

# **APPENDICES**

## APPENDIX 1

### CATEGORIZATION

#### A. Transitivity System

(Info: Participant in underlined; Process in **bold** and written in the column of type of process; Circumstances in *italics*)

#### 1. Winter Season

##### 1.1 January: The O Plan for a Fresh Start 'How to Get What You Really Want This Year'

No	Clauses	Material	Mental	Relational		Verbal	Behavioural	Existential
				Attributive	Identifying			
1	Here We Go!	<b>Go</b> (Actor + Process)						
2	When <u>your sink</u> <b>is clogged</b>	<b>is clogged</b> (Circum. + Recipient + Process)						
3	<u>you</u> <b>call</b> <u>a plumber</u>					<b>call</b> (Sayer + Process + Receiver)		

4	When <u>your brakes</u> <b>squeal</b>					<b>squeal</b> (Circum. + Agent + Process)		
5	<u>you</u> <b>hire</b> <u>a mechanic.</u>	<b>hire</b> (Actor + Process + Recipient)						
6	<i>But when <u>you</u>'re feeling trapped by bad old habits, stuck in depressing old ruts, and tripped up by life's little stumbling blocks,</i>		<b>are feeling</b> (Circum. + Senser + Process + Phenomenon)					
7	<i>who <u>do you</u> <b>turn to</b> then?</i>	<b>turn</b> (Circum. + Actor + Process + Goal)						
8	<i><u>The friendly repairpeople in this month's issue, that's who</u>-here to equip you with the tools to remake yourself, one terrific change at a time</i>				<b>is</b> (Identified + Process + Indetifier + Circum.)			

9	<i>Of course, if your whole life <b>is</b> out of whack,</i>			<b>is</b> (Circum. + Carrier + Process + Attribute)				
10	<i><b>you need</b> more than good advice.</i>		<b>need</b> (Senser + Process + Phenomenon)					
11	<i>When writer Paige Williams <b>hit</b> bottom (as in got fired, gained 80 pounds, and racked up a six-figure debt),</i>	<b>hit</b> (Circum. + Actor + Process + Goal + Circum.)						
12	<i><b>finding</b> her way back to professional, physical, and financial health took blood, sweat</i>	<b>finding</b> ((Actor) + Process + Goal)						
13	<i><b>we're talking</b> lots of sweat – and tears.</i>					<b>are talking</b> (Sayer + Process + Circum.)		
14	<i><b>Read</b> the first half of Paige's two-part story on page 124</i>	<b>read</b> ((Actor) + Process + Goal)						

15	<i>It brings together cutting-edge science, surprising tips, and even a little myth-busting to help you stay well-body, mind, and soul.)</i>	<b>brings</b> (Actor + Process + Circum.)						
16	<b>If anyone knows</b>		<b>knows</b> (Senser + Process)					
17	<i>how important <u>it is to nourish</u> every part of yourself,</i>			<b>is</b> (Circum. + Carrier + Process + Circum.)				
18	<i>it's <u>Eat, Pray, Love</u> author Elizabeth Gilbert,</i>				<b>is</b> (Identified + Process + Indetifier + Circum.)			
19	<i><u>who's got</u> a lot to say about the perils and promise of marriage.</i>	<b>'s got</b> (Actor + Process + Goal + Circum.)						
20	<i>So much to say, in fact, that <u>she's written</u> a brand-new book-check out an excerpt, and a frank and funny Q&amp;A with Elizabeth, on page 130.</i>	<b>is written</b> (Circum. + Actor + Process + Goal + Circum.)						

21	<u>Brand-new</u> , after all, <b>is</b> <u>the name of the game this month</u> ,				<b>is</b> (Identified + Circum. + Process + Identifier + Circum.)			
22	when <u>everyone</u> <b>seems to be</b> in the market for a fresh start.		<b>seems to be</b> (Senser + Process + Phenomenon)					
23	<u>I wish you</u> a New Year filled with joy and prosperity-and not a single depressing old rut in sight.		<b>wish</b> (Senser + Process + Phenomenon)					
24	“ <u>We’re</u> here to help you remake yourself, one terrific change at a time.”			<b>are</b> (Carrier + Process + Circum.)				
	Total of process	10	5	3	3	3		

**1.2 February: 100 Things That Are (ACTUALLY) Getting Better – Prepare to Be Delighted, Inspired, and Very Relieved**

No.	Clauses	Material	Mental	Relational		Verbal	Behavioural	Existential
				Attributive	Identifying			
1	<u>The Beatles</u> <b>told</b> <u>us</u> <i>long ago that all we need is love</i>					<b>told</b> (Sayer + Process + Receiver + Circum.)		
2	<u>all we need</u> <b>is</b> <u>love</u>			<b>is</b> (Carrier + Process + Attribute)				
3	<i>but</i> <u>let's</u> <b>be serious</b> , <u>people</u>		<b>to be</b> (Senser + Process + Phenomenon)					
4	<u>The truth</u> <b>is</b> , <i>we also need contact lenses and office chairs and running shoes and a great pair of jeans.</i>				<b>is</b> (Identified + Process + Identifier)			
5	<u>we also need</u> <u>contact lenses and office chairs and running shoes</u> <u>and a great pair of jeans.</u>		<b>need</b> (Senser + Process + Phenomenon)					

6	<i>And this <b>explains</b> why lately I've been walking around humming another of the Fab Four's lines:....got to admit it's getting better...</i>					<b>explains</b> (Sayer + Process + Verbiage)		
7	<i><b>I've been walking</b> around humming another of the Fab Four's lines:....got to admit it's getting better...</i>	<b>have been walking</b> (Actor + Process + Circum.)						
8	<i>After noticing exciting improvements in everything from wine (affordable and drinkable!) to mascara (what can't today's wands do?), <b>we went looking for</b> more good news</i>	<b>went</b> (Circum. + Actor + Process + Goal)						
9	<i>what can't today's <u>wands do</u>?</i>	<b>do</b> (Circum. + Actor + Process)						
10	<i>and <b>wound up</b> with 100 reasons <u>to cheer</u></i>		<b>wound up</b> ((Actor) + Process + Circum.)					

11	<u>When you <b>get to</b> the end of our list</u>	<b>get</b> (Circum. + Actor + Process + Goal)						
12	<u>I <b>think</b> you'll agree</u>		<b>think</b> (Senser + Process + Phenomenon)					
13	<u>Things really <b>are</b> looking up</u>			<b>are</b> (Carrier + Process + Attribute)				
14	<u>That's <i>definitely</i> the perspective of Sean Sessums Means</u>			<b>is</b> (Carrier + Process + Attribute)				
15	<u>a young man whose chance encounter at a Staples store in California <i>led</i> to the multimillion-dollar inheritance-courtesy of a very famous distant relative</u>	<b>led</b> (Actor + Process + Goal)						
16	<u>he'd <b>been denied</b> his entire life</u>		<b>would been denied</b> (Senser + Process + Phenomenon)					

17	<i>And as big-time improvements go, <u>it's hard to top writer Paige Williams's journey from desperation and defeat to hard-won hope.</u></i>			<b>is</b> (Carrier + Process + Attribute)				
18	<i>Overweight, out of work, deeply in debt, and with no love life in sight, <u>Paige has braved the yoga mat, stared down her health issues, and faced the biggest foe of all-herself.</u></i>				<b>has braved</b> (Circum. + Identified + Process + Identifier)			
19	<i><u>She told the first half of her funny and moving story in January</u> (oprah.com/omagextras, in case you missed it); for the final installment, turn on page 196.</i>					<b>told</b> (Sayer + Process + Verbiage + Circum.)		
20	<i><u>We may be deep</u> into winter</i>			<b>may be deep</b> (Senser + Process + Phenomenon)				
21	<i><u>but I can't help looking ahead to spring</u></i>			<b>can't help looking</b> (Senser + Process + Phenomenon)				

