



THE OPRAH
MAGAZINE

THE HEARTY, FILLING DIET THAT
CAN HELP YOU LOSE WEIGHT PG. 91

How to
harness more
of your
**BRAIN
POWER**

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SHARE
YOUR STORY,
HEAL YOUR
SOUL
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IT'S MAKEOVER TIME!

CLOSET
INTERVENTION

**Taming
Gayle King's
Bling!**

Step up your style
Warm up your kitchen
Upgrade your life

jp.

JEFFREY PHILLIP®

O MAGAZINE

MARCH 2016



Contributors

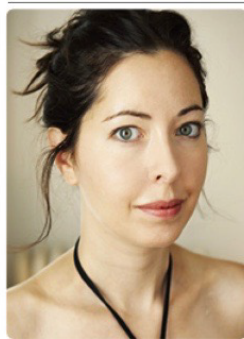
Game Changers

Six of the talents who created this month's issue share their favorite ways to hit the reset button.



SARAH MANGUSO
Writer

"One Day at a Time"
page 120



I always feel transformed when I... get a good nine hours of sleep. Sadly, it's quite rare, which makes it all the more special when I do.

When I need a dose of inspiration, I... listen to choral music. All I need are headphones and YouTube, and I can just disappear into the sound.

I'd love to let go of... my desire to control the future. Despite knowing that it's impossible, I tend to try to plan everything.

One tiny change I made that had a big impact was... beginning sentences with capital letters in emails and texts. If I formalize things, I can better resist going on and on.



MARISA ACOCELLA MARCHETTO
Cartoonist and writer

"Out of This World"
page 102



I always feel transformed when I... put on a new lipstick. It instantly brightens me up—and it's cheaper than shoes.

When I need a dose of inspiration, I... draw. It's a form of meditation. I try to channel the universe and let ideas flow through my hands.

I'd love to let go of... negativity and sadness. I'm a Capricorn, and astrologically speaking, we tend to be blue. I'm constantly fighting those feelings!

One tiny change I made that had a big impact was... eating a healthier diet and exercising more. Today, I'm 54 years old and at the top of my game!



KEN PAVES & SARAH LUCERO
Hairstylist & Makeup artist

"The U.S. of O!"
page 73



We always feel transformed when we... transform somebody else. We've been collaborating for about seven years, and when we get to help someone else find herself, we feel empowered, too.

When we need a dose of inspiration, we... hit the streets of the city where we're working, whether that's Beijing or London.

We'd love to let go of... our shyness. When we're at events or parties, we usually shrivel up into wallflowers.

One tiny change we made that had a big impact was... making positive declarations in the morning. It has become a ritual for us when we travel together.



AMANDA FREITAG
Chef

"Cracking Up"
page 139



I always feel transformed when I... go to Long Beach, New York. Afterward I'm relaxed, refreshed, and sun kissed!

When I need a dose of inspiration, I... go out to dinner. I recently ate at one of my favorite spots in L.A., Manhattan Beach Post. It always has an expansive menu full of seasonal dishes.

I'd love to let go of... self-doubt. When cooking, my first instinct is to question myself. I just have to say, "This is what you do; you're good at it!"

One tiny change I made that had a big impact was... doing Pilates. As a chef, I'm always on my feet, and that helps me stand strong.



JEFFREY PHILLIP
Style and efficiency expert

"Journey to the Center of Gayle's Closet"
page 130



I always feel transformed when I... get a haircut. It helps me let go of the old and feel fresh again.

When I need a dose of inspiration, I... change up my scenery. If I can step away from a task and get some perspective, a new idea usually pops into my head!

I'd love to let go of... my vocal exercise tapes. I used to sing musical theater and jazz numbers, but now I only do private performances for my partner and our dog.

One tiny change I made that had a big impact was... turning off the email notifications on my iPhone. I deactivated them last year, and I've never looked back.



JOURNEY TO THE CENTER OF GAYLE'S CLOSET

accessories
» edition «

Some say Gayle King is a hoarder of shoes, bags, and bling. Others say she's merely a woman showing respect to Mr. T. Either way, Adam Glassman is determined to cut through the clutter—with a machete if necessary! This is their story of obsessive love and (if Adam has anything to say about it) letting go.

