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THE OPRAH
MAGAZINE

Love! Success! Happiness!

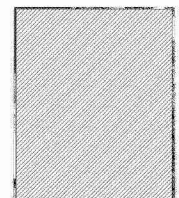
Let Your Intuition Be Your Guide

Uncovering Answers to Your Deepest Questions

The New Novel We Couldn't Put Down!
PAGE 103

"For all the major moves in my life, I've trusted my instincts."
—Oprah

Health Secrets From Around the Globe
Dr. Oz Has Found the Best!



COVER CREDITS:

Oprah photographed by
Ruven Afanador. **Fashion
editor:** Jenny Capitan.

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JoJo Cohen. **Hair:**

Andre Walker. **Makeup:**
Derrick Rutledge.

Set design: Steven

Nassimos. Blouse,
Donna Karan New York.
Skirt, Rachel Roy.

Earrings, Henri J. Sillam.

Bangles, Roberto Coin.

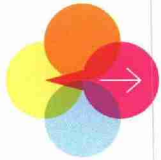
Bracelet, David Yurman.

Watch, Rado. Ring, Mia

Lara. Shoes, Giuseppe

Zanotti Design. *For*

details see Shop Guide.



Here We Go!



I'M A BIG BELIEVER

in the wisdom of gut feelings—those moments when you just know something to be true, even if you don't know how you know. I've learned that whether your sixth sense is telling you to keep going or to turn back, to say yes or to say no, to take something on or to let something go, it's a good idea to listen.

The stories we're bringing you this month prove that intuition is among our most valuable traits—and one that you can get better at tapping into. As Martha Beck says, it's not about following the inner voice that "echoes parents, teachers, priests, and angry personal trainers" (page 114); it's about staying tuned to the whispers that come from deep within—the ones that tell you when you're in danger, when you've met your soul mate, when you need to do something that everyone else says is crazy. Learn to hear what your inner voice is telling you, and your whole world changes—just as it did for the women you'll meet starting on page 117.

Once you've gotten in touch with your instincts, follow them to page 140 to discover



our roundup of summer's tastiest pies. Then turn to page 63, where those of you with an athletic body type will find chic ways to flatter your figure and flex your power in style. And don't miss Dr. Oz's best health tips from around the globe (page 85). Did you know you may live longer by taking afternoon naps, like the Greeks, or riding your bike, like the Dutch? I like the sound of that—and I have a hunch you will, too.

Enjoy!

"Learn to hear what your inner voice is telling you, and your whole world changes."

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