22	<i>when <u>we'll be celebrating O's tenth anniversary</u></i>	<b>will be celebrating</b> (Circum. + Actor + Process + Goal)						
23	<i><u>I hope you'll join me in New York City, May 7-9, for a spectacular anniversary weekend.</u></i>		<b>hope</b> (Senser + Process + Phenomenon)					
24	<i><u>Tickets go on sale in March</u></i>	<b>go</b> (Actor + Process + Circum.)						
25	<i>Take a look at page 57 to see if <u>you're one</u> often lucky readers who've won a very special ticket to ride</i>			<b>are</b> (Circum. + Carrier + Process + Attribute + Circum.)				
26	<i>"<u>we went looking for good news, and found 100 reasons to cheer.</u>"</i>	<b>went</b> (Actor + Process + Goal)						
	Total of Process	8	8	5	2	3		

## 2. Spring Season

### 2.1 March: De-Clutter Your Life! (It's time to simplify things-Oprah's starting with her closet\*)

No.	Clauses	Material	Mental	Relational		Verbal	Existential	Behavioural
				Attributive	Identifying			
1	<u>It's hard to believe</u>			<b>is</b> (Carrier + Process + Attribute)				
2	<u>but spring is just around the corner</u>			<b>is</b> (Carrier + Process + Circum.)				
3	<u>and you know what that means: time to clear out the clutter and spruce things up.</u>		<b>know</b> (Senser + Process + Phenomenon)					
4	<u>And I'm not just talking about your house.</u>					<b>am just talking</b> (Sayer + Process + Verbiage)		
5	<u>This month we bring you a comprehensive guide to cleaning up your life-major overhaul, inside and out.</u>	<b>bring</b> (Actor + Process + Recipient + Circum.)						

6	Whether relationships troubles <b>are dragging</b> you down	<b>are dragging</b> (Actor + Process + Goal)						
7	(you <b>know</b> <i>that toxic friend you just can't shake?</i> )		<b>know</b> (Senser + Process + Phenomenon)					
8	or your stuff <b>is</b> piling up			<b>is</b> (Carrier + Process + Attribute)				
9	(do you really <b>need</b> 12 mismatched coffee mugs?)		<b>need</b> (Senser + Process + Phenomenon)					
10	<b>we're</b> here to help			<b>are</b> (Carrier + Process + Circum.)				
11	you <b>get</b> your home and your psyche <i>in the best shape ever</i>	<b>get</b> (Actor + Process + Goal)						

12	<u>One thing you can definitely use less of?</u>	<b>can definitely use</b> (Actor + Process + Circum.)						
13	<u>Anxiety-which is why we're also bringing you timely strategies for de-stressing,</u>				<b>is</b> (Identified + Process + Identifier + Circum.)			
14	<b>developed</b> <u>by a researcher who's teaching soldiers how to combat battlefield nerves</u>	<b>developed</b> ((Affected) + Process + Actor)						
15	<u>If you want to knock a few other things off your worry list,</u>		<b>want</b> (Senser + Process + Phenomenon)					
16	<b>check out</b> <u>Dr.Oz's tips for reducing your exposure to cell phone radiation and staying safe and healthy on an airplane</u>	<b>check out</b> ((Actor) + Process + Goal + Circum.)						

17	<i>plus a new reason – hooray!- why a little bit of chocolate <b>can be good</b> for you</i>			<b>can be</b> (Circum. + Carrier + Process + Circum.)				
18	<i>And if after all of this you <b>still haven't achieved</b> inner peace</i>	<b>haven't achieved</b> (Circum.+ Actor + Process + Goal)						
19	<i><b>pour yourself</b> a cup of tea</i>	<b>pour</b> ((Actor) + Process + Recipient + Circum.)						
20	<i><b>and sit in on my conversation</b> with spiritual master Thich Nhat Hanh</i>	<b>sit in</b> ((Actor) + Process + Goal + Circum.)						
21	<i>everything he does, no matter how small, <b>is undertaken</b> with intention and mindfulness- just might leave you a little more enlightened</i>	<b>is undertaken</b> (Actor + Process + Circum.)						

22	<i>“It’s <u>time</u> to clear out the clutter and spruce things up.”</i>			<b>is</b> (Carrier + Process + Attribute + Circum.)				
	<b>Total of process</b>	10	4	6	1	1		

**2.2 May : 10th Anniversary special edition!**

No.	Clauses	Material	Mental	Relational		Verbal	Existential	Behavioural
				Attributive	Identifying			
1	<i>As <u>you’ve noticed</u> by now</i>		<b>'ve noticed</b> (Senser + Process + Phenmenon)					
2	<i><u>this is no ordinary</u> O-not that any of them are ordinary, of course!</i>				<b>is</b> (Identified + Process + Identifier + Circum.)			
3	<i>When <u>we started planning this special tenth anniversary edition</u></i>	<b>started planning</b> (Circum. + Actor + Process + Goal)						

4	<i>we <b>had</b> a blast <u>paging</u> through a decade of back issue</i>			had (Carrier + Process + Attribute + Circum.)				
5	<i>The 223, 193 charter subscribers among <u>you</u> <b>may have read</b> <u>every single one</u></i>	<b>have read</b> (Circum. + Actor + Process + Goal)						
6	<i>but in case <u>you</u> <b>haven't been</b> <u>with us</u> since the beginning</i>			<b>haven't been</b> (Carrier + Process + Attribute + Circum.)				
7	<i><b>don't miss</b> <u>our annotated tour of 18 memorable covers</u> (page 55)</i>		<b>don't miss</b> ((Senser) + Process + Phenomenon + Circum.)					
8	<i>my list of the best books <u>I</u>'ve read since 2000 (page 176),</i>	<b>'ve read</b> (Circum. + Actor + Process + Circum.)						

9	<i>and a sampling of some recipes <u>we've</u> <b>run</b> (page 140).</i>	<b>have run</b> (Circum. + Actor + Process)						
10	<i><u>I've</u> sometimes thought</i>			<b>'ve</b> (Carrier + Process + Attribute)				
11	<i><u>that our purpose here at O is to offer recipes for living-and this month we've gone all out</u></i>				<b>is</b> (Identified + Process + Identifier + Circum.)			
12	<i>gathering advice from ten of our favorite experts to help <u>you make the years ahead healthy, wealthy, and wonderful</u> (page 69)</i>	<b>make</b> (Circum. + Actor + Process + Goal + Circum.)						
13	<i>After all, <u>an anniversary is a time not just to look back but to look forward.</u></i>			<b>is</b> (Carrier + Process + Attribute + Circum.)				

14	<i>With our eyes on the future, <u>we talked</u> to ten brilliant women</i>					<b>talked</b> (Circum. + Sayer + Process + Receiver)		
15	<i><u>you'll be hearing</u> more from in the next ten years (page 102)</i>		<b>'ll be hearing</b> (Senser + Process + Phenomenon)					
16	<i><u>We consulted</u> with researchers</i>	<b>consulted</b> (Actor + Process + Recipient)						
17	<i><u>who are exploring</u> the new frontiers of health (page 151) and beauty (page 131)</i>	<b>are exploring</b> (Actor + Process + Goal + Circum.)						
18	<i><u>And because our mission is to help you</u> become stronger, more fulfilled, happier,</i>			<b>is</b> (Carrier + Process + Attribute + Circum.)				

19	<u>we asked</u> <i>seven wise women to share their ideas for a better tomorrow</i> (page 226).					<b>asked</b> (Sayer + Process + Receiver + Circum.)		
20	<i>Most important, <u>we're focusing on the good things</u> around us right now,</i>		<b>are focusing</b> (Senser + Process + Phenomenon + Circum.)					
21	<i>and the <u>joy to be found</u> in the present moment.</i>	<b>to be found</b> (Goal + Process + (Actor) + Circum.)						
22	<i>With that in mind, <u>we checked in</u> with a few true visionaries</i>	<b>checked</b> (Circum. + Actor + Process + Circum.)						
23	<i>who make living their best lives <u>look like a piece of cake</u></i> (page 202).		<b>look</b> (Senser + Process + Phenomenon)					

24	<i>Speaking of cake, be sure to feast your eyes on the ten beauties <b>we had</b> <u>custom-made</u> for our celebration</i> (page 234),			<b>had</b> (Circum. + Carrier + Process + Attribute + Circum.)				
25	<i>and join us as <b>we blow out</b> the <u>candles</u> on this part of our journey.</i>	<b>blow</b> (Actor + Process + Recipient + Circum.)						
26	<b>We hope</b>		<b>hope</b> (Senser + Process)					
27	<i><b>you'll make</b> a wish or two yourself</i>	<b>'ll make</b> (Actor + Process + Goal)						
28	<i>and that <b>you'll continue</b> to bless O with your presence and your passion.</i>	<b>'ll continue</b> (Actor + Process + Recipient + Circum.)						