A person with dark, curly hair is holding a large stack of handbags in front of a wood-paneled wall. The stack includes a large red leather bag, a yellow bag, a green bag, and a large purple crocodile-patterned bag. The person is wearing a white shirt and a watch on their left wrist. The background is a wall with vertical wood paneling and a floral patterned curtain.

123

NUMBER OF CLUTCHES
IN GAYLE'S CLOSET

77

NUMBER OF SHOULDER
BAGS IN GAYLE'S CLOSET

43

NUMBER OF CLUTCHES
ADAM WANTS GAYLE TO
LET GO OF, "PREFERABLY
OVER AN ACTIVE
VOLCANO"

29

NUMBER OF SHOULDER
BAGS ADAM WOULD LIKE
TO SEE DONATED
TO CHARITY, GIVEN TO
FRIENDS AND FAMILY,
OR SET ON FIRE

NUMBER OF TIMES GAYLE
GLARES, EXPLAINS HER
NEED FOR A VAST ARRAY OF
YELLOW TOTE BAGS, AND
DEMANDS A RECOUNT

To infinity and beyond!



CREATIVE DIRECTOR Adam Glassman comes from a galaxy far, far away. His mission: to keep women polished (“Your hair needs to come up three inches”), on trend (“Your hemline needs to come down three inches”), and safe (“Blink twice if someone is forcing you to wear that”). The man is dedicated to making sure lipstick is applied perfectly, bras are fitted properly, and closets are filled with everything one needs—no more, no less—for living a schlumpadinka-free life.

Which brings us to Gayle King. Three and a half years ago, O’s editor at large came down with a severe case of Closet Full of Nothing to Wear syndrome. It’s not that the place was a barren wasteland but for the occasional tumbleweed blowing by. Quite the contrary: Gayle had enough clothes and accessories to fill a boutique—which made picking even a single dress damn near impossible. Her solution? Buy more stuff! It wasn’t long before the closet went from bloated to beyond.

Hearing of Gayle’s dilemma, Adam diagnosed the mess as a problem with mass, and ever so gently offered his assistance in rearranging the closet and editing it down to something manageable (“I’m coming over, and I’m not leaving without at least three dozen bags of your stuff”). And ever so sweetly, Gayle assured him that this lovely gesture would not be necessary (“Stay away from me, you maniac”). But a girl can go only so long without being able to locate her Spanx—and eventually Gayle relented, Adam prevailed, expert organizer Jeffrey Phillip lent his considerable talent, and they all lived happily ever after. Well...sort of.

“Gayle,” Adam begins one fine summer morning several weeks back, “remember that time we edited your clothes and gave them an update? Why don’t we do the same with your accessories—really get in there and weed out the bags and shoes that aren’t serving you, maybe lose the jewelry that feels passé, and layer some of your better pieces in a more contemporary way? I could stop by and →



“This cork and leather tote will be great when I go to an island,” Gayle says. “You’ve said that about five different bags,” Adam growls. “Where are all these islands you’re going to, Gilligan?” Gayle thinks. “Well, there’s Staten Island, there’s Long Island, and isn’t Manhattan an island?”

HE SAID, SHE SAID

Take two opinionated people, hundreds of accessories, nine straight hours, and one confined space, and let the sweet talk begin!



TOSS

WHEN MOCK CROC HAPPENS TO GOOD WOMEN

“I just had this out the other day.”
—GAYLE

“In public? Gayle, it’s the color of cough syrup.”
—ADAM

RICHARD MAJCHRAK/STUDIO D.
STYLIST: JESSIE LIEBMAN/R.J. BENNETT
REPRESENTS: NECKLACE DON PENNY/
STUDIO D. 2012: JONNY VALIANT.

Now



After Gayle and Adam eliminate 56 bags, organizer extraordinaire Jeffrey sorts the clutches by category—day or evening—and arranges both groups by color in acrylic GLAMdivides, keeping evening clutches up high and everyday pieces more accessible.



“How can you find your keys in a bag that’s big enough to cover a third of my body?” Adam asks, before Gayle proves the bag will hold only a quarter of him. Muffled but unfazed, Adam lays down the law: “If you haven’t used it in three seasons, if it’s beyond repair, if it’s absolutely out of style, if you already have something very similar—it’s out!”



