

O

THE OPRAH
MAGAZINE



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SEE PAGE 29

You're invited!

Summer at OPRAH'S

From gardening to grilling to totally chilling!



THE ULTIMATE DENIM GUIDE

Jeans that slim, trim & kick butt!

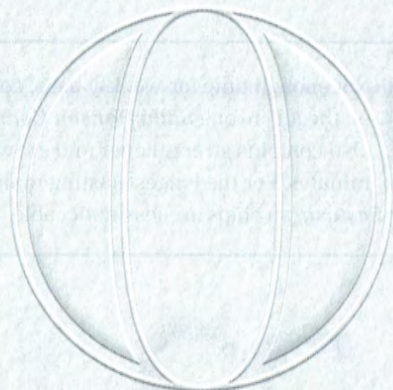
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Grocery list included

8 FUN QUIZZES
guaranteed to move your life forward

The O Interview
OPRAH SITS DOWN WITH THE MOST DELICIOUS MAN EVER!



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Oprah Talks to...

Jean-Georges **Vongerichten**



Amid the bustle of one of the world's great restaurants, Oprah sits down for a chat (and a bite) with the chef who helped bring the flavors of Asia to the American dining experience. A man who can pull off home cooking as well as haute cuisine—and whose lifelong passion infuses every morsel.

PHOTOGRAPHS BY
BEN BAKER



29

A foolproof method for getting a quick, pretty flush: Tap your ring finger in cream blush (such as **Stila Cosmetics Aqua Glow Watercolor Blush**) and press it against your thumb. To get just the right amount of sheer color on each side, use your ring finger to pat it on the apple of one cheek and your thumb for the other cheek. Dust a similar shade of light powder blush on top (try **Urban Decay Afterglow 8-Hour Powder Blush**) to prevent fading.

30

*Multitask at the beach with a protective hydrating hair treatment. Saturate dry hair with a conditioning mask (try **Briogeo Don't Despair, Repair! Deep Conditioning Mask**); then braid it or twist it into a bun.*

32

If you don't even want to think about polish, treat nails to a coat of conditioner instead. **Deborah Lippmann Genie in a Bottle** neutralizes yellow and makes nails appear healthier. **Ginger + Liz First Defense Natural Coat** gives a matte finish, and **Orly BB Crème** smooths and brightens.

36

Two easy ways to avoid having to touch up your makeup throughout the day: Use products that contain a primer (**Clinique Pop Lip Colour + Primer** and **Neutrogena Nourishing Long Wear Eye Shadow + Built-in Primer** are both great options) or mist your complexion with a makeup-setting spray (such as **Coola Makeup Setting Spray SPF 30**) before you walk out the door.

37

*For a quick smoky eye, line your lashlines with a gel pencil (try **Maybelline New York Eye Studio Lasting Drama Waterproof Gel Pencil**), then smudge it out with your finger.*

38

Step up your style with a fast and easy (but fancy) braid, which works on long hair of all textures. One option: Pull hair into a ponytail and secure with an elastic. Then split the ponytail in two and braid each half. Twist the braids into a bun and bobby pin into place. For a looser, more laid-back look, braid a one-inch section above each ear, then pull the two skinny braids around to the back of the head and pin.

39

A balm stick (get **Pre de Provence Argan Balm**) can be an excellent all-in-one moisturizer. Use it on dry patches, calluses, on the eye area, and to soften lips.

31

Not enough time for weekly base, color, and top coats? Swipe on the all-in-one **Sally Hansen Complete Salon Manicure**, which also contains strengthener and growth treatment and dries in minutes. For the longest-lasting mani, choose a light, subtle color, like **Sheer Ecstasy**, so chips are less noticeable.

33

Or skip enamel completely and simply buff nails. Buffing reduces yellowing and other discoloration caused by polish.

