3296

10

200x1-200-USA

46

### HOW NOT TO WASTE TIME AT YOUR COMPUTER

PIERS STEEL, PHD,  
author of *The Procrastination  
Equation*

Disable e-mail sounds. That ding! is a Pavlovian cue to procrastinate, and once you're distracted, it takes 15 minutes to return to being productive.

Create a second log-in, with a different name, theme, and background than your personal account. Use only this one when you're working.

Download *Freedom*, a program that will block you from going online for whatever length of time you set. ([macfreedom.com](http://macfreedom.com))



## HOW TO AVOID A DEADLY INFECTION

DAVID THOMAS, MD, director of the Johns Hopkins Division of Infectious Diseases

- Get vaccinated for the flu.
- Certain germs—including the superbug MRSA—thrive in warm, moist conditions, so wipe down gym equipment before you use it (even your own).
- Use hand sanitizer often. It's likely to prevent many respiratory infections and may reduce the risk of some serious bacterial infections.
- Any cut, even a minor one, can become infected with staph or even flesh-eating bacteria (though that disease is rare). Clean the wound, then watch for pus, redness that spreads, and fever.
- Never get a tattoo in another country unless you're sure they sterilize their instruments.



## How to Experience Any City Like a Local

SAMANTHA BROWN, Travel Channel host

- **Dress the part.** I see a lot of tourists who look as if they're hiking in Colorado no matter where they are. Adopt the style of the locals

and you're more likely to be treated as one.

- **Avoid exhaustive itineraries.** Follow your whims and explore a city on foot—especially the areas where the artists are living. That's where you'll find the most fantastic souvenirs, like a really cool blouse or ceramic vase.
- **The best way to get recommendations** is to strike up conversations. Baristas and bartenders usually have great tips. And nighttime security guards know the best places for breakfast, always.

## HOW TO WORRY LESS ABOUT OFFENDING PEOPLE

*All you can do is keep your motives pure. If you do offend, you've likely hit on something they need to look at—in which case you've done a good deed.*

—JOY BEHAR, host of Current TV's Joy Behar: Say Anything!

## HOW TO Keep the Faith

CHANDLER HARNISH, Indianapolis Colts draft pick and 2012's Mr. Irrelevant, the name given to the last of the 253 players selected in the NFL draft

The draft lasts seven rounds, and I knew I wasn't going to be in the top 100 guys, but I was sure a team would call and say they wanted me by early in the sixth round. When the sixth round ended and my phone still hadn't rung, for a second I thought, *This is the worst day of my life.* But I'd had a pretty cool college career, and I'd done well in tryouts. Plus, my girlfriend and my family were right there all day telling me I was a great player. I realized then that you can't be successful on your own; you need a supportive loved one and some spiritual guidance. I knew I was meant to play football, and if you know your purpose, and you're patient, the ball will eventually bounce your way.

## 3 BOOKS THAT DESERVE THE HYPE

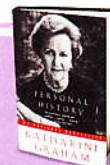
SARA NELSON, editorial director of Amazon Books and former O books editor



**THE ART OF FIELDING** by Chad Harbach  
Great American Novel? It's at least very, very good.



**SHE'S COME UNDONE** by Wally Lamb  
This early Oprah book club pick still changes lives.



**PERSONAL HISTORY** by Katharine Graham  
A revealing autobiography that never feels like TMI.

## 53 THE DECOR SECRETS OF VERY HAPPY COUPLES

JONATHAN ADLER, home furnishings designer and author of the forthcoming 100 Ways to Happy Chic Your Life, and his husband, SIMON DOONAN, creative ambassador at large for Barneys New York

**Get a coffee table** you won't worry about damaging. And make sure it's big enough for both of you to put your feet up on at once—there's no domestic harmony when you're fighting for foot space.

**You need more lighting than you think:** overhead and wall lighting, floor and table lamps. And dimmers! They let you create a warm glow that will make you so much more attractive to each other.

