

O
THE OPRAH
MAGAZINE
LIVE YOUR BEST LIFE

100
Things
That Are
(ACTUALLY)
Getting
Better

Prepare to
Be Delighted,
Inspired, and
Very Relieved



COMING INTO
YOUR OWN

And How to Look Gorgeous
When You Get There

STAY AWAY
FROM THESE
WOMEN!

The 5 Kinds of "Friends"
That Bring You Down

DON'T CHANGE
YOUR BODY...
CHANGE
YOUR JEANS!

Find Your Dream Fit
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O | Style



ADAM SAYS

O's creative director, ADAM GLASSMAN, on dressy sneakers, shirts for hard-to-fit bodies, and more.

Q I bring a lot with me to work: files, laptop, water bottle, sneakers. Can you suggest an affordable, professional-looking bag?

While you can always do the purse-inside-a-tote routine, a single multifunctional bag makes you look incredibly organized. Shop for a lightweight, structured design with pockets that keep your gear orderly. (What you don't want is a huge, formless bag in which everything falls to the bottom.) Also good: a wide opening at the top for easy access, and a zipper so you can neatly hide it all away. We test-packed the bags shown here, and trust me, they hold a ton.

THE PERFECT...

Stay-Cool PJs

It's tough to sleep if the temperature isn't right (the culprit can be anything from a fickle thermostat to a bad case of hot flashes). **Wildbleu** makes cute, high-tech pajamas using a moisture-wicking yarn that was developed to keep runners cool and dry. The fabric feels as soft and natural as cotton.

DRY STATE

Cozy new pieces for bed or lounging, clockwise from left: floral robe, \$100; polka-dot tee, \$27; striped capri pants, \$29. All, wildbleu.com.



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Follow Adam on twitter.com/therealadamsays. To ask him a question

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