29	" <u>We're focusing on the joy to be found in the present moment.</u> "		're focusing (Senser + Process + Phenomenon + Circum.)					
	Total of Process	12	7	6	2	2		

### 3. Summer Season

#### 3.1 June : Say Yes to Life! - 28 Genius Ways to Get Unstuck and Make Your Dreams Real

No	Clauses	Material	Mental	Relational		Verbal	Existential	Behavioural
				Attributive	Identifying			
1	<i>Confession number one: <u>I love being comfortable</u></i>		<b>love</b> (Circum. + Senser + Process + Phenomenon)					
2	<b>I love</b> <u>homemade food, sensible shoes, familiar surroundings</u>		<b>love</b> (Senser + Process + Phenomenon)					

3	<i>Confession number two: Too much comfort and even I <b>start longing</b> for a change of pace</i>		<b>start longing</b> (Circum. + Senser + Phenomenon)					
4	<i>(which <b>explains</b> how I ended up at the Texas state fair last fall, cowboy hat and all).</i>					<b>explains</b> (Sayer + Process + Verbiage)		
5	<i>how I <b>ended up</b> at the Texas state fair last fall, cowboy hat and all</i>	<b>ended up</b> (Actor + Process + Circum.)						
6	<b>I know</b>		<b>know</b> (Senser + Process)					
7	<i>I'm <b>not</b> the only one who thinks a little change can be good.</i>				<b>am not</b> (Identified + Process + Identifier + Circum.)			
8	<i>who <b>thinks</b> a little change can be good.</i>		<b>thinks</b> (Senser + Process + Phenomenon)					

9	<u>Whether you frequently leave your comfort zone</u>	<b>leave</b> (Actor + Process + Goal)						
10	<u>or (like me) you've built a fortress around it complete with moat and drawbridge</u>	<b>'ve built</b> (Actor + Process + Goal + Circum.)						
11	<u>I'll bet you could benefit from being a little more open to excitement.</u>	<b>'ll bet</b> (Actor + Process + Recipient + Circum.)						
12	<u>That kind of openness is exactly</u>			<b>is</b> (Carrier + Process + Circum.)				
13	<u>what we're exploring this month,</u>	<b>were exploring</b> (Actor + Process + Goal)						
14	<u>with the help of some adventures who are definitely moat-and drawbridge-free.</u>			<b>are</b> (Carrier + Process + Attribute)				

15	<u>Well, okay, there's the couple</u>						<b>is</b> (Participant + Process + Existent)	
16	<u>who turned a lighthouse into a cozy home</u>	<b>turned</b> (Actor + Process + Goal + Circum.)						
17	<u>but they get a pass</u>	<b>get</b> (Actor + Process + Goal)						
18	<u>You'll meet a born scheduler</u>	<b>will meet</b> (Actor + Process + Recipient)						
19	<u>who let strangers plan every step of her vacation</u>	<b>let</b> (Actor + Process + Recipient)						
20	<u>a young attorney who won the first case</u>	<b>won</b> (Actor + Process + Goal)						

21	<u>she argued</u> before the Supreme Court					<b>argued</b> (Sayer + Process + Circum.)		
22	<u>even a woman who survived</u> a terrifying shipwreck	<b>survived</b> (Actor + Process + Goal)						
23	<u>And if you'd like</u> to go from <i>fainthearted</i> to <i>fearless</i>		<b>would like</b> (Senser + Process + Circum.)					
24	<u>we can help</u>	<b>can help</b> (Actor + Process)						
25	<u>Maybe you dream of</u> opening your own business, learning to love exotic foods, trying some out-there beauty treatments or wearing a bathing suit with confidence		<b>dream of</b> (Senser + Process + Phenomenon)					
26	Find the styles that <b>will make you</b> look fabulous – really!	<b>will make</b> (Actor + Process + Recipient + Circum.)						

27	Or maybe you'd like to see more of the world – like the stingrays of Bora Bora or the great restaurants of Paris.		would like (Senser + Process + Phenomenon + Circum.)					
28	If so, head to page 24 to get the scoop on our best contest yet,	head ((Actor) + Process + Goal + Circum.)						
29	and soon you could be setting off on the adventure of a lifetime.	could be setting (Actor + Porcess + Goal + Circum.)						
30	"If you'd like to go from fainthearted to fearless, we can help."		'd ike (Senser + Process + Phenomenon + Circum.)					
	Total of Process	15	9	2	1	2	1	

### 3.2 July: Our Biggest, Best Summer Reading List Ever! - 26 Books You'll LOVE

No.	Clauses	Material	Mental	Relational		Verbal	Existential	Behavioural
				Attributive	Identifying			
1	<i>In last year's summer reading guide, <u>Toni Morrison</u> <b>said</b> <u>something</u></i>					said (Circum. + Sayer + Process + Verbiage)		
2	<b><u>I</u> absolutely love:</b>		love (Senser + Process)					
3	<b><u>"I feel</u> more friendly</b>		<b>feel</b> (Senser + Process + Phenomenon)					
4	<b><u>when I am writing</u>, nicer to people, much more generous, also wiser."</b>	<b>am writing</b> (Actor + Process + Goal)						

5	<u>Wouldn't you know</u>		<b>know</b> (Senser + Process)					
6	<u>that's exactly</u>			<b>is</b> (Carrier + Process + Circum.)				
7	<u>how I feel</u>		<b>feel</b> (Senser + Process)					
8	<u>when I'm reading</u>	<b>am reading</b> (Actor + Process)						
9	<u>When an author creates a character who feels utterly real,</u>	<b>creates</b> (Actor + Process + Goal + Circum.)						
10	<u>it's like you're inside that character's soul,</u>			<b>is like</b> (Carrier + Process + Circum.)				
11	<u>and every time you have that experience,</u>		<b>have</b> (Senser + Process + Phenomenon)					

12	<u>it makes your life a little richer.</u>	<b>makes</b> (Actor + Process + Goal +Circum.)						
13	<i>Reading strengthens our sense of <u>what it means to be human.</u></i>		<b>means</b> (Circum. + Senser + Process + Phenomenon)					
14	<b><u>So I'm thrilled</u></b>			<b>am thrilled</b> (Carrier + Process + Attribute)				
15	<i><u>that we're delving so deeply into the world of books this month, with the biggest instalment yet of our annual summer reading guide</u></i>	<b>are delving</b> (Actor + Process + Circum.)						
16	<u>Get ready for a collection of 26 titles that will open your eyes, delight your mind, break your heart, and pretty much guarantee the most delicious days imaginable.</u>	<b>will open</b> (Actor + Process + Goal)						

17	<u>Well, maybe not the most delicious</u>		<b>maybe not</b> (Senser) + Process + Phenomenon)					
18	<u>let's not forget about ice cream, chocolate cupcakes, and all our other go-to indulgences.</u>		<b>not forget</b> (Senser + Process + Circum.)					
19	<u>Though to some, those treats aren't half as appetizing as grilled octopus, vegan burgers, or fresh venison.</u>			<b>aren't</b> (Carrier + Process + Attribute)				
20	<u>Don't believe me?</u>		<b>believe</b> (Senser) + Process + Phenomenon)					
21	<u>Check out what ordinary people have to say about their eating habits</u>					<b>have to say</b> (Sayer + Process + Verbiage)		
22	<u>and you'll find that taste in food, like taste in books, is highly individual</u>			<b>is like</b> (Carrier + Process + Circum.)				

23	<u>Most of us are experts at finding our own very personal ways to satisfy our hunger.</u>			<b>are</b> (Carrier + Process + Attribute + Circum.)				
24	<u>Speaking of satisfying, if you're anything like me,</u>			<b>'re</b> (Circum. + Carrier + Process + Attribute)				
25	<u>you want a closet full of clothes you adore-</u>		<b>want</b> (Senser + Process + Phenomenon)					
26	<u>not because they're stylish but because you actually feel good in them.</u>			<b>'re</b> (Carrier + Process + Attribute + Circum.)				
27	<u>I'm crazy about this season's fantastic khakis</u>			<b>'m</b> (Carrier + Process + Attribute + Circum.)				