**If you have a living room, live in it!** We put a Ping-Pong table in ours, and now we're in there constantly, whacking the ball at each other. It's a great stress reliever—every couple needs one!

→ Inspired to put a Ping-Pong table in your home, or improve relations with your teen? Tell us which of O's best pieces of advice you're following at [oprah.com/bestadvice](http://oprah.com/bestadvice); your response could be featured in a future issue.



## HOW TO Drop Five Pounds in a Week

VALERIE WATERS, trainer who developed the Red Carpet Ready fitness program

Assuming you're already exercising every day, the other secret is to ditch the foods that can make you bloated: alcohol, carbs (like white flour and pasta), diet soda, and frozen diet foods (which are usually full of sodium). Instead, go with lean protein, berries, and fresh veggies like spinach and asparagus. And though it seems counterintuitive, drink eight to ten cups of water a day. Your body holds on to water when it's dehydrated, so drinking more actually reduces bloating.

## How to Ask a Nosy Question

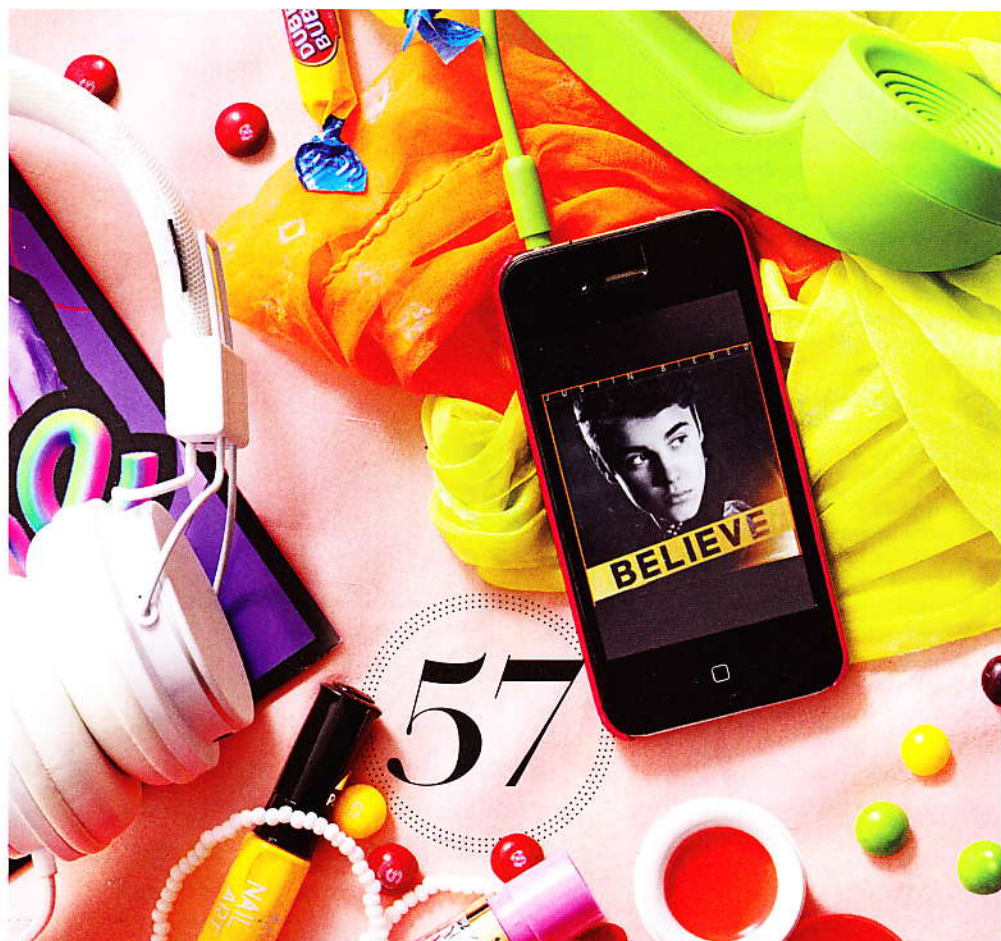
LESLEY STAHL, 60 Minutes correspondent

My mother used to say that the worst thing you could do to people is embarrass them. So if it's not 100 percent essential that you ask the question, don't. I have to—and it's the hardest part of my job. I start by asking the impersonal stuff to establish a level of comfort. You have to pace yourself. And know you're going to suffer. Your stomach will be in knots, but you have to march yourself through the pain.

## How to Look Hot in 20 Minutes Flat

HEIDI KLUM, supermodel and host of Project Runway

Start by taking a three-minute shower to wash the day away. Spend three minutes throwing on a dress that shows off your legs (spend one minute moisturizing them), or a pair of jeans with a white tee, blazer, and sandals. Take five minutes to pull your hair into a slicked-back bun or ponytail, then spend seven minutes on makeup: tinted moisturizer, lip gloss, and lots of mascara. (You talk with your eyes!) That leaves one minute to spritz yourself with perfume—something spicy—and throw on a big statement necklace, chunky ring, or stack of bangles.



## HOW TO SURVIVE YOUR 14-YEAR-OLD DAUGHTER

LARA FOX and HILARY FRANKEL, authors of *Breaking the Code: Two Teens Reveal the Secrets to Better Parent-Child Communication*

- *Be sensitive* to the fact that she's sensitive to everything. Teasing, even if it's meant well, can really upset her—especially if it's focused on her changing body.
