



ROBERTO COIN - Braccialetti

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Here We Go!

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POP QUIZ: WHEN WAS THE LAST TIME YOU experienced an hour entirely free of anxiety? You know, when you weren't stressing about the bills coming due, or agonizing over the dinner party you were planning, or fearing you might fall prey to flesh-eating bacteria? A week ago? Last year? 1992?

No matter who we are or how well we're living, we're all destined to worry about something, sometime. It's a human instinct, rooted in our need for security and safety. Yet tormenting ourselves about the future distracts us from the present—and when that happens, we miss out on a whole lot of life's wonder.

But if you're a chronic worrier, don't fret. This month we're conquering a lifetime's worth of anxieties and apprehension. We'll show you how to stop living in fear of them, how to cope if they should come to pass—and why they almost certainly won't (page 136).

And now to predict a few things that *will* happen, and soon: You'll find a fabulously gripping book (check out this month's best reads, page 123); replenish your cosmetics bag with the season's most bewitching eye-shadows, lipsticks, blushes, and more (turn



to our 2013 Fall Makeup O-wards, page 158); dive into three easy seafood recipes, courtesy of one of our fantastic new food columnists, Curtis Stone (page 165); and wrap up in the autumn coat that suits you best (we've got you covered on page 92).

I don't know about you, but I can feel my worries melting away already.

Enjoy!

Oprah

“We’re all destined to worry about something, sometime. But if you’re a chronic worrier, don’t fret—help has arrived!”

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