



O

THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

Valentine's Gift Spectacular!
(you're gonna love them all)

**“You
are not
alone!”** —OPRAH

**WE'RE STARTING
A CONVERSATION
ABOUT ANXIETY,
DEPRESSION,
HELP AND HOPE...**

Join us on pg. 96

The
3 best
things
you can
do for
your face
today

Get glowing, pg. 116

**THE BRA
OF YOUR
DREAMS**

Practical and pretty!

**THE SIMPLE TRICK
THAT JUST MIGHT
SAVE YOUR LIFE PG. 86**



Here We Go!

“Welcome to an issue of O like no other, in which we tackle a subject too often misunderstood.”

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MAGINE THAT YOU

have a serious illness. Imagine that when you try to explain it to your friends and family, they don't understand, or worse, don't sympathize. Imagine, in fact, that they *blame* you for being sick. Imagine that this illness makes it hard to live happily or even comfortably. And after all this, imagine how easy it would be to lose hope.

Welcome to an issue of O like no other, in which we tackle a subject too often misunderstood: mental illness. In the first installment of our three-part series, we're shining a light on the experiences of people living with depression, anxiety, and other psychological difficulties—conditions that affect nearly one in five Americans—in hopes that their stories will help shatter the stigma that even in the 21st century still shames those in need of help (page 96). You'll learn what survivors have done to make it through their darkest times. You'll also hear from doctors about the miracles of psychiatric medicine, how to navigate therapy, and what to say to someone in pain.

Changing the way we think about mental illness starts with each one of us. So we're starting the conversation—and we hope you'll join in.

Read on....

Opal



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PHOTOGRAPH BY Jake Rosenberg of The Coveteur

FEBRUARY 2016 | @OPRAHMAGAZINE 23

MISH

NEW YORK

