



THE OPRAH  
MAGAZINE

YOUR BEST LIFE

The Fast  
Track to  
Genuine  
Joy, pg. 76

HOW TO

# Stop Worrying and Start Living!

O's Guide to  
Serenity Now

PLUS

The Key to Less Stress  
at Work & More  
Happiness at Home

Help Your  
Doctor  
Help You

5 Questions Every  
Patient Should Ask

Getting Unstuck

The Simple Way to  
Make a Major Change

Our Most Stunning  
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Over \$2,000 Worth of  
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# I feel so stupid...

Is the social spotlight fraying your nerves? Our fearless panel is here to help. —ZOE DONALDSON

## ...when I have to speak in public

"I used to throw up before speeches. Now, after lots of practice, I can give a TED Talk. Right before, I relax my voice by opening my mouth wide (like I'm yawning) and saying "Ahhh" in a low tone. I also ground myself—no pacing!—by shifting my weight to the balls of my feet. Looking at the audience, I avert my gaze from anyone who looks bored or doubtful so I won't read into those expressions. I focus on people who look engaged. There's always someone." —*Susan Cain, author of Quiet: The Power of Introverts in a World That Can't Stop Talking*

## ...when I try a new exercise class

"It might look like everybody is moving seamlessly together in a studio, but in my classes, I'd say about 70 percent of people think they have crummy coordination. It's not about being perfect—it's about having fun. Everyone is too focused on hitting the right steps to bother looking at you." —*Geri-Nikole Love, Zumba Fitness instructor*

## ...when I realize I've had food stuck in my teeth

"Screwing up is human. I once subjected myself to what we call a shame attack: I walked a banana, attached to a string, down Madison Avenue. Tourists laughed, but it helped me see that if people look at me like I'm crazy, so what? I accept myself unconditionally." —*Kristene Doyle, PhD, director of the Albert Ellis Institute of psychotherapy training*

## ...when I walk into a room full of strangers

"At a house party, I make a beeline for the kitchen and offer to help; it gives me a sense of purpose, and people talk more comfortably there. Or I gravitate toward the cheese and mention how a fan once sent me a cow-shaped block from Wisconsin. Even small connections produce the happy chemical." —*Paula Poundstone, comedian and writer, I Heart Jokes*

## ...when I feel over my head in conversation

"If everyone is discussing a topic you're not following, ask questions. Listeners charm those who like to do the talking, and you'll probably gauge the context quickly. If desperate, run to the bathroom. With an smartphone, you can brush up on the toilet." —*Rico Gagliano and Brendan Francis Newnam, hosts of The Dinner Party Download*

## I survived... flatulating in yoga

It was my first-ever yoga class: 90 minutes for beginners at the Y. I knew nothing about the practice, so when the male instructor announced the poses, I was like, *What in the hell is warrior what?* I just wanted to release my type A tendencies while folding myself into a pretzel. And it was actually going okay until about 20 minutes in, when it was time for a series of poses on our backs. Gamedly, I lifted my legs over my head, and suddenly *pffff!* I didn't have time to even think about holding it in: The rogue toot reverberated throughout the studio. And then, dead silence.

I'm an avid runner, and when you pass gas during a group run, there's a collective laugh, and someone might call you out, but you keep on. Here, everyone—my disingenuous self included—looked around for the guilty party. As the stink lingered, I was mortified; the source was pretty obvious to all. The teacher spoke up: "That reminds me. It's smart to avoid eating for several hours before class." I couldn't wait to leave; who's so Zen he can't laugh off a fart?

A mere eight years later, I finally found the guts to go to another class. Upon entering the studio, I immediately confessed to a few women: "This is the first time I've been to yoga since 2003, because last time, I farted." Everyone cracked up. Yogis *can* have a sense of humor. As I unrolled my mat, one joked, "Well, don't sit next to us!" I grinned back, reveling in my full disclosure, and got ready for class. —*KELLY JAMES-ENGER, AS TOLD TO AMY PATUREL*



## SUPERBUGS: SUPER-UNLIKELY

Recent headlines may lead you to believe that superbugs are taking over the world. But infections for which there are few treatment options, or none, are quite rare, says Arjun Srinivasan, MD, associate director for the CDC's Healthcare Associated Infection Prevention Programs. Bacteria such as CRE (a dangerous strain that's extremely resistant to drugs) are mostly confined to hospitals, where the high concentration of patients who depend on antibiotics creates an ideal scenario for potent bacteria to breed and spread; last year, less than 5 percent of U.S. hospitals reported cases of CRE. The FDA has formed a task force to facilitate a crop of new antibiotics, and thanks in large part to greater awareness, the prescribing rate has fallen 17 percent since 1999. You can also help (listen up, hypochondriacs): The fewer unnecessary antibiotics you take, the harder it is for bacteria to develop resistance. —EMMA HAAK