- *Don't say*, "As long as you live under my roof, your room is my room." Her room is her escape and comfort. You take that away by claiming ownership of it.
- *Pick your battles*. If she wants blue hair and a 2 A.M. curfew, deny the curfew request; her hair will grow out. The fights worth fighting are the ones that affect her safety.
- *If you want her to call you* from a party when her ride has been drinking, you need to tell her in advance that you won't judge her on the way home (even if she's been drinking, too).
- *When she's rude*, it's because she wants you to take the bait. The best thing you can do is calmly walk away and let her know you're available to talk when she's ready to act like an adult.
- *You wouldn't interrupt your boss* when she's doing something important. To your daughter, TV is important. Don't interrupt her favorite show just to chat.

## HOW TO Give Great Gifts

CARMEN BUSQUETS, founder of personal-shopping Web site [giftlab.com](http://giftlab.com)

The ultimate gift is an experience. I love sending a masseuse or a chef to someone's house, or taking them to a surf lesson or to the opera. Of course, you can't go wrong with a thoughtful note and flowers, especially from your own garden; a unique piece of jewelry; an exceptional scented candle; or, for a man, a beautiful silk tie.

## HOW TO KEEP A KNIFE SHARP

MIKE GARAGHTY, executive chef, *Wüsthof knives*

Run both sides of the knife's edge along the honing steel—the metal rod in your knife set—a few times, at about a 14 degree angle, before every use. Have it sharpened twice a year. Don't use a hard cutting board, like those made of glass or plastic. Store knives in a block with horizontal slits (in vertical slits, the blades push against the wood). And wash by hand—dishwashers can get rough.



## • THE ONE • THING TO DO IF...

### You're Having Surgery

Ask for a video of your operation; research indicates that doctors perform better when they know they're being observed. The more accountability, the greater the quality of care. You should absolutely find a surgeon who's open to having a procedure filmed. I mean, what's to hide? —**Marty Makary, MD, general surgeon at Johns Hopkins**

### You're Hosting a Dinner

Have music playing before guests even arrive; music sets the evening's tone. If people hear tunes the minute they walk through the door, they'll feel like the party is already fun and they're joining in. I often pull up Pandora radio on my iPod or computer and play folk music. —**Aarti Sequeira, host of the Food Network's Aarti Party**