34

If you use a dryer, try a blow-dry speed spray (like **L'Oréal Paris Advanced Hairstyle Blow Dry It Quick Dry Primer Spray**), which wicks water from the hair shaft.

35

An in-shower lotion (we love **Jergens Wet Skin Moisturizer**) eliminates the need to moisturize afterward.

40

Create a flattering nude lip without lipstick: Just dab a little concealer on the center of your lips and blend it out with your finger. Apply a clear gloss (such as **Make Up For Ever Artist Plexi-Gloss in Transparent**) on top to give it sheen.

OUR EXPERTS

Rlawna Capri, *Clear Scalp & Hair* celebrity stylist
Anne Chapas, MD, dermatologist in New York City
Lisa Chiccone, hairstylist in New York City

Annie Chiu, MD, dermatologist in Redondo Beach, California
Sharon Dorrain, hair colorist in New York City
Stephanie Flor, *Clinique* color pro

Gervaise Gerstner, MD, *L'Oréal Paris* skincare expert
Ted Gibson, hairstylist in New York City
Emmy Graber, MD, dermatologist in Boston

Ranella Hirsch, MD, dermatologist in Boston
Sarah Lucero, *Stila Cosmetics* global director of education
Ellen Marmur, MD, dermatologist in New York City

Sarah Potempa, *Aussie* celebrity stylist
DJ Quintero, hairstylist in New York City
Ashunta Sheriff, makeup artist in New York City

Sir John, *L'Oréal Paris* celebrity makeup artist
Molly R. Stern, makeup artist in Los Angeles
Christian Wood, *Toni & Guy* celebrity stylist

For details see *Shop Guide*.



It's a thrill to enter a restaurant and know you're in good hands—especially if those hands belong to Jean-Georges Vongerichten. When I'm in New York, I love to head to ABC Kitchen, his casual downtown restaurant, where the burger—topped with pickled jalapeños and herb-flecked mayonnaise—and fried chicken make the trip complete.

Of course, Jean-Georges can also craft the fanciest of dishes, which is why Jean-Georges, his palace of fine dining near Central Park, is one of the most highly respected restaurants in the world. And that's where I am today, enjoying an egg unlike any other—softly scrambled and topped with caviar, in a hollowed-out eggshell—as Jean-Georges tells me the story of how he went from being a bad student in a small Alsatian town to the mastermind behind 30 restaurants and a team of more than 5,000. He's been awarded three Michelin stars every year for ten years—and can come up with a masterpiece of a dish almost as easily as you and I breathe.



OPRAH: I want to get to the heart of your artistry. When did you fall in love with food?

JEAN-GEORGES VONGERICHTEN: My parents took me for my 16th birthday to a restaurant in Alsace, where I come from. We were a big family—three generations under one roof. I'd never been to a restaurant in my life.

OW: Wow.

JGV: I was amazed. The ballet of the waiters, the food. I couldn't believe you could do a living out of food.

OW: Do you remember what you ate?

JGV: Foie gras to start. A salmon soufflé—salmon with soufflé on top. And venison.

OW: So, it was a really nice restaurant.

JGV: Yes, a three-star Michelin, the only one in the whole region of Alsace. It was like my eyes opened up. The chef came

to the table, and my father said to him, "Are you looking for a dishwasher? Because it looks like my son is interested in the business." I was very bad in school, the worst. My father sent me to an engineering school, and they threw me out. He wanted me to take over the family coal business, but I hated it. So my father says, "My son is good for nothing. But maybe he can peel potatoes." And the chef says, "Well, we are looking for a summer apprentice." My father says, "He can start next week." And that was the beginning.

OW: At 16!

JGV: Yes, it was 1973. I was 16. After that, I went on to cook under other top chefs in France. Then I got a job in Thailand, and I stayed in Asia for five years.

OW: Asia had a powerful influence on you. What were the spices there that impassioned you?

