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Brave New You!

RESOLUTION
REBOOT
9 Rules for Making
Habits Stick

How to tame
your fears and
start living
your happiest
year yet

Are You Your Own Best Frenemy?

The key to taking it
easy on yourself, pg. 38

THE ULTIMATE HOME MAKEOVER

Nate Berkus pays Iyanla a
life-changing visit, pg. 92

Refresh and Reboot Special

The List

A few things
we think are
just great!



◀ Keys to Success

A beautiful way to pay it forward: These gold-plated and sterling silver necklaces are made from repurposed keys by people transitioning out of homelessness. When the wearer meets someone who could benefit from the message, he or she passes it on to continue the chain of hope. (Precious Metals keys, in rose gold, \$98; sterling silver, \$125; 24kt gold, \$130; thegivingkeys.com)



Super Bowl

Oprah is a fan of these high-flavor, low-sodium vegetable soups, homemade and hand-packed by a South Carolina company that specializes in Southern goodies. (**Green Tomato, Tomato Basil, and Lowcountry Creole soups, originally \$11.50 each for 32 ounces, now 20 percent off with code OPRAH; lowcountryproduce.com**)

Good Vibrations

This nonabrasive toothbrush is like having a tiny periodontist on standby. Ultrasound technology gently cleans your teeth and gums, no back-and-forth required—and once it's charged, you can store the charger and enjoy up to ten days of clear counter space. (**Emmi-dent Ultrasound Metallic Toothbrush kit, originally \$199, now 20 percent off with code OPRAH; emmi-dent.com**)



Tread Softly

Even our flats-averse staffers had to admit these were pretty cushy. A wider toe box, stretchable vamp, and nonslip sole mean this shoe—handmade in Italy using premium leather—is built for comfort and style. (**Josie and Edie flats, originally \$198 to \$265 a pair, now 20 percent off with code OPRAH; julielopezshoes.com**)



Clear the Air

This sleek, quiet, award-winning air purifier features touchless motion-sensor controls and removes 99.9 percent of airborne pollutants. (**Blueair Sense, \$479; us.blueair.com**)



Scarf It Up

Cheery, extra soft, and 100 percent cashmere, these open-weave scarves are the perfect antidote to a dreary winter day. (**\$238 each; kinrosscashmere.com/oprah**)

These ankle-length magic pants—available in an array of colors and prints—are wrinkle-proof, button-, zipper-, and pocket-free, and strategically constructed for ultimate slenderizing. (**Lisette L. Montréal pants, originally \$116 to \$125 each, now 20 percent off with code OPRAH; lisettel.com**)



Weight and See

This scale not only displays your weight, it also provides body fat, hydration, muscle, and bone density levels. And if that weren't enough to keep you honest, you can transmit data via Bluetooth to a health tracker app that can store and share workout stats for up to ten users. (**Bluetooth Digital Weight and Personal Health Scale, \$60; pyleaudio.com**)

Root Cause

This compact holds our favorite secret weapon: makeup for your hair! Water-resistant, dye- and wax-free mineral powder brushes away grays so you can stretch the time between salon visits. (**Originally \$35 each, now 20 percent off with code OPRAH; colorwowhair.com**)



Hidden Talent

It may look like a high-end watch, but this water-resistant, touch-screen timekeeper has a built-in digital system that connects to your smartphone and tracks your every step (including running) and swimming stroke, as well as calories burned and sleep patterns. (**Activité watch, \$450; withings.com**)

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