### You're Starting a Business

Scout a business space the same way you would a home—by studying the neighborhood. Get to know local business owners and pay attention to what kinds of people walk by and when. If you're opening a coffee shop where no one will see it, you won't succeed. —**Tabatha Coffey, salon owner and host of Bravo's Tabatha's Salon Takeover**

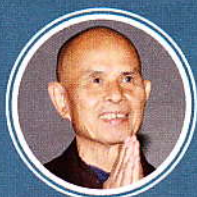
### You're Painting a Room

Remember that color is personal. To find your best shade, pay attention to the colors that are already speaking to you: in your closet, in your favorite vacation photos, on your inspiration boards on Pinterest. Those are the ones most likely to make you happy in your home.

—**Nate Berkus, designer and author of The Things That Matter**

### You're Contemplating Divorce

Meet with a certified divorce financial analyst ([divorceandfinance.org](http://divorceandfinance.org)). She can tell you which documents you'll need to have, the attorney or mediator best suited to your situation, and the tax and lending traps to avoid. A single consultation early on can help you avoid lots of costly mistakes. —**Lisa C. Decker, founder of Divorce Money Matters**



### How to LET GO OF ANGER

**THICH NHAT HANH,**  
Buddhist monk and author  
of *Anger: Wisdom  
for Cooling the Flames*

Anger is like a storm rising up from the bottom of your consciousness. When you feel it coming, turn your focus to your breath. Breathe in deeply to bring

your mind home to your body. Then look at, or think of, the person triggering this emotion: With mindfulness, you can see that she is unhappy, that she is suffering. You can see her wrong perceptions. You can see that she is not beautiful when she says things that are unkind. You can also see that you don't want to be like her. You'll feel motivated by a desire to say or do something nice—to help the other person suffer less. This means compassionate energy has been born in your heart. And when compassion appears, anger is deleted.

## HOW TO EAT LUNCH

Start with the things you need, like radishes, peppers, and other colorful vegetables, to stay healthy. Then add a little something you want—say, a gooey brownie—to feel happy, too.

—**MARTHA PAYNE**, 9-year-old blogger who rated the quality and nutrition of her school lunches on [neverseconds.blogspot.com](http://neverseconds.blogspot.com), leading to unlimited salad and fruit for all students

### How to Make Your Feet More Likable

**ERICA MARTON,**  
manicurist at Manhattan  
spa Face Place

To keep your feet smooth and callous-free, moisturize every night, and once a week, use a pumice bar in the shower or a foot file on dry feet. As for toenails, soft pinks and shimmery shades look nice on most people. My top picks are Better Together and Mademoiselle by Essie, and Up Front & Personal by OPI.



### HOW TO FIND YOUR OWN FOOD

**TAMA MATSUOKA WONG,**  
coauthor of *Foraged Flavor*

Delicious weeds are probably growing in your yard right now. Look for cardamine, a wild cress with a peppery kick; chickweed, a good spinach substitute; and Japanese barberry, a sweet fruit that tastes like raspberries. For help identifying them, upload pictures to the plant ID forum at [meadowsandmore.com](http://meadowsandmore.com).



## HOW TO TELL A SECRET

**Randy Phillips**, airman and formerly anonymous video blogger who came out to his dad after the repeal of Don't Ask, Don't Tell (You can witness the moment on YouTube.)

Find someone who revealed something similar and survived, and talk to them about how they did it. No matter what your secret is, someone out there shares it.

Make sure the first person you tell will accept you and your secret—you don't want to take a risk right away.

Be short and sweet. All I had to say to get my point across was "Dad, I'm gay."

