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THE OPRAH  
MAGAZINE

## 5th anniversary special!

Surprise  
gift from  
Oprah  
inside!

## Change just one thing...

How a small emotional shift can  
open up your whole life

(See page 326)

**Tina Turner**  
on younger men,  
plastic surgery,  
and the night  
she ran away

# 5

- best things to do for your relationship
- **ways to get a life**
- bits of advice that could save your butt
- **books you should read at least once**
- ways to fix the world...

**Plus:**

Diet doctors' diet secrets  
**See your own beauty**  
Dr. Phil...  
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MAY 2005

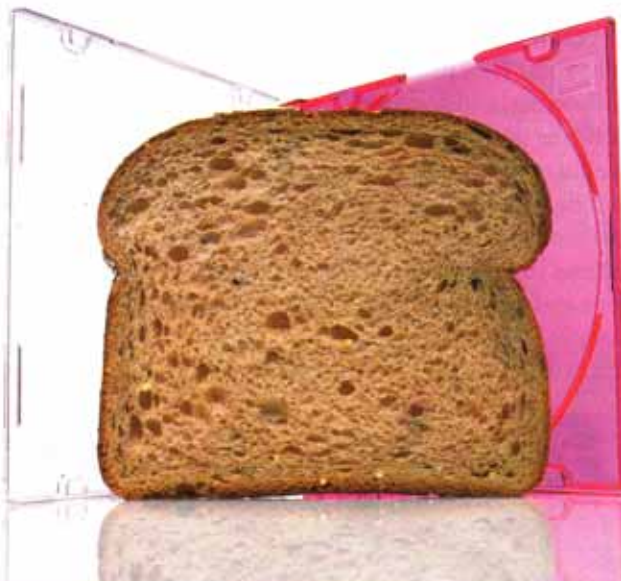
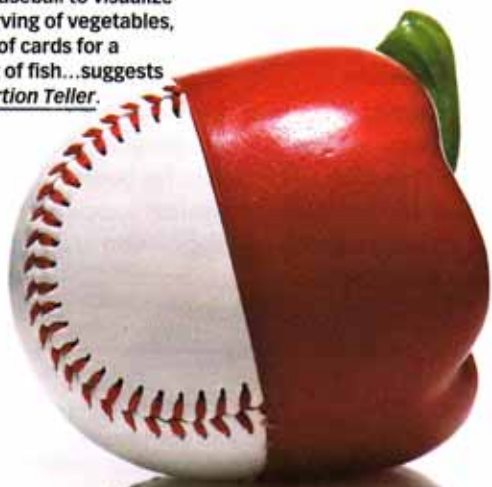
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THE HEALTHY BOOKSHELF... "EXERCISE VITAMINS"... MEDICINE-CHEST CONFIDENTIAL

Use a baseball to visualize one serving of vegetables, a deck of cards for a serving of fish... suggests *The Portion Teller*.



**1** *The Portion Teller: Smartsize Your Way to Permanent Weight Loss*, by Lisa R. Young, PhD, RD.

A respected nutritionist and adjunct professor at New York University, Young is now sharing her knowledge with the rest of the dieting world. She has the chops to present her case and does it with such aplomb that the solutions she proffers seem easy. She provides ways to

## Best New Health Books

figure out portion size, "smartsize" techniques for enjoying foods you just can't live without, and formulas for different eating personalities—volume eaters, mindless munchers, and everything in between.

**2** *You: The Owner's Manual*, by Michael F. Roizen, MD, and Mehmet C. Oz,

MD, with Lisa Oz and Ted Spiker. Roizen and Mehmet Oz call the book "a manual for prevention," an apt description of their lively primer on how the human body works and how best to care for it. The illustrations appear to be influenced as much by *MAD* magazine as by *Gray's*

*Anatomy*, and the authors' compelling descriptions of human physiology hit all the major topics—including heart disease, brain health, sex, and diet—while liberally sprinkling in such factoids as: Spinach is even better for your eyes than carrots, and Q-tips should never be used in your ears (they end up pushing wax further in—the authors suggest a drop of mineral oil instead). ➔



**3 Five Good Minutes: 100 Morning Practices to Help You Stay Calm & Focused All Day Long**, by Jeffrey Brantley, MD, and Wendy Millstine. Take five minutes every morning to be fully present, the authors say, and you give yourself “the power to initiate change” in almost every area of your life. They lay out 100 ways to use that time, with techniques like mindfulness, imagery, and meditation. An

example: Write up a list of compliments for a loved one. Whether or not you hand the list over, the simple act of kindness helps fight malaise.

**4 Our Bodies, Ourselves: A New Edition for a New Era**, by the Boston Women’s Health Book Collective. The first edition was published 35 years ago, but this updated compendium is fresh, authoritative, and packed with information and insight.

It’s sprinkled with stories from women of all ages, sizes, and walks of life, and full of solid advice—from the latest birth control and pregnancy guidance to chapters on menopause and aging.

**5 Against Depression**, by Peter D. Kramer, MD. In his latest book, the author of *Listening to Prozac* asks us to imagine a world in which depression no longer exists. Kramer presents a wide-

spectrum view of current science, predicts the direction of future research, then proposes systematically eliminating the disorder—especially since long-term depression has been linked to permanent damage to the body. By turns poetic and academic, and always deeply felt, his book is a polemic against a society that accepts depression as a fact of life.

—LAUREN GRAVITZ