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 THE OPRAH
 MAGAZINE
 LIVE YOUR BEST LIFE

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**Need
 a Lift?**
 How to boost
 your spirits—even
 in these crazy
 times

MAY 2009 \$4.50
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O SEX SURVEY
**MOMS,
 LISTEN UP!**
 Your daughters have
 something to
 tell you...

**So chic,
 so cheap!**
 The cutest summer
 sunglasses, tees,
 and shoes

The Cure
 for Cellulite—
Seriously
 The latest high-tech
 treatment gets results

the **O** list



↑ **Swinging
 in the
 Rain**

Trust a British designer, stuck on her rainy island, to know a thing or two about navigating a downpour while still respecting Mother Nature: The fabric for these blooming umbrellas is made from recycled plastic bottles. (Radley, \$55; lordandtaylor.com)



↓ **The Smaller,
 the Better**

About the size of a portable DVD player, weighing under three pounds, and featuring a nine-inch screen, this mini laptop is perfect for surfing the Web and checking e-mail on the go. (\$249 and up; dell.com/mini)



→ **A Tall Drink
 of Water**

Always wanted to put ice cubes in your water bottle? Then this wide-mouth version is ideal. Plus, the plastic contains no BPA or other harmful chemicals, and 1 percent of sales supports nonprofits committed to environmental issues like ocean protection. (Kor, \$30; korwater.com)



← **Notes on
 a Sandal**

Vivid neon stitching adds zing to a traditional leather design. The result? Stylish things that are as cute as they are comfortable. (\$195 per pair; toryburch.com)

→ **Around the World
 in 80 Pounds**

Thanks to this easy-to-pack digital luggage scale, you'll avoid extra fees when traveling. It can also answer age-old questions like "Just how heavy is my purse? My briefcase?" Or (on a slow day) "My toddler?" (\$25; balanza.com)

