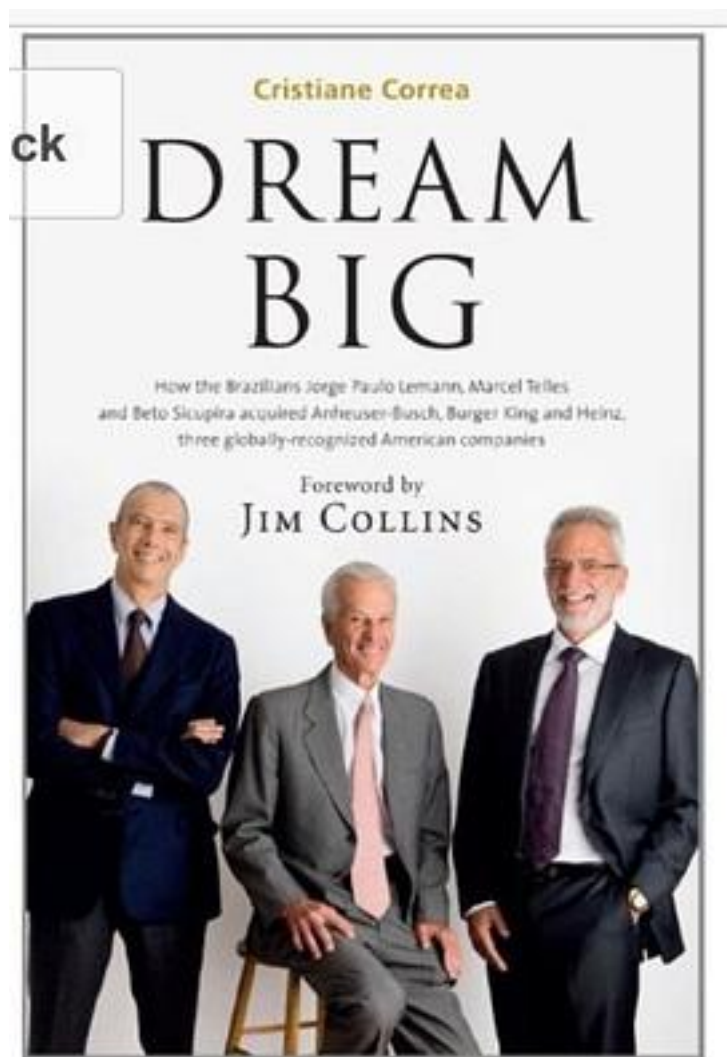


# Dream Big



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著者:Editors of O, The Oprah Magazine

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If you've ever wished for a handbook that would help you achieve the goals you've been putting off until "some day"...this is the book, and some day is today. This new collection of more than 75 features from the pages of O, The Oprah Magazine gives you powerful insights and practical techniques to help you make your most important dreams come true-creating deeper connections, bolstering confidence, losing weight, gaining financial security, finding balance right in this moment, and much more. Oprah and a team of world-class writers, thinkers, leaders, and artists such as Maria Shriver, George Saunders, Eckhart Tolle, Denzel Washington, Julian Bond, Rita Wilson, and Amy Bloom share wisdom, advice, and encouragement that will help you turn obstacles into challenges and wishful thinking into reality. In each section, you'll find stories that will inspire you and action plans to set you on your path. No time to think about your health? Ten minutes is all you need with simple but effective meal strategies from "The Way to Eat" columnist David Katz, M.D., and super-fast workout routines from O's panel of fitness experts. If an orderly existence is what you're looking for, you'll find 12 ways to unclutter your surroundings, 48 decisions we've made for you, and 53 ways to say no. And read how Oprah, one of the busiest people on the planet, found her own personal pause button. Make yourself happier and more confident by discovering the five things happy people do, and learn how to repair-or build-your self-esteem. If you've ever wondered what your partner isn't telling you, we've got your answer, as well as insights into what his silence might really mean. And if he isn't a mind reader, learn how to tell him exactly what you want. For a beauty makeover that's not just skin deep, read about how a group of women went from ordinary to extraordinary by overcoming body flaws that were all in their heads. Then, learn how to silence your own inner critic once and for all! To regain your financial footing, Suze Orman has solid advice on replacing hope with strategy and ridding yourself of the bag-lady fantasy forever. And since every little bit counts, we have 31 ways for you to save without suffering and advice on our favorite cure for recession depression: sweet charity.

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