28	<u>They're comfortable, chic, and perfect for everything</u>			<b>'re</b> (Carrier + Process + Attribute)				
29	<u>you'll be doing this summer</u> – including taking off on a great vacation	<b>'ll be doing</b> (Actor + Process + Goal + Circum.)						
30	<u>well, we've already covered that.</u>	<b>'ve already covered</b> (Actor + Process + Goal)						
31	<u>"We're delving into the world of books with our biggest summer reading guide yet."</u>	<b>'re delving</b> (Actor + Process + Goal + Circum.)						
	Total of process	9	10	10		2		

#### 4. Fall Season

##### 4.1 September: The Makeover Issue! - Transform Your Look \* Luck \* Life - 178 Inspiring ways to change things up (Oprah did!)

No.	Clauses	Material	Mental	Relational		Verbal	Existential	Behavioural
				Attributive	Identifying			
1	<u>See anything different about us this month?</u>		<b>see</b> (Senser + Process + Phenomenon)					
2	<u>No, I don't mean my swingy hair</u>		<b>don't mean</b> (Senser + Process + Phenomenon)					
3	<u>I mean</u>		<b>mean</b> (Senser + Process)					
4	<u>you're holding in your hands a brand-new, terrifically improved, totally redesigned magazine, better than ever but still pure O</u>	<b>'re holding</b> (Actor + Process + Circum.)						

5	<i>On the heels of our tenth anniversary, <b>we're brightening things up</b>, adding more color, and making it easier to find what you're looking for</i>	<b>'re brightening</b> (Circum. + Actor + Process + Goal + Circum.)						
6	<b>We've changed some section names</b>	<b>'ve changed</b> (Actor + Process + Goal)						
7	<u>Advice, etc. is now May We Help You?</u> (page 65),				<b>is</b> (Identified + Process + Identifier)			
8	<u>Healthwise is Feeling Good</u> (page 135)				<b>is</b> (Identified + Process + Identifier)			
9	<u>and our beauty pages are called O, Beautiful!</u> (page 123)					<b>are called</b> (Sayer + Process + Verbiage)		

10	but our focus on showing you the <u>path to your best self</u> <b>hasn't changed one bit</b>	<b>hasn't changed</b> (Actor + Process + Goal)						
11	<i>After all, a <u>makeover</u> <b>shouldn't turn you into someone else</b> –</i>	<b>shouldn't turn</b> (Actor + Process + Recipient + Circum.)						
12	<u>it should lead</u> to a better you.	<b>should lead</b> (Actor + Process + Goal)						
13	<i>In fact, <u>that's what this whole makeover issue is about: you, only better.</u></i>				<b>'s</b> (Identified + Process + Identifier + Circum.)			
14	Sometimes all it <u>takes to feel transformed is a great new bag or a flattering dress</u>	<b>takes</b> (Actor + Process + Goal)						

15	to feel transformed <u>is</u> a great new bag or a flattering dress			<b>is</b> (Carrier + Process + Attribute)				
16	<u>But sometimes, deeper change is in order.</u>			<b>is</b> (Carrier + Process + Attribute)				
17	On page 84, <u>our revealing quiz will help you heighten your emotional well-being.</u>	<b>will help</b> (Actor + Process + Recipient)						
18	<u>We've also discovered 11 suprising activities to boost your brain power</u>	<b>'ve discovered</b> (Actor + Process + Goal + Circum.)						
19	<i>And with just a few simple steps, <u>we show you how to recharge your energy</u></i>		<b>show</b> (Circum. + Senser + Process + Phenomenon)					

20	<i>If you'd like to know how other women have made a fresh start, turn to page 210 to meet four job-hunters who are retooling everything from their resumes to their bras</i>		<b>would like</b> (Senser + Process + Phenomenon + Circum.)					
21	<i>how other women <b>have made</b> a <u>fresh start</u>, turn to page 210 to meet four job-hunters who are retooling everything from their resumes to their bras</i>	<b>have made</b> (Actor + Process + Goal + Circum.)						
22	<i>four job-hunters who <b>are retooling</b> <u>everything</u> from their resumes to their bras</i>	<b>are retooling</b> (Actor + Process + Goal + Circum.)						
23	<i>(<b>I'm telling</b> you, when it comes to looking put together, wearing the right size makes all the difference).</i>					<b>am telling</b> (Sayer + Process + Receiver + Circum.)		
24	<i>when it <b>comes</b> to <u>looking put together</u>,</i>	<b>comes</b> (Actor + Process + Circum.)						

25	<u>wearing the right size makes all the difference</u>	<b>makes</b> (Actor + Process + Goal)						
26	<u>These stories prove that once you start making changes, no matter how small, suddenly everything seems possible.</u>	<b>prove</b> (Actor + Process + Circum.)						
27	<u>that once you start making changes, no matter how small,</u>	<b>start making</b> (Actor + Process + Goal + Circum.)						
28	<u>suddenly everything seems possible</u>		<b>seems</b> (Senser + Process + Phenomenon)					
29	<u>"That's what this whole makeover issue is about: you, only better."</u>			<b>is</b> (Carrier + Process + Attribute)				
	Total of Process	15	6	3	3	2		

**4.2 November: What's Your True Calling? - An Easy-Does-It Guide to Finding (and Fulfilling) Your Life's Purpose**

No.	Clauses	Material	Mental	Relational		Verbal	Existential	Behavioural
				Attributive	Identifying			
1	<i>As a child, <u>when someone asked you</u></i>					<b>asked</b> (Circum. + Sayer + Process + Receiver)		
2	<i><u>what you wanted to be</u></i>		<b>wanted</b> (Senser + Process + Phenomenon)					
3	<i><u>when you grew up</u></i>	<b>grew up</b> (Actor + Process)						
4	<i><u>what did you say?</u></i>					<b>did say</b> (Sayer + Process)		
5	<i><u>I dreamed of becoming a teacher</u></i>		<b>dreamed of</b> (Senser + Process + Phenomenon)					

6	<u>but for you maybe it was an artist or astronaut or baker or ballerina.</u>			<b>was</b> (Carrier + Process + Attribute)				
7	<u>Or maybe you weren't sure in high school, or college, or as a young adult.</u>			<b>weren't</b> (Carrier + Process + Attribute)				
8	<u>Maybe even now you find yourself working at a job</u>	<b>find</b> (Actor + Process + Recipient)						
9	<u>that doesn't feel quite right</u>		<b>doesn't feel</b> (Senser + Process + Phenomenon)					
10	<u>while you wonder</u>		<b>wonder</b> (Senser + Process)					
11	<u>just what it is you really were put on this Earth to do.</u>			<b>is</b> (Carrier + Process + Attribute + Circum.)				

12	<u>Which brings us</u> <i>to a very big question</i>	<b>bring</b> (Actor + Process + Recipient + Circum.)						
13	<u>What's your true calling?</u>				<b>is</b> (Identified + Process + Identifier)			
14	<u>To help you find</u> <i>your answer,</i>	<b>find</b> (Actor + Process + Goal)						
15	<u>we're bringing you</u> <i>wise words from Elizabeth Gilbert and Martha Beck</i>	<b>'re bringing</b> (Actor + Process + Recipient + Circum.)						
16	<u>a quiz to zero in on what's holding you</u> <i>back from your dream career,</i>	<b>is holding</b> (Actor + Process + Goal + Circum.)						

