

Book review: “Dream Big! O’s Guide to Discovering Your Best Life”

Written by Terri Schlichemeyer

Fifteen minutes. That’s how long it took you to read the magazine you bought at the check-out counter. Oh, sure, you know all about some starlet’s beach vacation. You’re well-versed on the latest Hollywood gossip. Other than that, you learned nothing and you threw out a few dollars’ worth of paper.

So how about this: next time, look for “Dream Big! O’s Guide to Discovering Your Best Life”, the fourth volume of the Best of O, The Oprah Magazine. This is like a magazine you’ll want to put on your bookshelf.

What would you do if nothing was holding you back? Oprah Winfrey asks that in her introduction and this book helps you with an answer.

From the time we were little girls, our mothers told us certain things about our bodies. In the Beauty and Style section, two O staffers take on some long-held beliefs and self-images and – at the same time – show you that what Mama said back then has nothing to do with now.

Psychologists say that women have a hard time saying “no”, and if you fit that profile to a “T”, then check out what O says by reading “53 Ways to Say... NO!” Follow it up by reading about a year of saying YES! on the following pages.

What makes you happy? In the segment on happiness, you’ll find secrets from happy people, as well as a transforming and empowering story from actress Angela Bassett that will make you want to go out and seize your dreams.

Or, if you’d rather stay in with your thoughts, read about one woman’s life of quiet spirituality, or read the defining moments that taught several celebrities and authors about their faith.

Are you a good friend? Find out by taking the “Good Friend, Bad Friend?” quiz. Then take a look at your pals and see how they influence your life in the “talking and listening” section.

Speaking of which, you can make friends with your money by reading this book. You can find a more meaningful long-term friendship through a new relationship. And, just in time for the holidays, you make friends with your body with sensible diet and exercise tips.

“Dream Big: O’s Guide to Discovering Your Best Life” is a compilation of 75 of the best articles drawn from Oprah Winfrey’s magazine, all with an eye toward inspiring readers in the way that Oprah seems to do best.

There are several things I liked about this book. It’s completely useful and decidedly unfluffy. The articles aren’t cut with ads or silly filler I don’t want, and there are no “continued on page...” annoyances. Each article is short enough to read quick but long enough to impart good information. And some of the articles were written by celebrities from whom I enjoyed hearing.

If you love O: The Oprah Magazine, or if you’re looking for something more substantial than check-out-line tabs, pick up this book. “Dream Big! O’s Guide to Discovering Your Best Life” is a relaxing book to spend time with.

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