

# O

THE OPR  
MAGAZI

LIVE YOUR BEST

**SUNNY WITH  
A CHANCE OF  
GORGEOUS!**

**SUMMER BAGS & SHOES  
FROM \$24 TO \$99**

**WANT A SWIMSUIT  
THAT TAKES OFF 10 LBS?**

*(We had a feeling you might...page 65)*

**“Say Yes to Life!”**

— OPRAH

**28 Genius Ways to  
Get Unstuck and  
Make Your Dreams Real**



**DR. OZ TO  
THE RESCUE  
5 ACHES  
& PAINS  
YOU  
SHOULD  
NEVER  
IGNORE**

**HOW TO  
MAKE A  
VISION  
BOARD  
THAT  
REALLY  
WORKS**

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JUNE 2010 \$4.50

OPRAH.COM

YOU COULD...



# Win Your Own Adventure!

O is giving away five amazing trips—with a collective value of over \$60,000—so if you're looking to expand your horizons by a little (say, with a trip to Europe) or a lot (up for a festival in the Mongolian mountains?), here's your chance to make a great escape. [Go to oprah.com/adventure](http://oprah.com/adventure) for details.

## Paris Culinary Extravaganza Sweepstakes



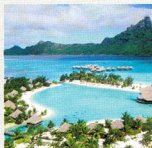
During your two nights at *Hôtel Plaza Athénée*, you'll be treated to Champagne breakfasts, dinner for two at *Alain Ducasse Restaurant* (recipient of three Michelin stars), and more. Then spend two nights at *Hôtel Le Meurice*, left, and meet three-Michelin-star chef *Yannick Alléno*. Enjoy a meal at his acclaimed restaurant, receive his signed book, and taste a selection of wines chosen by the head sommelier.

HOTEL  
PLAZA ATHÉNÉE  
PARIS

Le Meurice  
Paris

open skies  
www.openskiess.com

## Tahiti and Bora Bora Sweepstakes



You'll start with two nights at *Le Méridien Tahiti*, relaxing on the white-sand beach or touring some of the island's most gorgeous waterfalls. Then you're off to three nights in a luxury overwater bungalow at *Le Méridien Bora Bora*, where you can take a guided (and motorized) outrigger canoe tour of shark and stingray habitats.

Le MERIDIEN  
TAHITI & BORA BORA

Tahiti  
TOURISME

Air Tahiti Nui

## Design Weekend in London Sweepstakes



Spend four nights this September at the *Dorchester*, overlooking *Hyde Park*. You'll be able to go behind the scenes at the hotel, as part of *Open House*, an annual weekend when the public is invited to tour sites that are usually off-limits in the city. Plus you'll have a car and driver for an afternoon to take you to London's best design shops. You'll also have a lunch and spa treatment at the hotel.

The Dorchester  
BRITISH AIRWAYS

## Mongolia's Golden Eagle Festival Sweepstakes



This fall, *Nomadic Expeditions* hosts a 12-night tour of Mongolia. You'll stay at the *Three Camel Lodge*, a luxury camp, while in the *Gobi Desert*; visit the *Flaming Cliffs* and the dunes of *Hongoryn Els*, home of "the singing sands"; and attend the annual *Golden Eagle Festival*, a display of Kazakh traditions in western Mongolia.

NOMADIC EXPEDITIONS

eznis  
always

Fly 62 - Fly Smart

## Walking Food Tour of Italy Sweepstakes



On this seven-day *Country Walkers* tour of the *Isle of Capri* and the *Amalfi Coast* this fall, you'll walk from coastal trails to hillside villages, stopping at family-run farm restaurants and trattorias along the route—a great way to experience the slow-food movement. You'll also visit the ruins of *Pompeii*. (Please note: This trip has segments that are more physically challenging.)

COUNTRY WALKERS

Explore the world one step at a time

Airfare provided by Country Walkers



## HOW TO ENTER THE SWEEPSTAKES

1 Visit [oprah.com/adventure](http://oprah.com/adventure) for complete itineraries and travel information on each prize package.

2 Check your availability: Some trips are offered only on specific dates.

3 You can enter for a chance to win one sweepstakes or all five. (However, you can win only one trip overall.)

For abbreviated rules, see *Shop Guide*. For complete rules for each of the five sweepstakes described above (collectively, the "Sweepstakes"), go to [oprah.com/adventure](http://oprah.com/adventure).

**NO PURCHASE NECESSARY TO ENTER OR WIN.** Sweepstakes are Sponsored by Hearst Communications, Inc. From 12:01 A.M. (EDT) on May 17, 2010, through 11:59 P.M. (EDT) on June 15, 2010, participants can go to [oprah.com/adventure](http://oprah.com/adventure), review the five Sweepstakes, and choose which to enter pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received in each Sweepstakes. Entrants must be legal residents of the 48 contiguous United States or D.C., age 21 or older. Void in Puerto Rico, Alaska, Hawaii, and where prohibited by law. All Sweepstakes are subject to their corresponding set of official rules. ARV of prizes ranges from \$8,264.00 to \$175,770.00, depending on which Sweepstakes is entered.