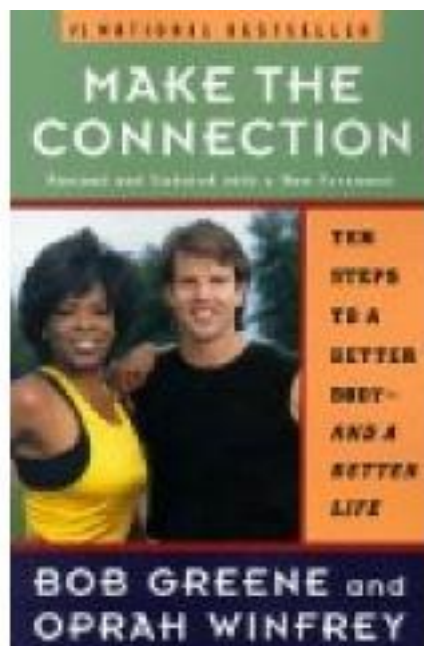


Make the Connection: Ten Steps to a Better Body-- and a Better Life



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The #1 national bestseller that helped millions to get fit for life--finally in paperback! Revealing her often heartbreaking, life-long struggle with excess weight, Oprah tells of her fortuitous meeting with Bob Greene, who helped her change her life by creating a diet and exercise program that worked for her. Color photos.

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