## HOW TO KEEP A SECRET

**Damon Lindelof**, cocreator and executive producer of *Lost*

The final scene of every season of *Lost* was so hush-hush, we talked about it in code even on set. (We called it "the bagel" the first year, a variety of bread products after that.) I wanted to spill the news so badly, but I realized that spilling a secret is selfish. Our viewers wanted us to keep secrets from them, because it built their anticipation. Just like if I buy a pair of earrings for my wife for Christmas when it's not even Thanksgiving yet and I'm dying to give them to her, it helps to remember that she'll be grateful if I wait. Most secrets have to be kept only for a finite period of time, and when the beans are finally spilled, you'll be glad it wasn't you who spilled them.



## How to BANK IN THE DIGITAL AGE

JEAN CHATZKY, finance expert

My research shows that people who balance their checkbooks are happier—and others have found that people who bank online check their accounts four times more often than those who don't. (You do the math.) Being able to check financial activity in real time helps combat identity theft and lets you cancel incorrect charges before they get costly. Plus, e-statements are hard to misplace.

Buy a zipper-compartment wallet, save your receipts, and at the end of each week, reconcile the transactions with your online statements. You can also sign up with a free personal finance management site like Mint or Manilla, which will display your records from various accounts in one place. Best of all: Your bank might even give you a break on fees for banking online.

## HOW TO FORGIVE YOURSELF

JENNIFER THOMPSON, rape victim  
whose testimony sent the  
wrong man to prison for ten years

You have to find a way forward. You can say, "I'm going to work to improve myself so I never hurt another person that way." And then you need to atone, to make the lesson you learned mean something. Do this, and you will be able to look in the mirror again.

# 73

HOW TO

## Listen Better

MARTHA BECK, O's resident life coach and author of  
*Finding Your Way in a Wild New World*

Start by doing everything you can to fire up the "mirror neurons" in your brain, which mimic what others are experiencing. You can subtly imitate the other person's posture, even match the pace and depth of their breathing. Your words can also mirror what the other person is telling you. For example, you might say, "What I'm hearing is that it distresses you when your husband wears his tiara in public" or "Wow, I can tell just from your voice that you're under serious pressure." Don't add advice or commentary—just reflect. If you simply must add something, ask the speaker to disconfirm what you say. In other words, ask to be told where you're mistaken—and mean it. "I'm thinking it's not so much that you're embarrassed as that you want a tiara of your own—am I wrong about that?" Do not ask to be told that you're right; it turns a listening ear into a bid for authority, and no one will want to talk to you then.



## How to Motivate Yourself to Exercise

Singer MARY J. BLIGE

I absolutely do not like working out. I struggle every morning. I'll wake up and think, I do not want to train today, but I tolerate the gym for an hour three mornings a week. It's that first step—getting out the door—that's the toughest. If you can do that, you've already won.



HOW TO

## Find Inspiration in Unexpected Places

ROGER WIECK, curator at  
the Morgan Library & Museum

I grew up in Covington, Kentucky, a town where, during Prohibition, people came to get their booze, get their women, and gamble. It was still somewhat seedy when I was a child in the 1950s, but mostly it was just poor. My father was a bartender and my mother a housewife, and when I was 4 and 5 years old, one of the few treats we could afford was a trip to White Castle. I loved playing with the boxes the hamburgers came in, which were shaped like miniature castles, with little turrets, and said WHITE CASTLE in gothic script. Flash forward a few decades, and I'm working every day with the kind of art that features turreted castles—I curate medieval and Renaissance manuscripts.

Years ago at a dinner at the Morgan, an East Coast patron asked me how a boy from Kentucky got interested in illuminated manuscripts. Instantly, the White Castle box popped into my head. If you'd told me when I was 6, "Someday you'll work in a museum surrounded by fantastic art from the Middle Ages," I'd have said it was as likely I'd work on Mars. Life's inspiration can come from anywhere. Even a piece of trash.

