

O

THE OP
MAGAZINE



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from working out
to stepping out

O's guide to a fresh start

Body, Mind, Mood Transformations

Be inspired. Be very inspired.

LOVE BREAKTHROUGH

The idea that will turn your relationship around

You're doing everything right—why can't you lose weight?
plus: Dress to look 10 lbs. thinner

SEAN PENN: the O interview

One of the greatest actors of his generation finally opens up

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Yes, I Cam!

"Technology just keeps making these things easier to use. The disc in this DVD301 Handycam will play back in any compatible DVD player, computer—even PlayStation." (\$1,000, Sony; 877-865-7669; sonystyle.com)



Hi, Honey

"Drizzle this over a scoop of fresh blueberries and yogurt and you've got a dessert that's high in delicious and low in fat." (\$19, The Savannah Bee Company; savannahbee.com)



Cozy Toesies

"Nothing is sexier than a heel, but at the end of the night, these suede slippers are a treat for aching feet. Thanks to a leather sole, you can also wear them out to brunch the next day." (\$90, Patricia Green; patriciagreen.com)