17	success stories from women who <b>ditched</b> <u>their ill-fitting jobs and embraced their passions, and more.</u>	<b>ditched</b> (Actor + Process + Goal + Circum.)						
18	<u>If you're ready to find real fulfillment, turn to page 170 to start your journey.</u>			<b>are</b> (Carrier + Process + Attribute + Circum.)				
19	<u>And of course as you work toward your purpose in life,</u>	<b>work</b> (Actor + Process + Goal)						
20	<u>you'll want to look great, eat well, and keep your stress to a minimum.</u>		<b>will want</b> (Senser + Process + Phenomenon)					
21	<u>We've got you covered there, too:</u>	<b>have got</b> (Actor + Process + Goal + Circum.)						
22	<u>Discover the jewellery that complements your personality,</u>	<b>complements</b> (Actor + Process + Goal)						

23	<u>whether you're a bare-bones minimalist or a bold statement maker</u>			<b>are</b> (Carrier + Process + Attribute)				
24	<b>raise your glass</b> <i>to our reinvented holiday drinks</i>	<b>raise</b> ((Actor) + Process + Recipient + Circum.)						
25	and <b>dig</b> <u>into the cheese plate</u> <i>to end all cheese plates</i>	<b>dig</b> ((Actor) + Process + Recipient + Circum.)						
26	and <b>find out</b> <i>how to stop overloading yourself-and actually do things better-by taking on just one thing at a time</i>	<b>find out</b> ((Actor) + Process + Circum.)						
27	<u>This is the time of year</u>				<b>is</b> (Identified + Process + Identifier)			
28	<u>when we give thanks-</u>	<b>give</b> (Actor + Process + Goal)						

29	<u>and whether you're already found</u>	<b>are found</b> (Actor + Process)						
30	<u>what you're destined to do</u>	<b>are destined</b> (Actor + Process + Circum.)						
31	<u>or you're still searching</u> <i>for your best life</i>	<b>are still searching</b> (Actor + Process + Circum.)						
32	<u>I'm thankful</u>			<b>am</b> (Carrier + Process + Attribute)				
33	<u>that you've brought</u> <u>Q</u> <i>along for the ride.</i>	<b>have brought</b> (Actor + Process + Goal + Circum.)						
34	<u>"If you're ready to find real fulfillment</u>			<b>are</b> (Carrier + Process + Attribute + Circum.)				

35	<u>now is the time to start your journey.</u> "				<b>is</b> (Identified + Process + Identifier + Circum.)			
	Total of process	18	5	7	3	2		

## APPENDIX 2

### B. Mood Element

In this text, both Mood and Theme are marked: Mood by bold, Subject by italics, and Theme by underlining.

No.	Clauses	Mood	Polarity	Deicticity	Subject / Pronouns	Comment
<b>A.</b>	<b>Edition: January 2010</b>					
1	<u>Here</u> <b>We</b> Go!	declarative	positive	temp: present	We	
2	<u>When</u> <i>your sink</i> <b>is clogged</b>	bound	positive	temp: present	your sink	
3	<b>you</b> <u>call</u> a plumber	declarative	positive	temp: present	you	
4	<u>When</u> <i>your brakes</i> <b>squeal</b>	bound	positive	temp: present	your brakes	
5	<b>you</b> <u>hire</u> a mechanic.	declarative	positive	temp: present	you	
6	But when <b>you're feeling trapped</b> by bad old habits, stuck in depressing old ruts, and tripped up by life's little stumbling blocks,	bound	positive	temp: present	you	
7	<b>who</b> <u>do</u> <i>you</i> turn to then?	wh-interrogative	positive	temp: present	you	
8	<b>The friendly repairpeople in this month's issue,</b> <i>that's</i> who-here to equip you with the tools to remake yourself, one terrific change at a time	declarative	positive	temp: present	that	
9	<b>Of course, if your whole life</b> is out of whack,	declarative	positive	temp: present	your whole life	
10	<b>you</b> <u>need</u> more than good advice.	declarative	positive	temp: present	you	
11	<b>When</b> <u>writer Paige Williams</u> <b>hit</b> bottom (as in got fired, gained 80 pounds, and racked up a six-figure debt),	declarative	positive	temp: past	Paige Williams	

12	<b><i>finding her way back to professional, physical, and financial health took</i></b> blood, sweat	bound	positive	temp: past	her way back	
13	<b><i>we're talking</i></b> lots of sweat – and tears.	declarative	positive	temp: present	we	
14	<b><i>Read</i></b> the first half of Paige's two-part story on page 124	declarative	positive	temp: present		
15	<b><i>It brings</i></b> together cutting-edge science, surprising tips, and even a little myth-busting to help you stay well-body, mind, and soul.)	declarative	positive	temp: present	it	
16	<b><i>If anyone knows</i></b>	declarative	positive	temp: present	anyone	
17	<b><i>how important it is</i></b> to nourish every part of yourself,	declarative	positive	temp: present	it	
18	<b><i>it's</i></b> Eat, Pray, Love author Elizabeth Gilbert,	declarative	positive	temp: present	it	
19	<b><i>who's</i></b> got a lot to say about the perils and promise of marriage.	bound	positive	temp: present	who	
20	<b><i>So much to say, in fact, that she's written</i></b> a brand-new book-check out an excerpt, and a frank and funny Q&A with Elizabeth, on page 130.	declarative	positive	temp: present	she	
21	<b><i>Brand-new, after all, is</i></b> the name of the game this month,	declarative	positive	temp: present	'brand new'	
22	<b><i>when everyone seems</i></b> to be in the market for a fresh start.	bound	positive	temp: present	everyone	
23	<b><i>I wish</i></b> you a New Year filled with joy and prosperity-and not a single depressing old rut in sight.	declarative	positive	temp: present	I	
24	<b><i>"We're</i></b> here to help you remake yourself, one terrific change at a time."	declarative	positive	temp: present	we	
<b>B.</b>	<b>Edition: February 2010</b>					
25	<b><i>The Beatles told</i></b> us long ago that all we need is love	declarative	positive	temp: past	The Beatles	
26	<b><i>all we need is</i></b> love	declarative	positive	temp: present	we	
27	<b><i>but let's be serious,</i></b> people	declarative	positive	temp: present	we	

28	<b><u>The truth is</u></b> , we also need contact lenses and office chairs and running shoes and a great pair of jeans.	declarative	positive	temp: present	the truth	
29	<b><u>we also need</u></b> contact lenses and office chairs and running shoes and a great pair of jeans.	declarative	positive	temp: present	we	
30	<b><u>And this explains</u></b> why lately I've been walking around humming another of the Fab Four's lines:....got to admit it's getting better...	declarative	positive	temp: present	this	Lately
31	<b><u>I've been walking</u></b> around humming another of the Fab Four's lines:....got to admit it's getting better...	declarative	positive	temp: present	I	
32	After noticing exciting improvements in everything <u>from wine (affordable and drinkable!) to mascara (what can't today's wands do?)</u> , <b><u>we went looking</u></b> for more good news	declarative	positive	temp: past	we	
33	<b><u>what can't today's wands do?</u></b>	wh-interrogative	negative	temp: present	today's	
34	<b><u>and wound up</u></b> with 100 reasons to cheer	bound	positive	temp: present		
35	<b><u>When you get</u></b> to the end of our list	bound	positive	temp: past	you	
36	<b><u>I think</u></b> you'll agree	declarative	positive	temp: present	I	
37	<b><u>Things really are</u></b> looking up	declarative	positive	temp: present	things	Really
38	<b><u>That's</u></b> definitely the perspective of Sean Sessums Means	declarative	positive	temp: present	that	Definitely
39	<b><u>a young man whose chance encounter at a Staples store in California led to</u></b> the multimillion-dollar inheritance-courtesy of a very famous distant relative	declarative	positive	temp: past	a young man	
40	<b><u>he'd been denied</u></b> his entire life	declarative	positive	temp: past	he	
41	<b><u>And as big-time improvements go, it's</u></b> hard to top writer Paige Williams's journey from desperation and defeat to hard-won hope.	declarative	positive	temp: present	big-time improvements	