“Gayle, that bag is so 1977, it’s like you’re channeling Carly Simon. *You’re so vain*,” Adam sings, “I’ll bet you think this purse is about you. I see two choices here: You can wave goodbye to the pieces that don’t reflect who you really are, or you can get me a Xanax.”



TOSS

SAY NOPE TO THE ROPE

“This could work if you’re planning to layer it over a caftan and dance around a goat.”
—ADAM

“Then maybe I should hang on to it, you know, just in case.”
—GAYLE



KEEP!

MOLD-FASHIONED

“Look, Adam, there’s a beautiful hint of blue marbled through this.”
—GAYLE

“Gayle, that’s mildew.”
—ADAM
“I’m getting the Lysol.”
—GAYLE



TOSS

THESE BOOTS WERE MADE FOR NO ONE

“If a Keebler Elf and Laura Ingalls Wilder were ever to mate, this is the boot they’d force their kid to wear.”
—ADAM

“Well, somebody just drank a great big glass of Haterade.”
—GAYLE

Gayle notices an ornate gold necklace in the giveaway tray. "But Adam," she says, "I wore that to Alicia Keys's Egyptian-themed birthday party." Adam is firm: "Listen, Cleopatra, the next time you're invited to an Egyptian-themed party, I'll get you a new necklace. It's not that it's bad; it's just that you have better ones."



Before



After

"This is quite the collection," Adam says, eyeing Gayle's gaggle of cuffs. He stares quietly for a minute, then takes two chunky gold ones and holds them up to her wrists. "Is there a problem?" she finally asks. He shakes his head: "Of course not, Wonder Woman. Now go fight some crime."



CASE CLOSED

"I love the shape of this bag—it's really different."
—GAYLE

"It is really different, and that's because it's a laptop case."
—ADAM



TOSS

DON'T LEAVE HOME WITHOUT IT

"Say something positive."
—GAYLE

"Okay, I'm positive you don't know your AmEx card, driver's license, and ticket to Beyoncé's 2013 concert are in this thing."
—ADAM

"That means it's lucky!"
—GAYLE



KEEP!

THIS IS FOR THE BIRDS

"I remember you begged me to let this go during the last purge—but give me one reason why I shouldn't keep it."
—GAYLE

(pointing to the upper left corner)
"Pigeon poop."
—ADAM



TOSS



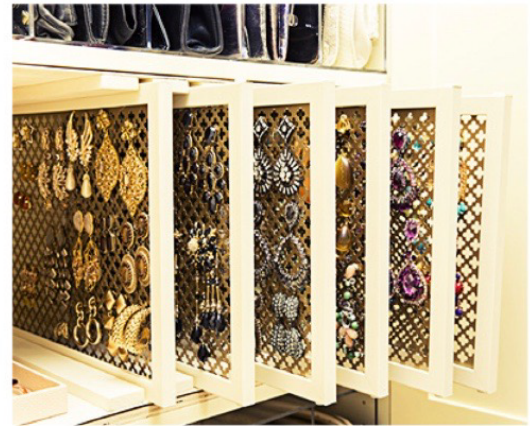
we could sort through—" But before Adam can finish, Gayle rears up like a demented *T. rex* from a summer blockbuster. "Noooo! Not my closet again!" At which point blood, sweat, and tears are shed; extra-strength Tylenol is popped; a cupcake is consumed; and the truth comes out.

It seems that nearly four years of coanchoring *CBS This Morning*, on top of her duties at *O*, has caused Gayle's collection of shoes, bags, and all manner of bling to grow in numbers that rival the population of Luxembourg. "I've needed a few new things...along with all my old things," she mumbles, without making eye contact. Adam wonders aloud how she defines "a few," takes a deep breath, and, much like General Patton preparing to invade Sicily, declares, "All right, we're going in."

