

## The New Rules for Healthy Living

So Much More Fun  
Than the Old Ones!

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## Oprah Talks to an American Idol



# Express Yourself!

26 Ways to  
Tell Your  
Story and Share It  
With the World

**JEANS THAT  
MAKE YOU LOOK  
10 LBS THINNER  
And Other Denim Miracles**

**Taco  
Fiesta!**  
The Easiest  
Dinner Party  
You'll Ever  
Throw

PAGE 148

FEBRUARY 2012 \$4.50





SHARE YOUR SNAPSHOTS • DOODLE A MASTERPIECE •

GROW YOUR DREAM GARDEN • SING YOUR SONG •



EX

PLUS

Write your  
MEMOIR  
in only

SIX WORDS!

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CREATE YOUR OWN GELATO! & SHOES! & LIPSTICK!

# PRESS yourself!

WE'VE ROUNDED UP  
an **ALPHABET** of  
POSSIBILITIES for SHOWING  
the **WORLD** exactly  
who *you* are

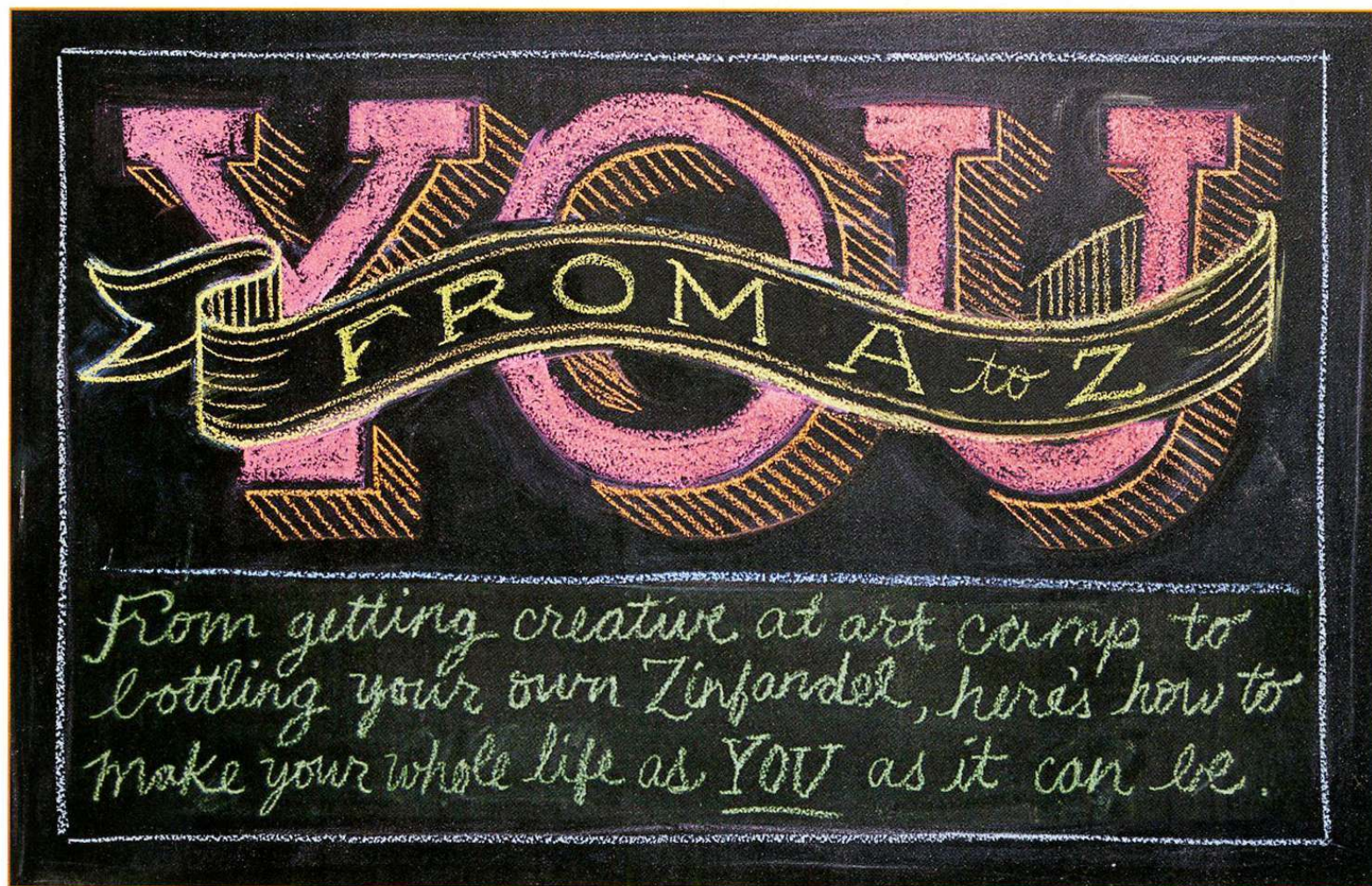
WOOF!

photo by  
RUVEN AFANADOR

lettering by  
DANA TANAMACHI

START A SCRAPBOOK. CHANNEL YOUR INNER POET.





## Art Camps

Pack your bags—and let your creativity flourish.

### Art Camp for Women

Winter Park, Colorado  
Against stunning Rocky Mountain views, learn fabric dyeing or bookmaking. ([artcampforwomen.com](http://artcampforwomen.com))

### Tribal Dance Camp

Ingram, Texas  
Pack your finger cymbals for a camp where belly dancers can teach you to gyrate like a pro. Post-class fun includes campfires and henna parties. ([tribaldancecamp.com](http://tribaldancecamp.com))

### An Artists' Retreat

Carmel-by-the Sea, California  
Experiment with different painting and drawing media, from wax to pencils to gouache (a watercolor-type paint), at this tranquil camp. ([anartistsretreat.com](http://anartistsretreat.com))

### Ladies Rock Camp

Portland, Oregon  
Pick up a musical instrument and channel your rock star self with female-led lessons. ([girlsrockcamp.org](http://girlsrockcamp.org))

## Cooking

Three ways to nourish your inner chef.