42	<b><u>Overweight, out of work, deeply in debt, and with no love life in sight, Paige</u></b> has braved the yoga mat, stared down her health issues, and faced the biggest foe of all-herself.	declarative	positive	temp: present	Paige	deeply
43	<b><u>She</u></b> told the first half of her funny and moving story in January (oprah.com/omagextras, in case you missed it); for the final installment, turn on page 196.	declarative	positive	temp: past	She	
44	<b><u>We may be deep</u></b> into winter	declarative	positive	modal	we	
45	<b><u>but I can't</u></b> help looking ahead to spring	declarative	negative	modal	I	
46	<b><u>when we'll be celebrating</u></b> O's tenth anniversary	bound	positive	temp: future	we	
47	<b><u>I hope</u></b> you'll join me in New York City, May 7-9, for a spectacular anniversary weekend.	declarative	positive	temp: present	I	
48	<b><u>Tickets go</u></b> on sale in March	declarative	positive	temp: present	tickets	
49	<b><u>Take a look at page 57 to see if you're</u></b> one often lucky readers who've won a very special ticket to ride	declarative	positive	temp: present	you	
50	<b><u>"we went</u></b> looking for good news, and found 100 reasons to cheer."	declarative	positive	temp: past	we	
<b>C.</b>	<b>Edition: March 2010</b>					
51	<b><u>It's</u></b> hard to believe	declarative	positive	temp: present	It	
52	<b><u>but spring is</u></b> just around the corner	declarative	positive	temp: present	spring	
53	<b><u>and you know</u></b> what that means: time to clear out the clutter and spruce things up.	declarative	positive	temp: present	you	
54	<b><u>And I'm not just talking</u></b> about your house.	declarative	negative	temp: present	I	
55	<b><u>This month we bring</u></b> you a comprehensive guide to cleaning up your life-major overhaul, inside and out.	declarative	positive	temp: present	This month	
56	<b><u>Whether relationships troubles</u></b> are dragging you down	declarative	positive	temp: present	relationships troubles	
57	<b><u>(you know</u></b> that toxic friend you just can't shake?)	declarative	positive	temp: present	you	

58	<b><u>or your stuff is piling up</u></b>	bound	positive	temp: present	your stuff	
59	<b><u>(do you really need</u> 12 mismatched coffee mugs?)</b>	bound	positive	temp: present	you	Really
60	<b><u>we're</u></b> here to help	declarative	positive	temp: present	we	
61	<b><u>you get</u></b> your home and your psyche in the best shape ever	declarative	positive	temp: present	you	
62	<b><u>One thing you can</u></b> definitely use less of?	bound	positive	temp: present	you	Definitely
63	<b><u>Anxiety-which</u></b> is why we're also bringing you timely strategies for de-stressing,	declarative	positive	temp: present	anxiety	Timely
64	<b>developed</b> by a researcher who's teaching soldiers how to combat battlefield nerves	bound	positive	temp: past		
65	<b><u>If you want</u></b> to knock a few other things off your worry list,	declarative	positive	temp: present	you	
66	<b>check out</b> Dr.Oz's tips for reducing your exposure to cell phone radiation and staying safe and healthy on an airplane	bound	positive	temp: present		
67	plus a new reason – hooray!- <b><u>why a little bit of chocolate can be</u></b> good for you	bound	positive	modal	chocolate	
68	<b><u>And if after all of this you still haven't achieved</u></b> inner peace	declarative	negative	temp: present	you	
69	<b>pour</b> yourself a cup of tea	bound	positive	temp: present		
70	<b>and sit in</b> on my conversation with spiritual master Thich Nhat Hanh	bound	positive	temp: present		
71	<b><u>everything he</u></b> does, no matter how small, is undertaken with intention and mindfulness- just might leave you a little more enlightened	declarative	positive	temp: present	he	
72	<b><u>It's</u></b> time to clear out the clutter and spruce things up.”	declarative	positive	temp: present	it	
<b>D.</b>	<b>Edition: May 2010</b>					
73	<b><u>As you've noticed</u></b> by now	bound	positive	temp: present	you	

74	<b>this is no</b> ordinary O-not that any of them are ordinary, of course!	declarative	negative	temp: present	this	
75	<b>When we started planning</b> this special tenth anniversary edition	bound	positive	temp: past	we	
76	<b>we had</b> a blast paging through a decade of back issue	declarative	positive	temp: past	we	
77	<b>The 223, 193 charter subscribers among you may have read</b> every single one	declarative	positive	modal	you	
78	<b>but in case you haven't been</b> with us since the beginning	declarative	negative	temp: present	you	
79	<b>don't miss</b> our annotated tour of 18 memorable covers (page 55)	bound	negative	temp: present		
80	<b>my list of the best books I've read</b> since 2000 (page 176),	declarative	positive	temp: present	I	
81	and a sampling of some recipes <b>we've run</b> (page 140).	bound	positive	temp: present	we	
82	<b>I've sometimes thought</b>	declarative	positive	temp: present	I	
83	<b>that our purpose here at O is</b> to offer recipes for living-and this month we've gone all out	declarative	positive	temp: present	our purpose	
84	<b>gathering</b> advice from ten of our favorite experts to help you make the years ahead healthy, wealthy, and wonderful (page 69)	bound	positive	temp: present		
85	<b>After all, an anniversary is</b> a time not just to look back but to look forward.	declarative	positive	temp: present	an anniversary	
86	With our eyes on the future, <b>we talked</b> to ten brilliant women	declarative	positive	temp: past	we	
87	<b>you'll be hearing</b> more from in the next ten years (page 102)	declarative	positive	temp: past	you	
88	<b>We consulted</b> with researchers	declarative	positive	temp: present	we	
89	<b>who are exploring</b> the new frontiers of health (page 151) and beauty (page 131)	declarative	positive	temp: past	who	

90	<b><u>And because our mission is</u></b> to help you become stronger, more fulfilled, happier,	declarative	positive	temp: past	our mission	
91	<b><u>we asked</u></b> seven wise women to share their ideas for a better tomorrow (page 226).	declarative	positive	temp: past	we	
92	<b><u>Most important, we're focusing</u></b> on the good things around us right now,	declarative	positive	temp: present	we	
93	<b><u>and the joy to be found</u></b> in the present moment.	declarative	positive	temp: present	the joy	
94	<b><u>With that in mind, we checked</u></b> in with a few true visionaries	declarative	positive	temp: past	we	
95	<b><u>who make</u></b> living their best lives look like a piece of cake (page 202).	bound	positive	temp: present	who	
96	Speaking of cake, be sure to feast your eyes on the ten beauties <b><u>we had</u></b> custom-made for our celebration (page 234),	declarative	positive	temp: past	we	
97	<b><u>and join us as we blow out</u></b> the candles on this part of our journey.	declarative	positive	temp: present	we	
98	<b><u>We hope</u></b>	declarative	positive	temp: present	we	
99	<b><u>you'll make</u></b> a wish or two yourself	declarative	positive	temp: future	you	
100	<b><u>and that you'll continue</u></b> to bless O with your presence and your passion.	bound	positive	temp: future	you	
101	<b><u>"We're focusing</u></b> on the joy to be found in the present moment."	declarative	positive	temp: present	we	
<b>E.</b>	<b>Edition: June 2010</b>					
102	<b>Confession number one: <u>I love being</u></b> comfortable	declarative	positive	temp: present	I	
103	<b><u>I love</u></b> homemade food, sensible shoes, familiar surroundings	declarative	positive	temp: present	I	
104	<b>Confession number two: <u>Too much comfort and even I start longing</u></b> for a change of pace	declarative	positive	temp: present	I	
105	<b><u>(which explains</u></b> how I ended up at the Texas state fair last fall, cowboy hat and all).	bound	positive	temp: present	which	

106	<b><u>how I ended up</u></b> at the Texas state fair last fall, cowboy hat and all	bound	positive	temp: past	I	
107	<b><u>I know</u></b>	declarative	positive	temp: present	I	
108	<b><u>I'm not</u></b> the only one who thinks a little change can be good.	declarative	negative	temp: present	I	
109	<b><u>who thinks</u></b> a little change can be good.	bound	positive	temp: present	who	
110	<b><u>Whether you frequently leave</u></b> your comfort zone	bound	positive	temp: present	you	Frequently
111	<b><u>or (like me) you've built</u></b> a fortress around it complete with moat and drawbridge	bound	positive	temp: present	you	
112	<b><u>I'll bet</u></b> you could benefit from being a little more open to excitement.	declarative	positive	temp: future	I	
113	<b><u>That kind of openness is</u></b> exactly	declarative	positive	temp: present	that	
114	<b><u>what we're exploring</u></b> this month,	bound	positive	temp: present	we	
115	<b><u>with the help of some adventures who are</u></b> definitely moat-and drawbridge-free.	bound	positive	temp: present	some adventures	
116	<b><u>Well, okay, there's</u></b> the couple	declarative	positive	temp: present	there	
117	<b><u>who turned</u></b> a lighthouse into a cozy home	bound	positive	temp: past	who	
118	<b><u>but they get</u></b> a pass	bound	positive	temp: past	they	
119	<b><u>You'll meet</u></b> a born scheduler	declarative	positive	temp: future	you	
120	<b><u>who let</u></b> strangers plan every step of her vacation	bound	positive	temp: past	who	
121	<b><u>a young attorney who won</u></b> the first case	declarative	positive	temp: past	a young attorney	
122	<b><u>she argued</u></b> before the Supreme Court	declarative	positive	temp: past	she	
123	<b><u>even a woman who survived</u></b> a terrifying shipwreck	declarative	positive	temp: past	a woman	
124	<b><u>And if you'd like</u></b> to go from fainthearted to fearless	bound	positive	Modal	you	
125	<b><u>we can help</u></b>	declarative	positive	Modal	we	
126	<b><u>Maybe you dream of</u></b> opening your own business, learning to love exotic foods, trying some out-there beauty treatments or wearing a bathing suit with	declarative	positive	temp: present	you	

