



THE OPRAH  
MAGAZINE

**5 THINGS  
EVERY  
HAPPY  
WOMAN  
DOES**

A fresh formula for

**WORKING  
TOO HARD?**

Before you say no  
to your boss...see page 9

MARCH 2008 \$5.75



OPRAH.COM

**CARB-O-LICIOUS!**

How can something  
so healthy taste so good?

**COUPLES**

**HOW TO WANT  
WHAT YOU HAVE**

(It's harder than it looks)

**SPRING  
SHOPPING**

The one piece that makes  
everything you own look new

## *At Work: The Female Advantage*

■ "Maintaining a close social network comes easily to many women, but until recently the skills required to keep people connected—being a good listener, communicator, and 'mind reader'—seemed invisible next to more quantifiable traits, such as gifts in math or science. Whatever was associated with the male model of success was considered to have more merit. But now that empathy and altruism are being measured and linked to a longer, happier life, what was once taken for granted may acquire new luster. If most women prefer pursuits that connect them with others or allow them to make a difference over competing for the biggest paycheck, then the extreme male model of work will make them miserable or disconnected, as it did for many I profiled. The fact that they could change jobs to incorporate their wider interests is a benefit of postfeminist Western democracy. The ability to follow your inclinations instead of doing work that others think you *should* do is a feature of free society."

—SUSAN PINKER, FROM *THE SEXUAL PARADOX: MEN, WOMEN, AND THE REAL GENDER GAP* (SCRIBNER)