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THE OPRAH  
MAGAZINE

YOUR BEST LIFE

UNLOCK  
YOUR INNER  
SUPERSTAR  
Our 4-step plan  
page 217

THE 2010  
O POWER  
LIST!  
20 Women  
Who Are Rocking  
the World

SPECIAL  
AN URGENT  
MESSAGE  
FROM  
DR. OZ  
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# Own Your Power!

How to Tap Into Your Strength

Focus Your Energy

Let Your Best Self Shine

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