	confidence					
127	<b><i>Find the styles that</i></b> will make you look fabulous – really!	bound	positive	temp: future	that	Really
128	<b><i>Or maybe you’d like</i></b> to see more of the world – like the stingrays of Bora Bora or the great restaurants of Paris.	declarative	positive	Modal	you	
129	<b><i>If so, head</i></b> to page 24 to get the scoop on our best contest yet,	declarative	positive	temp: present		
130	<b><i>and soon you could be setting</i></b> off on the adventure of a lifetime.	bound	positive	Modal	you	
131	<b><i>’If you’d like</i></b> to go from fainthearted to fearless, we can help.”	declarative	positive	Modal	you	
<b>F.</b>	<b>Edition: July 2010</b>					
132	In last year’s summer reading guide, <b><i>Toni Morrison</i></b> said something	declarative	positive	temp: past	Toni Morrison	
133	<b><i>I absolutely love:</i></b>	declarative	positive	temp: present	I	Absolutely
134	<b><i>“I feel</i></b> more friendly	declarative	positive	temp: present	I	Friendly
135	<b><i>when I am writing</i></b> , nicer to people, much more generous, also wiser.”	declarative	positive	temp: present	I	
136	<b><i>Wouldn’t you know</i></b>	bound	negative	Modal	you	
137	<b><i>that’s</i></b> exactly	bound	positive	temp: present	that	Exactly
138	<b><i>how I feel</i></b>	bound	positive	temp: present	I	
139	<b><i>when I’m reading</i></b>	bound	positive	temp: present	I	
140	<b><i>When an author creates</i></b> a character who feels utterly real,	declarative	positive	temp: present	an author	Utterly
141	<b><i>it’s</i></b> like you’re inside that character’s soul,	declarative	positive	temp: present	it	
142	<b><i>and every time you have</i></b> that experience,	declarative	positive	temp: present	you	
143	<b><i>it makes</i></b> your life a little richer.	declarative	positive	temp: present	it	
144	Reading strengthens our sense of <b><i>what it means</i></b> to be human.	declarative	positive	temp: present	it	
145	<b><i>So I’m</i></b> thrilled	declarative	positive	temp: present	I	

146	<b><u>that we're delving</u></b> so deeply into the world of books this month, with the biggest instalment yet of our annual summer reading guide	declarative	positive	temp: present	we	deeply
147	<b>Get ready for <u>a collection of 26 titles that will</u></b> open your eyes, delight your mind, break your heart, and pretty much guarantee the most delicious days imaginable.	declarative	positive	temp: future	that	
148	<b>Well, maybe not</b> the most delicious	declarative	negative	Modal		
149	<b>let's not forget</b> about ice cream, chocolate cupcakes, and all our other go-to indulgences.	declarative	negative	temp: present		
150	<b>Though to some, those treats aren't</b> half as appetizing as grilled octopus, vegan burgers, or fresh venison.	declarative	negative	temp: present	those treats	
151	<b>Don't believe me?</b>	yes/no interrogative	negative	temp: present	you	
152	<b>Check out what <u>ordinary people</u> have to say</b> about their eating habits	bound	positive	temp: present	ordinary people	
153	<b><u>and you'll find</u></b> that taste in food, like taste in books, is highly individual	bound	positive	temp: future	you	highly
154	<b><u>Most of us</u> are</b> experts at finding our own very personal ways to satisfy our hunger.	declarative	positive	temp: present	most of us	
155	Speaking of satisfying, if <b><u>you're</u></b> anything like me,	declarative	positive	temp: present	you	
156	<b><u>you want</u></b> a closet full of clothes you adore-	declarative	positive	temp: present	you	
157	not because <b><u>they're</u></b> stylish but because you actually feel good in them.	declarative	positive	temp: present	they	actually
158	<b>I'm</b> crazy about this season's fantastic khakis	declarative	positive	temp: present	I	
159	<b><u>They're comfortable</u></b> , chic, and perfect for everything	declarative	positive	temp: present	they	
160	<b><u>you'll be</u></b> doing this summer – including taking off on a great vacation	declarative	positive	temp: present	you	

161	<u>well, we've</u> already covered that.	declarative	positive	temp: present	we	already
162	“ <u>We're delving</u> into the world of books with our biggest summer reading guide yet.”	declarative	positive	temp: present	we	
<b>G.</b>	<b>Edition: September 2010</b>					
163	<b>See anything</b> different about us this month?	yes/no interrogative	positive	temp: present		
164	<u>No, I don't</u> mean my swingy hair	declarative	negative	temp: present	I	
165	<u>I mean</u>	declarative	positive	temp: present	I	
166	<u>you're holding</u> in your hands a brand-new, terrifically improved, totally redesigned magazine, better than ever but still pure O	declarative	positive	temp: present	you	terrifically totally
167	On the heels of our tenth anniversary, <u>we're brightening</u> things up, adding more color, and making it easier to find what you're looking for	declarative	positive	temp: present	we	
168	<u>We've changed</u> some section names	declarative	positive	temp: present	we	
169	<u>Advice, etc.</u> is now May We Help You? (page 65),	declarative	positive	temp: present	Advice	
170	<u>Healthwise</u> is Feeling Good (page 135)	declarative	positive	temp: present	Healthwise	
171	<u>and our beauty pages</u> are called O, Beautiful! (page 123)	bound	positive	temp: present	our beauty pages	
172	but <u>our focus</u> on showing you the path to your best self hasn't changed one bit	bound	negative	temp: present	our focus	
173	After all, <u>a makeover</u> shouldn't turn you into someone else –	declarative	negative	Modal	a makeover	
174	<u>it should lead</u> to a better you.	declarative	positive	Modal	it	
175	In fact, that's what <u>this whole makeover</u> issue is about: you, only better.	declarative	positive	temp: present	makeover issue	
176	<b>Sometimes all it</b> takes to feel transformed is a great new bag or a flattering dress	declarative	positive	temp: present	it	
177	<u>to feel transformed</u> is a great new bag or a flattering dress	declarative	positive	temp: present		

178	<b>But sometimes, <i>deeper change</i> is</b> in order.	declarative	positive	temp: present	deeper change	
179	On page 84, <b><i>our revealing quiz will help</i></b> you heighten your emotional well-being.	declarative	positive	temp: present	our revealing quiz	
180	<b><i>We've also discovered</i></b> 11 suprising activities to boost your brain power	declarative	positive	temp: present	we	
181	And with just a few simple steps, <b><i>we show</i></b> you how to recharge your energy	declarative	positive	temp: present	we	
182	<b><i>If you'd like</i></b> to know how other women have made a fresh start, turn to page 210 to meet four job-hunters who are retooling everything from their resumes to their bras	declarative	positive	Modal	you	
183	<b><i>how other women have made</i></b> a fresh start, turn to page 210 to meet four job-hunters who are retooling everything from their resumes to their bras	declarative	positive	temp: present	other women	
184	<b><i>four job-hunters who are retooling</i></b> everything from their resumes to their bras	declarative	positive	temp: present	four-job hunter	
185	<b><i>I'm telling you</i></b> , when it comes to looking put together, wearing the right size makes all the difference).	declarative	positive	temp: present	I	
186	<b><i>when it comes</i></b> to looking put together,	bound	positive	temp: present	it	
187	<b><i>wearing the right size</i></b> makes all the difference	bound	positive	temp: present		
188	<b><i>These stories prove</i></b> that once you start making changes, no matter how small, suddenly everything seems possible.	declarative	positive	temp: present	These stories	
189	<b><i>that once you start making</i></b> changes, no matter how small,	declarative	positive	temp: present	you	
190	<b><i>suddenly everything seems</i></b> possible	bound	positive	temp: present	everything	suddenly
191	<b><i>"That's what this whole makeover issue is</i></b> about: you, only better."	declarative	positive	temp: present	that	
<b>H.</b>	<b>Edition: November 2010</b>					

