

O

THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

SPECIAL REPORT

LOVE YOUR BRAIN

HOW TO STAY
SHARP AND LIVE
BRILLIANTLY
EVER AFTER

What would
you do if you
had no fear?

DISCOVER THE POSSIBILITIES. Pg. 24



Your One Wild and Precious SUMMER!

O'S GUIDE TO THE THINGS YOU WON'T
SEE ON EVERYONE ELSE'S INSTAGRAM

Candlelit booms like a dream, here we come.

You.
Umbrella
Drink.
Sunset.
Maui.

ENTER FOR YOUR
CHANCE TO WIN
Pg. 22



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OLD SCHOOL

Beefy cookout

NEW COOL

Meat-Free Feasts

Forget everything you know about veggie burgers—namely, that they look like something you'd find on the ground while hiking.

The new plant-based patties on the block are tasty enough to charm even die-hard carnivores. Beyond Meat's Beyond Burger has the satisfying chew of beef but none of the cholesterol, thanks to pea protein (everywhere these days). And the inventors of the juicy Impossible Burger added heme, an iron-rich compound that makes these wonders bloody good. (beyondmeat.com,

impossiblefoods.com)