JGV: I landed in 1980 in Bangkok, and I stopped to eat ten times between the airport and the hotel. It was all lemongrass and ginger and chilies. At the time, I was cooking French food: cream, butter, pepper steak, onion soup. I had all this lemongrass, ginger, and chilies, and I couldn't use them. But I say to my team in the kitchen, I say, "I want to eat Thai food breakfast, lunch, and dinner. I want to know everything about it."

OW: And then you came to New York.

JGV: I arrived in New York in 1986, when I was 28. The market here was nothing. In the Union Square farmers' market, it was a couple of potatoes, everything from California. So the only place I was comfortable shopping was in Chinatown,



Above: Vongerichten with the day's catch, New York City. Opposite page, from top: Oprah tastes the chef's handiwork in the dining room at Jean-Georges; working the line; the bar at Perry St., one of Vongerichten's downtown restaurants.



KITCHEN TIPS

FROM A MASTER



HOW TO CHOP GARLIC

Cut the clove in half. With the butt of your hand against the flat of the knife, smash each half. Then use the blade to finely chop.

HOW TO GRILL FISH

Forget adding extra oil: If you dust the fish's skin very lightly with flour, it will never stick to the grill.

HOW TO CUT CITRUS

Take the whole fruit, cut it in half along the stem, then cut both halves into three wedges, starting your cut on either side of the stem. You'll wind up with six perfect wedges.

HOW TO MAKE HOT SAUCE

In a blender, place a handful of seeded hot chilies—habanero, jalapeño, Thai bird; add half a clove of chopped garlic, two pinches of salt, a pinch of sugar, and enough vinegar to blend the mixture into a liquid. Once it's blended until smooth, let the mixture sit out to ferment at room temperature for 12 hours, then refrigerate.



because it all came from Hong Kong. So I start using—

OW: Lemongrass, ginger, and chilies!

JGV: Yes!

OW: You're a big reason we all use those ingredients now. You introduced them to us.

JGV: Even an Italian restaurant I saw the other day was using ginger. So I was the chef at Lafayette at the time, and it was

there that *The New York Times* gave me four stars.

OW: And you were only 31! So tell me: What makes a dish work?

JGV: I think when I was younger I was cooking to impress. Sometimes the dish would have 15 things on the plate. That's cooking only for yourself. As you get more mature, you take all the superfluous things away and you get the essential flavor. Now I cook for people, not for myself.

OW: How long do you spend on one recipe?

JGV: Oh, it's very quick. Because you know what salmon tastes like and you know what asparagus tastes like. And then you pair them in your mind.

OW: I love eating in any Jean-Georges restaurant. How is it always 1,000 percent consistent? It doesn't matter what day, what time of year—you get that same perfect burger.

JGV: I write my recipes very precisely. That's the German side of me—Alsace was part of Germany twice, you know. I put everything on a scale. Everything.

OW: Even the salt?

JGV: Everything. If we put a vinaigrette together, every part of it is weighed. For the burger, we do a bit of arugula, olive oil—everything is weighed. To the gram.

OW: You know, one of my other favorite people is Quincy Jones. I think of you as the Quincy Jones of food—as a food composer. Is that how you see yourself?

JGV: I see myself as a creator.

OW: You're an artist first.

JGV: First is flavor.

OW: Of course.

JGV: The role of the chef is to create something personal, something that people understand and that they come back for.

OW: How do recipes come to you? Do you eat, sleep, breathe recipes?

JGV: I dream about food every night.

OW: If you dream up something in the morning, is it on the table by the evening?

JGV: A lot of the time, yes. I'll say to the chefs, "I found some sugar snap peas. Let's think up ten dishes." We try to think of what will turn this pea into something new. The ingredients are what they've always been. I tell my chefs, "There's no new fish coming out of the ocean." As far (continued on page 131)

Let's Eat!

UPPER CRUSTS, TROPICAL TREATS, A BOUNTY OF BASIL

TOAST, MASTERED

A slice of bread can be so much more than a basic breakfast. **Curtis Stone** turns this humble staple into a culinary canvas.

