



25 Lessons: What We Learned from Oprah

Nancy Mehagian, Judith A. Proffer

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She would age without whining. (Most of the time). She would read until her eyes were blurry. She would love fiercely, laugh ferociously, and let tears fly unabashedly. She would go to nature to heal. And travel with Gayle to let loose. And she would say good-bye with grit and humor and without regret. *25 Lessons: What We Learned from Oprah* is an intimate and often lighthearted look at how some of the teachings of *The Oprah Winfrey Show* influenced the personal lives and career paths of the authors, Southern California friends who, like Oprah, love their dogs, their close friends, a good book, Mother Nature, “aha” moments, and reeeeeaaaaalllly good food.

Nancy Mehagian is a teacher, healer, epicurean, and writer (*Supernatural Kids Cookbook*, *Siren’s Feast: An Edible Odyssey*). Judith A. Proffer is a former newspaper publisher (*LA Weekly*, *Sun Community Newspapers*), entrepreneur (Magpie Gourmet Mini Pies), and writer. As unlikely as it is that a dirt-poor girl from Mississippi would become buddies with the booty-shaking star of *Saturday Night Fever* are the odds of these two friends ever meeting up. Nancy was a spirited hippie who would open the first vegetarian restaurant on the island of Ibiza, hanging out with the likes of Joni Mitchell and Taj Mahal. Judith was raised in Michigan with corn-fed sensibilities and big-city dreams, longing to meet Walter Cronkite (she did) and own her own newspaper (she did that, too). Along the way, they each got a little lost, they each got a little found, and they happened upon an adventurous and everlasting friendship in each other. And it was Nancy, a frequent *Oprah* viewer, who encouraged Judith, a decided non-viewer, to watch the pull-out-all-the-stops emotional, engaging, enlightening, and entertaining twenty-fifth and final season.

Inspired by the lightning-paced illumination they have each embraced and tried their best (sometimes successfully, sometimes not) to emulate over the years, this book was birthed to offer simple and practical lessons that can offer readers the keys to make changes in their own lives. From the searing reality of the importance of forgiveness (essential, but painful and rarely easy) to the creation of a vision board (fun, fun, fun), *25 Lessons* delivers tales of compassion, courage, and evolution. Not to mention the smack in the face of instant karma. Oprah taught the world to live, love, and laugh. With *25 Lessons*, Mehagian and Proffer share practical tools for living out loud, loving ourselves, and laughing with the whole of our hearts.

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