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THE OPRAH  
MAGAZINE

Lose 10 lbs  
in one zip  
the magic of  
the right dress

## Mothers!

### From the sublime to the smothering

**A must-read**  
if you are one, have one,  
or work in a cubicle  
next to one

On both sides, the tension is escalating. "I'm hearing it more now than I have at any time in the past ten years," says Maria Bailey, founder of bluesuitmom.com, a Web site for working mothers, and host of *Mom Talk Radio*, a show syndicated to about a half-dozen markets around the country. "If I could lobby for anything in the world right now, it would be to stop women battling women. Why do we have to be our own worst enemies?"

**Is your office  
to explode?**  
The secret tension  
nobody talks about

## The new adultery

You tell yourself it's an innocent lunch...  
The truth about emotional cheating, p. 85

## Help!

The best way to ask  
for what you want

## "I know transformation when I see it"

—Oprah's take on  
the new & improved  
Mary J. Blige

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