Brave Jeffrey Phillip, who has been persuaded to make a return engagement, identifies a couple of problems right off the bat: "Gayle has to be out the door by 4:30 every morning. She needs to grab and go, so last time we put in bookends to keep all her bags lined up on the shelves." He points to a ledge crammed with clutches. "But now with all these extras, whenever she grabs one, the rest tumble over. So let's change it up: If we store the bags in slotted acrylic organizers, they'll stay in place." Jeffrey opens a drawer →

EARRING RACK DIY

"Not only was I able to clear out a lot of drawer space by creating racks for Gayle's earrings, but she now gets to actually see what she owns," Jeffrey says. "The best part: Anyone can make these."



1. "I had two thin pieces of board cut to fit the size of Gayle's shelves. Then I had two-inch-wide strips of wood cut to fit the depth of the shelves, and I glued them onto the boards to create channels."

2. "For the top and bottom of the rack, I picked up plain wooden 11-by-14-inch picture frames; removed the glass and backings; and spray-painted them, along with the rest of the wood that was cut, to match the shelves."

3. "I bought a chic metal radiator cover and, using tin snips, I cut rectangles to fit the frames, and that's about it!"



▲ "Where have you been all my life?" Gayle asks her brand-new earring racks. "This is awesome. The earrings are color coordinated and everything!"



TOSS

POLE SOLD SEPARATELY

"It's a little Bada Bing club meets *The Rocky Horror Picture Show*."

—ADAM

"Not really the look I was going for."

—GAYLE



KEEP!

A CALLUS RESPONSE

"This is so roomy, it's perfect for running to CVS on a Saturday."

—GAYLE

"Good God, how many corn pads and dent-u-picks do you need?"

—ADAM

"You have no idea!"

—GAYLE



KEEP!

SOME CARBS FOR MS. KING, PLEASE!

"I know you like these, but I say the toe is too pointy."

—ADAM

"And I say I more than like them, and isn't it about time for lunch?"

—GAYLE

filled with bracelets. "She's got the same problem here." Then he looks at Gayle's jumble of earrings and sighs. "I'll think of something."

Meanwhile, Adam has put his finger on a deeper issue. "With Gayle, every accessory tells a story," he says, surveying bags and baubles as far as the eye can see. "And part of her goodness is that she can't bear to part with anything that reminds her of someone she likes or someplace she's traveled or"—he picks up a battered old boot and grimaces—"something she's stepped in. Intellectually, she understands that tossing a boot that's seen better days is not the same as getting rid of the memory attached to it, but what you know in your head and what you feel in your heart don't always correspond."

As if on cue, in walks Gayle. She eyes a mound of shoes and circles it suspiciously. "I sure hope that's not the giveaway pile, Mr. Glassman, because I can tell you right now that these"—she snatches a pair of bedraggled Blahniks—"aren't going anywhere." So, what's the one thing Adam and Gayle know for sure? It's going to be a very long day!

ORGANIZING PRINCIPLES

Help for getting your life—or at least your closet—together, Gayle-style:

- **GLAMdivides**, \$149 to \$179; theorganizingstore.com
- **Clear trays**, Neatnix, \$18 to \$21; theorganizingstore.com
- **Drawer dividers**, Lifestyle Systems, \$11 to \$31; organize.com
- **Expert organizer Jeffrey Phillip**; jeffreyphillip.com



Gayle thinks maybe these bib necklaces could be repurposed. Adam says no. "Although..." "Although what?" Gayle asks hopefully. "...they'd make really jazzy blindfolds if we're ever put in front of a firing squad."

A KING AND HER BLING

New ways to wear some tried and true pieces:

1. "Adding a pendant to thinner necklaces is very hot right now," says Adam. "And gold is big this fall."
2. "Bravo! You've got only three bracelets, and they make a contemporary statement with your Pucci dress," Adam says approvingly.
3. "I never would've thought to mix a black and red necklace with gold. But," Gayle admits, "it adds a nice shot of shimmer."
4. "I'm usually matchy-matchy," Gayle says. "But I like the lime and the ombré effect of these green shades in my bracelets. They seem like a good surprise—unpredictable."
5. "Wait," Gayle says. "This purple square necklace is very short." But Adam isn't finished. He pairs the short piece with a longer gold heart pendant. Next: three wide, multicolored enamel bracelets with four thin diamond tennis bracelets in between. Adam says the diamonds make the bangles look richer. "This feels curated; it elevates the outfit."