HOW TO HANDLE HATERS

*Focus on creating more happiness in your daily life—so the hater has less power.*

—PEREZ HILTON, gossip blogger



## HOW TO TRAIN YOUR DOG TO STOP BARKING AT THE DOORBELL

COLLEEN MCDANIEL, founder of the Academy of Canine Behavior in Bothell, Washington

Your dog excitedly runs to the door because that's what you do! The trick is to get her to go to a new spot. Start by picking up a treat; once you have her attention, say, "Go to the rug" as you toss the treat onto that spot. As she's eating, say, "Good, rug"; then give her the "stay" command. Practice this—gradually replacing treats with praise—until she's got the hang of it. Then phase in the doorbell.



78

## How to KEEP BOUQUETS FRESH LONGER

EILEEN JOHNSON, *director of  
FlowerSchool New York  
and author of Tropical Flowers*

Hydration is critical to roses, so remove water-monopolizing thorns and leaves. Then dip the cut stems in boiling water for a few seconds before plunging them into cold water.

Tulips droop because they keep growing even after their stems have been cut. To stop the growth and keep them perky, prick a pin through the stem beneath the flower's head.

At full bloom, peonies rarely last more than a day or two, so buy them when they're only slightly open. If they're tight like golf balls, massage the heads to speed them along.



## ● YOU SAID IT! ●

O readers share their favorite words of wisdom.

Never go to bed angry.  
—LINDA DAVIS

Remember that power tools are very unforgiving.  
—SUE SERVATIUS

Don't burn your bridges; you may have to cross them again.  
—MARIE MURPHY

Don't cry over anything that can't cry over you.  
—CRISTIN MARANDINO

You can't get to second base with your foot still on first.  
—KINSEY GILL

Remember that the days are long but the years are short.  
—ELIZABETH COOPERSTEIN

How you do anything is how you do everything.  
—KAYLEE MASURY

Always be optimistic, even if you have to be irrational about it.  
—SUSAN BURK

There is no failure, just feedback.  
—KATHY JAKOLAT

Follow your own advice.  
—BELINDA WHITMORE

## How to LOOK GOOD IN PHOTOS

RUVEN AFANADOR, fashion and portrait photographer

Try to replicate the experience of looking in a makeup mirror. People usually act more confidently in front of the mirror than the camera—posing, studying their angles, being expressive. If you emulate that private moment, you'll look more natural.

# 90.

## How to Adapt When Your Life Takes a Turn

APRIL HOLMES, Paralympic gold medalist in the 100-meter dash. In 2001, at age 27, the former college track star lost her left leg from the knee down in a train accident.

You can't move very fast if you're carrying a lot of baggage. I try to remind myself of that every day. It's easy to get weighed down

by bad stuff from your past—an accident, a difficult breakup, family issues, whatever. But if you're tied to the past, you're not going to get very far. When I was lying in the hospital after the accident, my surgeon, Dr. DeLong, handed me some magazines about the Paralympics and told me to think about it. I had no idea what it would take to be an amputee, let alone a sprinter, let alone a gold medalist. But I told myself, *This is your new dream. Here it is. Take the first step.*



## HOW TO EAT HEALTHIER

SCOTT JUREK, champion distance runner, longtime vegan, and author of *Eat and Run: My Unlikely Journey to Ultramarathon Greatness*

**Take baby steps:** At 21, after years of eating fast food almost daily, I set a goal to eat healthier fats and less sugar once a week.

**Embrace variety:** Add two new foods to your diet weekly (seriously, try quinoa). I hated vegetables, but taste buds do evolve.

**Eat food in its original state:** You'll automatically eat better. Cooking from scratch just requires planning—and a slow cooker.

**Don't stress over slipups:** If you're eating healthy 70 to 80 percent of the time, it's okay to grab some fast food once in a while.



## How to Have More Fun

MR. MET, America's most popular professional sports mascot

Smile and you'll make everyone's day a little brighter, including yours. I smile 24 hours a day, even when I'm sleeping.

## HOW TO Get Past Emotional Pain

IVANLA VANZANT, host of OWN's *Iyanla, Fix My Life* (To read Oprah's thoughts on the show, turn to page 198.)

