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Is your fridge crowded with the remnants of recipes past? Here, a few creative solutions for some common leftover ingredients.



**CHICKEN STOCK**

**GLAZED CARROTS** In a large skillet, heat 1 tsp. oil over medium heat. Add ½ pound carrots, quartered, and cook until golden, 5 to 7 minutes. Add 1 cup chicken stock and cook, covered, 3 minutes. Stir in 3 Tbsp. orange juice (or 3 Tbsp. lemon juice plus 1 Tbsp. maple syrup or honey) and reduce stock to a glaze, 2 to 3 minutes. Garnish with pecans or fresh parsley.



**CELERY**

**CREAMY POTATO SOUP** In a large pot, cover ½ bunch chopped celery, 1 large diced potato, 1 chopped onion, and 2 peeled garlic cloves with 3 cups water. Simmer 15 to 20 minutes, then transfer to a blender with ½ cup low-fat Greek yogurt and 1 tsp. dried tarragon; puree until smooth. Season to taste with salt and pepper.



**COCONUT MILK**

**COCONUT PUDDING** In a saucepan over low heat, whisk ¼ cup sugar, 2 Tbsp. cornstarch, and ¼ tsp. salt. Whisk in 1 cup each unsweetened coconut milk and milk and bring to a gentle boil, stirring until texture resembles heavy cream, 1 minute. Remove from heat and stir in ¼ tsp. vanilla extract or a spoonful of peanut butter. Chill and top with sliced fresh mango.



**PESTO SAUCE**

**BREADED CHICKEN** In a shallow dish, mix ½ cup pesto with 2 Tbsp. each Dijon mustard and mayonnaise. Coat boneless, skinless chicken breasts with the mixture, then cover with bread crumbs. Bake until cooked through, 15 to 20 minutes.

*Recipes by Melissa d'Arabian, host of the Food Network's Ten Dollar Dinners.*

# Life Will Always Be Messy. That's a Good Thing.

Psychiatrist **Melva Green, MD**, coauthor of *Breathing Room: Open Your Heart by Decluttering Your Home*, reveals the truth about the piles of stuff that just keep coming back. (Hint: They can set you free.)

**TO CLUTTER IS HUMAN.** We collect stories, experiences, and memories—why not things? It's natural to accumulate, and to believe otherwise is a setup for disappointment and failure.

Almost everything we hold on to—even down to our junk mail and extra pens—symbolizes what's happening in our lives on an emotional and psychological level. Since we are constantly evolving, it makes sense that our possessions are, too. Think about the items you loved years ago that no longer speak to who you are. Maybe you have tons of expensive dishes because you used to love to host big dinner parties—but these days you appreciate a quiet evening with just you and the dog. You don't need those dozen place settings anymore, and that's as it should be. Just because something made you happy in

the past doesn't mean that you have to keep it forever.

When your clutter comes back (and it will), you might be tempted to criticize yourself. Instead, try to remember that de-cluttering is a chance to open up physical and mental space, creating room for possibility. It's something that should happen periodically, because your closets and shelves contain so much more than stuff. They may hold love, joy, and comfort—say, your grandmother's linens. But they also may harbor items that bring you guilt or regret—like the trinket your ex gave you—and it's time to let those things go. As you clean, you can and should be mindful of every item you give up and what it once did for you. Engage with your things. And as your pile grows, dig in and appreciate it. It means you're growing, too. **Q**