

# O

## CONTENTS

July Issue

A (very) quiet lunch at Oprah's silent weekend retreat, page 136



### THIS MONTH'S MISSION:

## JOURNEY

- Here We Go**  
Oprah salutes all of life's adventures... 23
- July Calendar**  
Our monthlong guide to expanding your horizons... 25
- LIVE YOUR BEST LIFE**  
**The Journey**  
MARY OLIVER maps out the only trip worth taking...and ROGER HOUSDEN explores how her poem eerily mirrored his own life-changing trip... 31
- One for the Road**  
Throughout her travels, VERONICA CHAMBERS learns that a solo journey is balm for the soul... 37
- PLUS: The Allure of Alone**  
True stories of brief encounters and lasting memories
- Long-Distance Love**  
MEGHAN DAUM asks, Have you really lived if you've never searched for your beloved's face at an airport gate?... 46
- PLUS: Love Train**  
Zen and the art of sitting still while moving forward
- French Lessons**  
A woman is looking for wisdom. Who

- would have thought the clue lay in a 14th-century Provençal village—and lots and lots of wine? BY TRACY COCHRAN... 50
- The Art of the Getaway**  
Life is short, writes LAURA FRASER, and traveling makes it feel longer. Advice on trusting your instincts from a world traveler who's been there and back... 56
- PLUS: The Intelligent Packer**  
A foolproof system for bringing what you need
- Travel Pro Tells All**  
Inside info to help plan your next trip
- Listening to the Rhythms of the World**  
MAZI GAILLARD offers up a world-class music sampler... 62

- TELL IT LIKE IT IS**  
**Dr. Phil: "Would you like some cheese with that wine?"**  
How to get back on the road, help those you love, and stop kidding yourself. BY PHILLIP C. MCGRAW, PHD... 69

- Something to Think About**  
Imagine you're a photographer assigned to cover your life... 73



Micromakeup and other miniature indulgences, page 118

## STYLE

### The O List

A few things Oprah thinks are just great... 105

### COMFORT ZONE

#### Refresher Course

There is something unbelievably inviting about a cool pitcher on a hot day. Thirsty? Go ahead, pour... 120

## FASHION

### Tee Party

Big style in a small, inexpensive package. Five women who wear and swear by tees tell all... 109

### The Hip Flip-Flop

It started with a simple rubber slip-on, the easiest (and cheapest) shoe on earth. Now the lowly sandal gets a taste of high fashion... 112

### Leaders of the Pack

From carry-ons to logo'd wheelies, good luggage gives you instant wanderlust. Plus: Tips from six peripatetic women on how to pack/relax/fly right... 150

## BEAUTY

### Spas in the 'Hood

Relief may be just around the corner. RONA BERG reports on the spa next door... 115

### GIRLS TOYS

#### The Portable You

Whoever has the most tiny things in her bag wins. BY TAI BEAUCHAMP... 118

### Rejuvenation in Any Language

Satisfy the universal need to be pampered with these unusual spa treatments from around the globe... 158

## GREAT FOOD

### DISH FULFILLMENT

#### Send in the Clams

Lobsters. Steamed clams. Fresh corn. PETER SMITH's clambake celebrates everything that's good about summer, past and present... 125

### Scoop Dreams

Begin with the freshest basics. Pour in crushed ice. Now stir. Add vanilla, peaches, raspberries. Your inner child will be rapturous... 140

## FEATURES

### Inward Bound

Oprah takes a mini-sabbatical to the quietest landscape on earth... 136

### Portrait of the Artist as a Young Woman

From Pakistan to Providence, Shahzia Sikander learned how to paint her way out of traditional thinking. DAWN RAFFEL questions a rising star who questions everything... 146

### PHENOMENAL WOMAN

#### Angel in America

Often with nothing but the clothes on their backs, immigrants arrive in search of a better life. Francesca Gany, MD, helps them find it. BY ELAINE SEGAL... 166

### Take Your Freedom

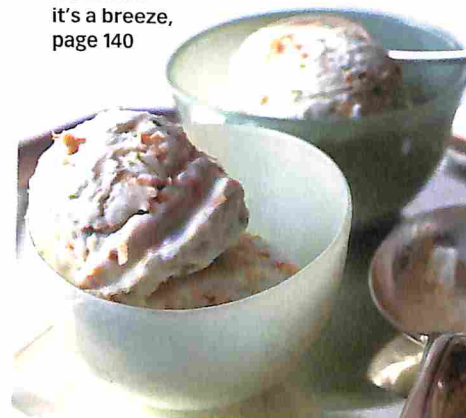
Not recognizing your options is different from not having any. MARTHA BECK suggests getting the frank advice of an expert—your heart... 170

### BOOKS THAT MADE A DIFFERENCE

#### Lesley Stahl: The History of a Reader

The 60 Minutes journalist ticks off the books she couldn't bear to see end... 175

Homemade ice cream—it's a breeze, page 140



## IN EVERY ISSUE

- Contributors**... 14
- Letters**... 16
- Breathing Space**... 164

### PRACTICAL MATTERS:

#### Beauty Home Food

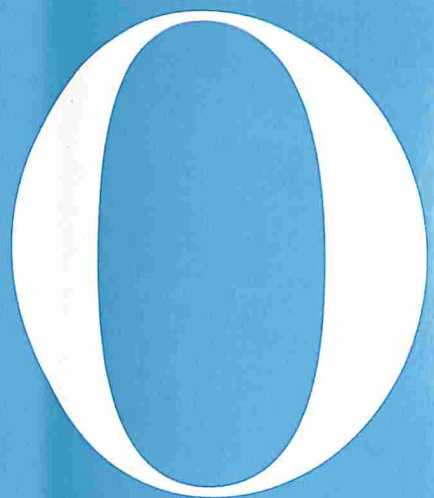
Exotic treatments from Java to the Dead Sea; ice cream and frozen yogurt recipes; white sangria, lavender limeade; a refresher course... 180

### Shop Guide

Where to find it all... 192

**ON THE COVER** Oprah photographed by William Abranowicz. Fashion editor: Sibilla Patrizi. Hair by Andre Walker. Makeup by Reggie Wells. Shirt, Entier Classique. Skirt, Richard Metzger. Shoes, Manolo Blahnik. Shot on location at the Ocean Club, Paradise Island, Bahamas. For details see Shop Guide.





THE OPRAH  
MAGAZINE

# LIFE'S A TRIP LIVE IT UP!

Try a flower bath  
from Java (heaven)

...good-time music  
from Cuba (olé!)

...ice cream from your  
own kitchen (yum)

...a journey to the center  
of your self (amazing)

*MoreMart.com®*  
*Gift Quality Vintage Magazines*



OPRAH.COM  
JULY 2001 \$3.50