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 THE OPRAH  
 MAGAZINE  
 LIVE YOUR BEST LIFE

**LOVE AT LAST**  
 JUST WHEN YOU THINK YOU'VE MISSED YOUR MOMENT...

**EXERCISE: THE LEAST YOU CAN DO**  
 (WOULD YOU BELIEVE 10 MINUTES A DAY?)

**OPRAH TALKS TO SEINFELD**  
 MASTERING MARRIAGE, MAKING A MOVIE, YADA YADA

**PLUS: THE REAL MICHELLE OBAMA**  
 THE SIMPLEST SKINCARE GUIDE EVER

**YOU! STAYING YOUNG!**  
 DR. OZ'S GENIUS 2-WEEK PLAN  
 (YOU LOOK BETTER ALREADY)

**WHEN THE GOING GETS TOUGH...**  
 3 RULES TO PULL YOU THROUGH

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**WORK TIME**

What you want is clarity, information, and nice, clean lines—which doesn't rule out innovative shapes or juicy color. A playfully designed timepiece can actually make a task feel less onerous.

1. The sunflower clock was originally designed by George Nelson in 1958; its open construction lets the wall color show through. George Nelson, \$965. 2. Gold-plated and extravagant, this is an instant heirloom. Jaeger-LeCoultre. 3. Get the temperature and

barometric pressure along with the time. Ralph Lauren Home. 4. Reward yourself for a promotion with an upscale brass swing clock. Tiffany & Co., \$725. 5. Sleek 1948 design (also by George Nelson) puts time on a pedestal. George Nelson, \$365. 6. For music with your coffee break, try a vintage-

looking clock-radio. Tivoli Audio, \$200. 7. Oversize jumbled numbers on an orange square might counteract 4 o'clock slump. Dario Serio for Nava Milano, \$98. Jewel box with travel tray, Smythson of Bond Street. Desk blotter and pen, Graphic Image. [CONTINUED ON PAGE 182]