### Eat your words

You could copy your beloved peach pie recipe for yet another friend—or you could take a minute and upload it to TasteBook. The design-your-own-cookbook site lets you mix your recipes and photos with favorites from across the Web, then save your collection online or print it as a hardcover version. ([tastebook.com](http://tastebook.com))

### Explore your past

Great-great-grandma Lorraine's technique for making authentic schnitzel may have been lost a generation ago, but that doesn't mean you can't tap into your roots



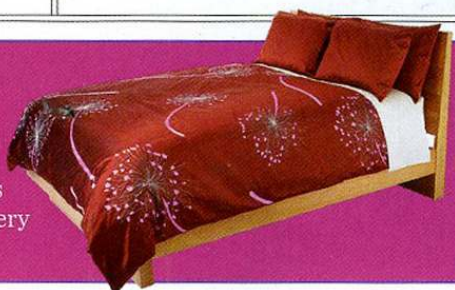
and cook the way they did in the old country. Trafalgar's foodie-focused Be My Guest tours offer a rotating list of hands-on cooking lessons taught by locals, from how to make macarons in Southern France to empanadas in Argentina. ([trafalgar.com](http://trafalgar.com))

### Serve it up

If displaying your famous vanilla-bean pound cake on a plain white plate leaves you cold, consider the customizable serving trays at [erincondren.com](http://erincondren.com). Play around with the site's funky-chic designer templates or upload your own favorite photo; either way you'll get a sweet backdrop for your baked treats.

## Bedding

Making your bed takes on new meaning with Inmod's customizable duvet patterns. Fabric? Color? Embroidery thread? It's your call. (Starting at \$160; [inmod.com](http://inmod.com))





You, from **A** to **Z**

## Heels

You can kick up any outfit with a pair of heels that are perfectly you, thanks to the do-it-yourself site Shoes of Prey. Click through silhouettes, materials, colors, and embellishments, then scrutinize your design in the 360-degree-view tool. Purple leather slingbacks with silver edging in a size 6? Done. Glittery size 8 peep-toe T-strap with blue bows? In your cart in less than five minutes. All shoes are built by hand and can be returned for any reason.

To start you off on the right foot, O's creative director, Adam Glassman, shares a few tips for customizing wisely.

### Platforms

are more comfortable than other types of heels, and they provide an easy way to play with color blocking.

### Pointy toes,

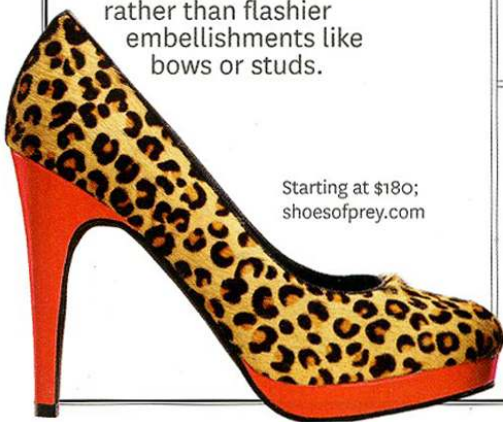
T-strap, and trimmed edges tend to draw the eye in, subtly flattering wider feet.

### Don't forget foot proportion

when choosing a heel style: Stilettos look great with narrow feet; thicker heels are a better match for wider ones.

### Animal prints

are more versatile than you may realize. But if you want to add even more pizzazz to your zebra-print heel, choose color trim rather than flashier embellishments like bows or studs.



Starting at \$180;  
shoesofprey.com



## Ikea

Walk into a friend's home and you can immediately spot the Ikea (my, what a lovely Billy bookcase you have!). But easy-to-apply graphic stickers from Amsterdam-based Mykea quickly transform those mass-market modulares into personalized masterpieces. Browse dozens of designs—rainbow polka dots, origami-like flowers, vibrant geometrics, a charcoal sketch of whales at sea—submitted by artists all over the world. Then pick the Ikea furniture you're looking to enliven and order cut-to-fit stickers. The adhesives peel right off, so redecorating is as easy as changing your mind. (Starting at \$20; thisismykea.com)



## Jewelry

Nothing trumps the thrill of responding to a compliment on your jewelry with the comment, "Oh, thanks. I made it myself." Create your own wearable art in minutes with design-it-yourself jewelry sites gemvara.com and egjewelry.com, which specialize in gemstones and metals. Or visit delusha.com to browse beads, and virtually string bracelets, necklaces, or earrings.



## Kibble

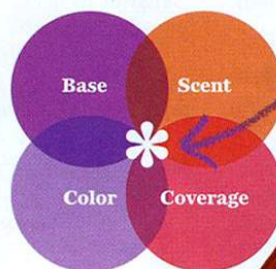
Winston is gluten-free. Molly prefers raw foods. Thurman is watching his weight. Health-crazed foodies? Nope. They're pets. And now, thanks to RedMoon Custom Pet Food, cat and dog owners can express exactly how much they love their four-legged family members with meals tailored to their needs. The kibble blend is made from hormone-free meats and raw fruits and vegetables. (Starting at \$2.65 per pound; redmoonpetfood.com)

Drake loves to run,  
so she eats a high-  
energy mix!



## Lipstick

Pucker up and kiss your creative side hello at custom cosmetics site Giella. (\$28; giella.com)



Your  
perfect lips

