DO YOU ALWAYS END UP MORE STUFFED THAN THE TURKEY? Oprah’s secret to cutting calories—but still savoring flavor

HEADACHE BREAKTHROUGH
Take 2 aspirin and our quiz...

A house is not a home—until Oprah gives it a MAKEOVER!
The Big Reveal, pg. 114

A crash course in kindness
pg. 46

IF YOU’VE GOT THE ARMADILLO ELBOWS, WE’VE GOT THE WINTER SKINCARE

A COZIER WAY TO TREAT ANXIETY
gn. 100
IT'S THE TIME of year when we get the chance to celebrate and appreciate, when we're invited to take stock of all that's positive in our lives and raise a glass in thanks. And however you're feeling right now—whether you're flying high or finding it tough to see the good in the world—I promise you, there's a lot to be grateful for. You just have to know where to look.

You might start on page 107, where you'll find a few fabulous new books to dive into. (If a great read can't fill your heart with gladness, what can?) Or you might flip to page 76 to meet some especially generous women—isn't it nice to know they're out there—as they show off the results of a little well-deserved pampering.

Finally, you can turn to page 128 to give thanks for Thanksgiving itself, the day when food and gratitude come together yummy—and healthily, if you're up for a few easy ingredient swaps. In fact, I'm so crazy about this swapping idea that I recently launched O, That's Good!: a line of ready-to-eat comfort foods that make use of some clever switches—like mashed potatoes boosted with good-for-you cauliflower, and Parmesan-coated pasta with creamy white beans standing in for some of the cheese.

Nutritious and delicious—that's a combination I love. May you enjoy your celebrations (and appreciations!) this month, and continue looking for all the good things out there in the months to come. Cheers!

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PHOTOGRAPH BY Ruven Afanador
Rachel Doyle, 34
FOUNDER, GLAMOURGALS

Her Mission
At 17, inspired by her hairstylist grandmother, Doyle started GlamourGals: young volunteers providing makeovers and companionship for women in senior facilities. (In the photo, right, Doyle shares the spotlight with poet Rosalie Calabrese, 79, a former makeovers client.) Doyle has had many memorably moving encounters. One woman, Faye, seemed indifferent to her special treatment, but afterward, Doyle got a call. “The activities director said, ‘I want to let you know that Faye was severely depressed and had stopped eating, but after your makeover she started eating again,’” Doyle says. “No medicine can do that.”

Her New Look
THE CLOTHES
Doyle says her everyday style is “all about the cool details”—and so is this Bibhu Mohapatra gown with fresh floral embellishments.

THE HAIR AND MAKEUP
Hasanovic painted on buttery face-framing highlights. For Gisele Bündchen-esque waves, Melville added extensions, an item on Doyle’s beauty bucket list, and used a curling iron. Lucero kept her makeup polished with glowy blush and bronzer, soft brown shadows, and a pink lip glaze.

To learn more about Doyle’s work, visit glamourgals.org.
Her Reaction

“I’ve seen thousands of people enjoy the makeover experience, so I can really appreciate the glamour treatment. I feel like a princess.”
FASHION WITH HEART

This marks the fifth year that fashion expert Mary Alice Stephenson has worked with O to give the red-carpet treatment to outstanding women. As a 15-year veteran in the style industry, Stephenson knows the uplifting effects a little “me” time can have: “It is often hard for givers to receive, so I love fussing over these women, making them feel special, and empowering their organizations.” In fact, this work is her mission: Stephenson’s organization, Glam4Good, provides meaningful makeovers, clothing giveaways, and confidence-boosting fashion and beauty initiatives for everyday heroes and people in need. “Mary Alice is an invaluable resource,” says O creative director Adam Glassman. “Beyond her talent, it’s her passion—and she does it all with a smile.”

To learn more about Stephenson’s work, visit glam4good.com.

STRIKING A POSE
Set designer Stockton Hall, Glam4Good’s Mary Alice Stephenson, poet and management consultant for the arts and NORC (Naturally Occurring Retirement Community) resident Rosalie Calabrese, hairstylist Patrick Melville, GlamourGals founder Rachel Doyle, O creative director Adam Glassman, and makeup artist Sarah Lucero.