Everything we experience—no matter how unpleasant—comes into our lives to teach us something. To move on from something difficult, look for the lesson. Start by asking yourself: *If this is the way things are supposed to be, what can I learn from it?* Think about how you may have contributed to the painful experience, or if there was anything you could have done to prevent it. Often we don't realize the lesson because we'd rather avoid reliving the pain. But once you allow yourself to reflect on the sadness, anger, guilt, or shame you've been hiding, those feelings will begin to subside. Yes, someone hurt you. Once you've forgiven them and let go, you can move forward and begin creating the life you desire.



## HOW TO SAY NO

*Say this to yourself:  
"I'm not required to  
do something  
simply because others  
expect it." Then  
look the other person  
in the eye and  
say, "I can't do it."*

—DR. PHIL MCGRAW,  
host of Dr. Phil

## • ASK A PRO •

### How do I lift a wine stain, stat?

**JONATHAN SCHEER**, founder of J. Scheer & Co., couture clothing cleaners Blot the spill, then place a white cotton towel beneath the stained area. Apply a mixture of five parts warm water and one part enzyme laundry detergent. Tamp with a second towel until the stain disappears.

### How do I fix a clogged drain?

**KEITH BIENVENU**, national president of Plumbing-Heating-Cooling Contractors Association Drano will do more damage than good. Instead, use straight Clorox and let it sit for four hours without running the water. The bleach will break down whatever is clogging your drain.

### What's the must-have car tool?

**BRET BODAS**, director of data and content, RepairPal Traditional jumper cables are great—until there's no one around to give you a jump. Portable jump-starters don't require the help of another vehicle. I particularly like the DieHard models from Sears.

### Which hair dye should I buy?

**MICHAEL CANALÉ**, owner of Canalé Salon, in Beverly Hills Ignore the model on the front of the box and turn to the haircolor chart on the side. That will show the color you'll end up with based on your natural shade. And always buy at least two boxes. There's nothing worse than running out of dye halfway through.

NO.

# 99.

## HOW TO NOT SWEAT THE SMALL STUFF

**ALYSSA GOODMAN, PHD**,  
professor of astronomy,  
Harvard-Smithsonian  
Center for Astrophysics

The thing that's grand about spending your time thinking about the universe is that it makes you feel insignificant. I don't mean that in a bad way. If you understand that we've now discovered entire solar systems that contain planets similar to Earth, and that those are just the ones we know about, since most of the stars we've looked at are within about 300 light-years of Earth and the distance to the center of our galaxy is nearly 100 times that—then you realize that the laundry you've left undone and the dumb thing you said yesterday are about as significant as slime mold.



## How to SLEEP TOGETHER

**BONNIE GOLDSTEIN, PHD**,  
and **LOREN JUDAKEN**,  
leaders of the Better Sleep  
Habits seminar  
at the Oaks at Ojai spa

You need to compromise. He gets to have the window open; she gets an electric blanket. The person who falls asleep to the TV uses headphones; the person who needs total darkness uses a mask. If she goes to bed later, she puts on her pajamas early, so she's not loudly opening dresser

drawers. Blanket thieves get their own duvet, and snorers can seek medical intervention—or buy their partner a pillow under which to bury her head. And make your bedroom a sanctuary. Paint walls pale blue or green; remove all stimuli (books, gadgets, photos); light candles with a comforting scent; never keep a desk in the room. This is the place where you engage in your most intimate communication, both verbally and physically. So take the time to make it conducive to both activities.

# 101

## How to Laugh at Life

**IAN FRAZIER**, author of *The Cursing Mommy's Book of Days*

The tap water hits a spoon in the sink and sprays you. You pull a window shade and it just keeps going and going. You can't roll up a garden hose in any dignified way. You have to become a connoisseur of these events—Wow, look at that, that's great. You have to hope that a higher power is saying, *That was a good one!* And that you're sharing the divine pleasure it's taking in your misfortune.