

O

THE OPRAH
MAGAZINE

5th anniversary special!

Surprise
gift from
Oprah
inside!

Change just one thing...

How a small emotional shift can
open up your whole life

(See page 326)

Tina Turner
in younger men,
plastic surgery,
and the night
he ran away

5

- best things to do for your relationship
- ways to get a life
- bits of advice that could save your butt
- books you should read at least once
- ways to fix the world...

Plus:

Diet doctors' diet secrets
See your own beauty
Dr. Phil...
OUR BIGGEST ISSUE EVER!

0 74851 08616 2
\$3.95 US/\$5.50 Canada/Foreign
MAY 2005
OPRAH.COM

Meeting His Parents

Think self-assured and nurturing (only the best for their darling boy). Give jeans the sleek treatment with updated classics—a shorter trench, a brighter bag. Blue is a “calming color that makes people feel comfortable,” says Susan Sommers, whose company (more info at dresszing.com) helps clients create a memorable first impression. “This outfit is strong but not pushy,” says FASHION DESIGN STUDENT KIMBERLY PAGE, 24, striding through the Hoboken, New Jersey, train station. “It says ‘Let’s relax and get acquainted.’” Unfussy hair and fresh makeup suggest that she won’t hog the mirror. Tory by TRB trench, \$425. Michael Kors sweater, \$395. James Cured by Seun jeans, \$150. Napier earrings. Jennifer Miller necklace. Charles Winston ring. Calvin Klein Collection turquoise bag. Michael Kors canvas bag and leather shoes. ▶

First Impressions

Call it the *Blink* syndrome (after the best-selling book): This is the age of gut reactions and snap judgments, when your appearance has to reach out and touch someone, fast. With the help of fashion coach Susan Sommers, five women learn the power of the right instant message.

Dating After Divorce

Do we need to tell you it's stressful to get back in the game? Feminine is preferable to femme fatale: Susan Sommers recommends fitted styles with a little bareness, pinks and purples, and a bit of gleam—moist mouth, glossy

hair. "I wear things I feel comfortable and sexy in, so I don't have to think about them," says **REAL ESTATE BROKER LEA SORENSEN**, 45. "Overdressing gets in the way of being as real and heartfelt as possible." Ungaro Fuchsia jacket,

\$905, and Emanuel Ungaro blouse, \$480. Boden pants, \$98. Robert Bielka necklaces. Rickard Shah clutch. ▶

Photographed at En Japanese Brasserie, New York.



Interviewing for a Job

Most of us are amateurs at making snap judgments; HR people do it for a living, and they're tough. "A skirt suit is always a safe bet," Susan Sommers says, "and navy is a softer neutral than black." But corporate clones need not apply: "Be genuine—don't dress like someone you're not," says **SUSAN KIM, 35, MARKETING MANAGER FOR A SKINCARE COMPANY**, seen here practicing her winning smile. Boost confidence with meticulous grooming and the best accessories you can afford. Oscar de la Renta suit. Cartier watch. Louis Vuitton portfolio. Chanel shoes. ▶

Photographed at Knoll New York Showroom.

5 Big Don'ts for the Big Day

1. Avoid buying clothes at the last minute (anxiety breeds mistakes). If you must shop, find a bra that really fits (most of us don't have one).
2. Don't get a radical haircut or color job. Safer alternative: a trim or salon blow-dry.
3. Forget painful shoes, no matter how cute. In fact, watch out for anything that binds, squeezes, droops, or bunches. You want to be as comfortable as possible.
4. Stay away from all-black. Color has a persuasive emotional power that shouldn't be wasted.
5. Don't starve yourself beforehand. You'll gorge later—or, if the occasion doesn't involve food, get lightheaded (not a plus on an interview).

CLASSES OF 1988



High School Reunion

Oh my God—is that the guy who dumped you for a cheerleader? You'll show him. Red, the power color, is a good place to start, Susan Sommers says. "Pick something with shine and fluid lines, and wear the bling!" (For balance, keep makeup and hair simple.) **WRITER JENNIFER JOHNSON**, 35, has three kids, but she thinks outside the suburban sweats-and-sneakers box: "This is a hot look, not a mom look." Diane von Furstenberg dress, \$325. Nine West hoop earrings. Ron Hami necklace. R.J. Graziano bracelets. For details see Shop Guide.