W

HILE TOAST (with a cup of coffee) is all I eat on many hectic mornings, it's also something I rely on at any time of day. A grilled piece of bread is an edible plate that can be loaded with just about any food you're crazy for, whether it's mashed avocado with a bit of salt and hot sauce or one of my topping ideas here. You can dress it up as an hors d'oeuvre for a cocktail party or make it an ultracasual dinner in front of the TV. And toasts are especially enticing in summer, when we want things simple and easy. Have a few ripe tomatoes on hand? Grate them into a juicy mess, slice some spicy serrano chilies, and mound it all on thick country-style bread with a sprinkling of oregano leaves. For an irresistible savory-sweet treat, try pan roasting grapes with thyme and then spoon them onto some chewy multigrain generously slathered with mascarpone. Or mix balsamic-glazed onions with wilted radicchio, pile them on ciabatta, and scatter a few dollops of creamy goat cheese on top. All you'll need are ingredients you can find at your local grocery store and, of course, a loaf of bread that's ready to be crisped up and heaped with all this tastiness. The result? The greatest thing since...you get the point.



TOP THIS! FOR CURTIS STONE'S ZUCCHINI AND FONTINA TOAST RECIPE, DOWNLOAD THE O APP.



PHOTOGRAPHS BY Andrew Purcell



**OPRAH TALKS TO
JEAN-GEORGES VONGERICHTEN**

(continued from page 125)

as meat goes, there's beef, pork, lamb. And for birds you have chicken, duck, quail, squab, and game birds. But add licorice to that chicken and it becomes new. There are so many herbs and spices—the combinations are endless. It's about looking for new sensations, new flavors. Make it pop, make it sing.

OW: Who cooks at home?

JGV: I do, and my wife. She's half Korean; she loves Korean food. At the restaurant I do so much plating, but at home it's all family style.

OW: Do people ever invite you to dinner?

JGV: Absolutely.

OW: I'd be scared for you to come to dinner.

JGV: I'm scared when you come to dinner!

OW: Do you judge the food when you go to someone's house?

JGV: Sometimes they'll ask me what I think, and I have to...well, I might say something like, "Maybe you could add lemon juice," because I don't want to say, "It sucks."

OW: [Laughs] What are some of your proudest creations?

JGV: A simple sautéed shrimp in carrot juice. You have the carrot, which is earthy, and the shrimp, which is the ocean. And you mix them together. It's magic. I use the same spices you use in carrot cake—nutmeg, cinnamon, cloves, a little lemon juice, a tiny bit of butter so it's a sauce, a little cayenne and salt on the shrimp, and when you eat it you feel the earth and the ocean together. That's the planet. That's us.

OW: How do you decide when to do another restaurant? Like right now, you're doing a vegan restaurant—I may become vegan now that you're in the business.

JGV: It's a mix of raw food, vegan, and vegetarian. The flavors are inspired by the world. It's called ABCV.

OW: The V because it's vegetarian?

JGV: Vegetarian, vegan, it's the first letter of my last name...

OW: That's nice! And are you dreaming up new stuff for this restaurant? Give me an idea. A hint.

JGV: We're going to have lettuce growing on the walls.

OW: On the walls? That's incredible! And speaking of lettuce, what happened with kale? For years you couldn't give away kale. So why are we all eating it now?

JGV: It was always very popular in Italian food. And I think now people know it's so healthy, it's so good for you.

OW: Food really is subject to trends. I'm trying to push truffles. You can find truffle popcorn, truffle salt.

JGV: Absolutely, truffles everywhere. I'm a fanatic about chilies. We have a dish of root vegetables—carrot, turnip, daikon, beets—roasted together and glazed with Thai chili.

OW: How are you able to manage it all? I come here, and I see you here. I go to ABC Kitchen and see you there...

