



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

GETTING GOOD AT LOVE

How to

- Find it
- Risk it
- Let it go
- Make it grow
- Live it every day



**YOU DON'T
HAVE TO
BE THIN**
to be gorgeous

The knockout
clothes that
prove it

**NEW DIET
MAKEOVERS**
for constant
snackers

**THE
HAPPINESS
PLAN**
Latest research
on finding joy
(page 193)

SPECIAL REPORT
**SEXUALLY
ABUSED
MEN**

Could your
husband
be one
of them?

Eater's Digest

SALMA ABDELNOUR on what's
new and delicious this month

style*food* | 0



In the Red ▶

Maryland and North Africa aren't the most obvious sources for pasta toppings, but the Crab Place's Marinara Sauce (spiked with fresh Maryland crab) and Les Moulins Mahjoub's spicy Tunisian Pasta and Couscous Sauces are a revelation. They're terrific on pasta or grilled bread (for an easy bruschetta). (\$10, crabplace.com; \$13.50, moulinmahjoub.com)