

OWN YOUR POWER

**O**  
THE OPRA  
MAGAZINE

YOUR BEST LIFE

# UNLOCK YOUR INNER SUPERSTAR

Our 4-step plan  
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## THE 2010 O POWER LIST!

20 Women  
Who Are Rocking  
the World

**SPECIAL**  
AN URGENT  
MESSAGE  
FROM

**DR. OZ**  
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# Own Your Power!

How to Tap Into Your Strength  
Focus Your Energy

Let Your Best Self Shine

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—Oprah Winfrey

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## How to Tap Into Your True Power

By Martha Beck  
 The Oprah Magazine | From the August 2008 issue of The Oprah Magazine

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*If you think you have no control over your life, think again. As hemmed in as you may feel, Martha Beck shows you how to break out of that helpless place.*

"I'm terrified about my daughter's drinking," Mindy told me during our first session, "but I've asked her to get help, and she just yells at me."

"My boss can be really unethical," said Denise, another client, "but that's the way things work. If I complain, my job is history."

Paula, a third client, is perpetually exhausted. "I know I should take better care of myself," she admitted, "but someone has to be there for my husband and children."

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