JGV: I have three clones. [Laughs] It's all about having people you trust. And I love my job. I wake up and run to work.

OW: I can see it in your eyes. You have the same enthusiasm as that 16-year-old boy.

JGV: I'm still him.

OW: Of course it's wonderful to get all the accolades, but when you get a bad review...

JGV: We've had a couple flops: 66, a Chinese restaurant in TriBeCa, and V Steakhouse in the Time Warner Center. The steak house is a national treasure in America. Don't touch it. I tried to play with it. Funny appetizers, funky little things.

OW: Is that when [former New York Times food critic] Frank Bruni gave you that terrible review?

JGV: Yes.

OW: I read that you took to bed for three days. Why did that hurt you so?

JGV: Who told you that? [Laughs] The team we put together had worked so hard, and I felt like I failed them, you know?

OW: I can't imagine you taking to bed. Did you cry?

JGV: Oh, I cried. I'd think, What happened?

OW: What's the biggest reward for you?

JGV: The biggest thing I'm proud of is filling up the restaurant every night.

OW: How do you feel when you see people

enjoying your food?

JGV: It's the greatest pleasure in the world.

OW: Is food love?

JGV: Absolutely. It's all love. And you do it three times a day.

OW: What is your favorite part of the job?

JGV: Creating a new place. When I was a kid, before that birthday at the restaurant, I wanted to be an architect. And now today I'm doing both: making food and designing spaces to eat it in. I'd like to do a hotel one day. If you're at my restaurant, I get you for two, two and a half hours. At a hotel I would get you all night. I have you for breakfast, lunch, and dinner.

OW: Bring them that egg with caviar. What do your parents think of your success, your father who thought you were—

JGV: Good for nothing. He was like, "I can't believe it. You have over 5,000 employees?"

OW: Let me ask you this: I've never met a chef who didn't have trouble in their personal lives. You're married to the work.

JGV: I got divorced once. I came to New York married, my son was born in '81 and my daughter in '87. And six months after I got my four stars, my wife said, "I don't want to live here. I'm going back to France." I said, "Are you kidding me? I can't leave."

OW: Did those stars cost you your marriage?

JGV: The work did. The 16-hour days, six or seven days a week. She took the kids to France, and they'd go back and forth.

OW: Have you learned to balance it a bit more now?

JGV: Oh, yes. I never work on weekends.

OW: Really?

JGV: Well, I'm 58 now.

OW: Are you still doing 16-hour days?

JGV: Fourteen. I leave in the morning at 8, go to the gym, then the office for a while....

OW: And then on weekends, are you able to chill?

JGV: Completely. I'm a different person.

OW: And when are you happiest?

JGV: I like chaos. At 8, 8:30 at night, when it's bustling—I love that. I love the action.

OW: Final question: What do you know for sure about yourself as a food composer?

JGV: What do I know for sure? I know what tastes good.

OW: Yes, you do. I know that for sure, too. **O**



Shop Guide

(All prices are approximate.)

COVER *On Oprah*: Top, Michael Michael Kors, \$110; lordandtaylor.com. Pants, \$178; eileenfisher.com. Sunglasses, PQ by Luxuriator, \$1,400; luxuriatorcollection.com. Watch, Rado True Thinline, \$3,100; store.us.rado.com. Goblets, \$68 each; juliska.com.

ADAM'S DENIM GUIDE

PAGE 60 (Clockwise from top left) *On Suzi Jones*: Top, \$79; bananarepublic.com. Jeans, \$235; mih-jeans.com. Sunglasses, \$95; warbyparker.com. Bag, Ivanka Trump Handbags, \$350; macys.com. Shoes, CH Carolina Herrera, \$415; 310-276-8900. Checkered top, Tommy Hilfiger, \$149; tommy.com. Braided skirt, \$215; 7forallmankind.com. *On Cachee "Kitty Cash" Livingston*: Sweater, \$89; athleta.com. Shirt, \$88; splendid.com. Bag, Zac Zac Posen, \$295; couture.zappos.com. Denim jacket, \$119; luckybrand.com. Top, \$89; talbots.com. Jeans, \$40; oldnavy.com. Jeans, Closed, \$279; erdon.co. Coat, H&M, \$99; hm.com. Bag, Rafe New York, \$495; rafe.com. Shoes, Christian Louboutin, \$675; 212-255-1910. *On Zhu Zhu*: Jacket, McGuire, \$322; jcrew.com. Top, CAbi, \$96; cabionline.com. Denim shirts (from left): Tommy Hilfiger, \$99; tommy.com. \$79; banana republic.com. FDJ French Dressing, \$83; fdj.ca. Current/Elliott, \$188; currentelliott.com. \$79; talbots.com. Forever 21, \$23; available at select Forever 21 stores nationwide. *On Valentina Zelyaeva*: Jumpsuit, Hart Denim, \$118; nordstrom.com. Top, COS, \$99; cosstores.com. Utility Jeans, \$140; armanianexchange.com. **PAGE 62** *On Ericka*: Bag, Zac Zac Posen, \$350; couture.zappos.com. Shoes, Manolo Blahnik, \$935; 212-582-3007. **PAGE 64** *On Valentina*: Bag, \$345; rebeccaminkoff.com. **PAGE 65** *On Valentina*: Bag, \$348; vince camuto.com. Bracelet (left), \$340; apeacetreaty.com. Bangles, \$54 each; julievos.com. White bangle, \$198; apeaceatreaty.com. *On Livingston*: Shoes, \$55; converse.com. The Culotte: Jacket, \$290; massimodutti.com. The Cropped Boot: Jacket, Abercrombie & Fitch, \$98; abercrombie.com. Shirt, \$25; gap.com. Bag, Ivanka Trump Handbags, \$325; zappos.com. Watch, Movado BOLD, \$750; movado.com. **PAGE 66** *Roll with It: Apple Watch*, \$699; apple.com. *Mix Master*: Shoes, \$950; jimmychoo.com. *Find the Right Flare (from left)*: Shirt, \$65; eloquii.com. Shoes, Diane von Furstenberg, \$325; 646-486-4800. Jacket, \$159; adriannapapell.com. Shirt, Michael Michael Kors, \$59; michaelkors.com. Shoes, \$595; jimmychoo.com. Shirt, Marieclaire St John DressShirt, \$295; dressshirt.com. Shoes, SJP, \$395; nordstrom.com.

TIME OFF! PAGE 116 Givenchy Teint Couture Concealer, \$35; sephora.com. Chanel CC Cream, \$55; chanel.com. Eucerin Professional Repair Extremely Dry Skin Lotion, \$8; drugstores.

CoverGirl The Super Sizer by LashBlast Mascara, \$7; drugstores. Dior Diorshow Mascara in Pro Blue, \$28; dior.com. Marc Jacobs Beauty Highliner Gel Eye Crayon in Top Secret, \$25; sephora.com. **PAGE 118** Neutrogena Hydro Boost Water Gel, \$19; drugstores. Anastasia Beverly Hills Dipbrow Pomade, \$18; anastasia-beverlyhills.com. Aloxxi Essential 7 Oil Leave-in Conditioning Cream, \$23; aloxxi.com. Redken Frizz Dismiss FPF 20 Smooth Force Lightweight Smoothing Lotion Spray, \$22; redken.com for salons. Schick Intuition Revitalizing Moisture Razor, \$12.50; drugstores. Nars The Multiple, \$39; narscosmetics.com. Jo Malone London Shower Oil, \$45; jomalone.com. Suave Professionals Moroccan Infusion Dry Body Oil Spray, \$6.50; drugstores. Shu Uemura Essence Absolue Nourishing Oil for Body and Hair, \$68; shu-uemura.com. Clean & Clear Oil Absorbing Sheets, \$5; drugstores. John Frieda Frizz Ease KeraFlex Flexible Hold Hairspray, \$10.50; drugstores. Clarins Radiance-Plus Golden Glow Booster for Body, \$45; clarinsusa.com. YSL Glossy Stain Pop Water, \$36; ysibeauty.com. L'Occitane Pivoine Sublime Tinted Lip Balm, \$16; usa.loccitane.com. Bumble and Bumble Don't Blow It (H)air Styler, \$30; bumbleandbumble.com. **PAGE 120** Olay Active Botanicals Overnight Moisture Mask, \$15; target.com. Living Proof Perfect hair Day (PhD) Night Cap Overnight Perfector, \$28; livingproof.com. Paula's Choice Resist Skin Revealing Body Lotion with 10% AHA, \$27; paulaschoice.com. BareMinerals Mineral Veil Finishing Powder Broad Spectrum SPF 25, \$21; bareminerals.com. MAC Haute & Naughty Waterproof Lash, \$22; maccosmetics.com. Bobbi Brown Long-Wear Gel Eyeliner in Chocolate Shimmer, \$25; bobbi-browncosmetics.com. Lancôme Shine Lover in French Sourire, \$25; lancome-usa.com. Garnier Miracle Skin Perfector Daily Anti-Acne BB Cream, \$13; drugstores. **PAGE 121** Stila Cosmetics Aqua Glow Watercolor Blush, \$26; stilacosmetics.com. Urban Decay Afterglow 8-Hour Powder Blush, \$26; urbandecay.com. Briogeo Don't Despair, Repair! Deep Conditioning Mask, \$26; sephora.com. Sally Hansen Complete Salon Manicure, \$8; drugstores. Deborah Lippmann Genie in a Bottle, \$20; sephora.com. Ginger + Liz First Defense Natural Coat, \$15; gingerandliz.com. Orly BB Crème, \$15; orlybeauty.com. L'Oréal Paris Advanced Hairstyle Blow Dry It Quick Dry Primer Spray, \$5; drugstores. Jergens Wet Skin Moisturizer, \$7; drugstores. Clinique Pop Lip Colour + Primer, \$18; clinique.com. Neutrogena Nourishing Long Wear Eye Shadow + Built-in Primer, \$9.50; drugstores. Coola Makeup Setting Spray SPF 30, \$36; sephora.com. Maybelline New York Eye Studio Lasting Drama Waterproof Gel Pencil, \$8; drugstores. Pre de Provence Argan Balm, \$10; hsn.com. Make Up For Ever Artist Plexi-Gloss in Transparent, \$19; sephora.com.



RETRO ACTIVE Actress Zhu Zhu shows a flare for the dramatic in "Adam's Denim Guide," on page 60.

O, The Oprah Magazine (ISSN 1531-3247) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019, U.S.A. Steven R. Swartz, President and Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennaek, Jr., Executive Vice Chairman; Catherine A. Bostron, Secretary, Hearst Magazines Division; David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan, Jr., Senior Vice President, Finance. © 2015 by Hearst Communications, Inc. All rights reserved. *O, The Oprah Magazine* is a registered trademark of Harpo Print, LLC. Periodicals postage paid at New York, NY, and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499.

Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$28 for one year. Canada and all other countries: \$50 for one year. Subscription Services: *O, The Oprah Magazine* will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within four to six weeks. For customer service, changes of address, and subscription orders, log on to service.theoprahmag.com or write to Customer Service Department, O, The Oprah Magazine, P.O. Box 6000, Harlan, IA 51593. Due to the high volume of submissions, the publisher cannot accept or return unsolicited manuscripts or art. Canada BN NBR 10231 0943 RT. Postmaster: Send all UAA to CFS. (See DMM 707.4.12.5.) Nonpostal and military facilities: Please send address changes to *O, The Oprah Magazine*, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

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