192	As a child, when <b>someone</b> asked you	declarative	positive	temp: past	someone	
193	<b>what you</b> wanted to be	wh-interrogative	positive	temp: past	you	
194	<b>when you</b> grew up	wh-interrogative	positive	temp: past	you	
195	<b>what did you</b> say?	wh-interrogative	positive	temp: past	you	
196	<b>I dreamed of</b> becoming a teacher	declarative	positive	temp: past	I	
197	but for you maybe <b>it was</b> an artist or astronaut or baker or ballerina.	bound	positive	temp: past	it	
198	Or maybe <b>you weren't</b> sure in high school, or college, or as a young adult.	declarative	negative	temp: past	you	
199	Maybe even now <b>you find</b> yourself working at a job	declarative	positive	temp: present	you	
200	<b>that doesn't</b> feel quite right	declarative	negative	temp: present	that	
201	while <b>you wonder</b>	bound	positive	temp: present	you	
202	<b>just what it is</b> you really were put on this Earth to do.	declarative	positive	temp: present	it	
203	<b>Which brings us</b> to a very big question	declarative	positive	temp: present	which	
204	<b>What's</b> your true calling?	wh-interrogative	positive	temp: present	you	
205	<b>To help you find</b> your answer,	bound	positive	temp: present		
206	<b>we're bringing</b> you wise words from Elizabeth Gilbert and Martha Beck	declarative	positive	temp: present	we	
207	a quiz to zero in on <b>what's holding</b> you back from your dream career,	declarative	positive	temp: present	what	
208	<b>success stories from women who ditched</b> their ill-fitting jobs and embraced their passions, and more.	declarative	positive	temp: past	women	
209	<b>If you're</b> ready to find real fulfillment, turn to page 170 to start your journey.	declarative	positive	temp: present	you	

210	<b>And of course as <u>you</u> work</b> toward your purpose in life,	declarative	positive	temp: present	you	
211	<b><u>you'll want</u></b> to look great, eat well, and keep your stress to a minimum.	declarative	positive	temp: future	you	
212	<b><u>We've got</u></b> you covered there, too:	declarative	positive	temp: present	we	
213	<b><u>Discover the jewellery that complements</u></b> your personality,	declarative	positive	temp: present		
214	<b><u>whether you're</u></b> a bare-bones minimalist or a bold statement maker	bound	positive	temp: present	you	
215	<b>raise your glass</b> to our reinvented holiday drinks	bound	positive	temp: present		
216	<b>and dig</b> into the cheese plate to end all cheese plates	bound	positive	temp: present		
217	<b>and find out</b> how to stop overloading yourself-and actually do things better-by taking on just one thing at a time	bound	positive	temp: present		actually
218	<b><u>This is</u></b> the time of year	declarative	positive	temp: present	this	
219	<b>when <u>we give</u></b> thanks-	bound	positive	temp: present	we	
220	<b>and <u>whether you're</u></b> already found	bound	positive	temp: present	you	already
221	<b><u>what you're destined</u></b> to do	bound	positive	temp: present	you	
222	<b>or <u>you're still searching</u></b> for your best life	bound	positive	temp: present	you	
223	<b><u>I'm thankful</u></b>	declarative	positive	temp: present	I	
224	<b><u>that you've brought</u></b> O along for the ride.	declarative	positive	temp: present	you	
225	<b>"<u>If you're</u></b> ready to find real fulfillment	declarative	positive	temp: present	you	
226	<b><u>now is</u></b> the time to start your journey."	declarative	positive	temp: present	now	
	<b>Total of clauses = 226</b>					

**Information of Data:**

1. Transitivity System

No	Month	Material	Mental	Relational		Verbal	Existential	Behavioural
				Attributive	Identifying			
1	January	10	5	3	3	3		
2	February	8	8	5	2	3		
3	March	10	4	6	1	1		
4	May	12	7	6	2	2		
5	June	15	9	2	1	2	1	
6	July	9	10	10		2		
7	September	15	6	3	3	2		
8	November	18	5	7	3	2		
<b>Total of Process</b>		<b>97</b>	<b>54</b>	<b>42</b>	<b>15</b>	<b>17</b>	<b>1</b>	
<b>Precentage:</b> $\frac{a}{\text{total of clauses}} \times 100\%$		<b>42.9 %</b>	<b>23.8%</b>	<b>18.5%</b>	<b>6.6%</b>	<b>7.5%</b>	<b>0.4%</b>	<b>0</b>

2. Mood Element

Total of Clauses	Mood				Polarity		Deicticity				Comment
	Declarative	Bound	Wh-interrogative	Yes/no-interrogative	+	-	Present	Past	Future	Modal	
<b>226 clauses</b>	160	58	6	2	208	18	168	35	14	9	22

**APPENDIX 3**

## O Magazine's Editorials

### The Editorials of O magazine along 2010: HERE WE GO!

#### 1. January : How to get what you really want this year? (The O plan for a fresh start)

##### Here We Go!

When your sink is clogged, you call a plumber. When your brakes squeal, you hire a mechanic. But when you're feeling trapped by bad old habits, stuck in depressing old ruts, and tripped up by life's little stumbling blocks, who do you turn to then? The friendly repairpeople in this month's issue, that's who—here to equip you with the tools to remake yourself, one terrific change at a time (page 116).

Of course, if your whole *life* is out of whack, you need more than good advice. When writer Paige Williams hit bottom (as in got fired, gained 80 pounds, and racked up a six-figure debt), finding her way back to professional, physical, and financial health took blood, sweat—we're talking *lots of* sweat – and tears. Read the first half of Paige's two-part story on page 124. (And speaking of health, don't miss our new section, Healthwise, starting on page 91. It brings together cutting-edge science, surprising tips, and even a little myth-busting to help you stay well—body, mind, and soul.)

If anyone knows how important it is to nourish every part of yourself, it's Eat, Pray, Love author Elizabeth Gilbert, who's got a lot to say about the perils and promise of marriage. So much to say, in fact, that she's written a brand-new book—check out an excerpt, and a frank and funny Q&A with Elizabeth, on page 130.

Brand-new, after all, is the name of the game this month, when everyone seems to be in the market for a fresh start. I wish you a New Year filled with joy and prosperity—and not a single depressing old rut in sight.

Read on..... —Oprah: “We're here to help you remake yourself, one terrific change at a time.”

#### 2. February : 100 things that (actually) getting better – prepare to be delighted, inspired, and very relieved

Here We go!

The Beatles told us long ago that all we need is love, but let's be serious, people. The truth is, we also need contact lenses and office chairs and running shoes and a great pair of jeans. And this explains why lately I've been walking around humming another of the Fab Four's lines:....*got to admit it's getting better...* After noticing exciting improvements in everything from wine (affordable *and* drinkable!) to mascara (what can't today's wands do?), we went looking for more good news – and wound up with 100 reasons to cheer (page 168). When you get to the end of our list, I think you'll agree: Things really are looking up.

That's definitely the perspective of Sean Sessums Means, a young man whose chance encounter at a Staples store in California led to the multimillion-dollar inheritance-courtesy of a very famous distant relative – he'd been denied his entire life (page 186).

And as big-time improvements go, it's hard to top writer Paige Williams's journey from desperation and defeat to hard-won hope. Overweight, out of work, deeply in debt, and with no love life in sight, Paige has braved the yoga mat, stared down her health issues, and faced the biggest foe of all-herself. She told the first half of her funny and moving story in January ([oprah.com/omagextras](http://oprah.com/omagextras), in case you missed it); for the final installment, turn on page 196.

We may be deep into winter, but I can't help looking ahead to spring, when we'll be celebrating O's tenth anniversary. I hope you'll join me in New York City, May 7-9, for a spectacular anniversary weekend. Tickets go on sale in March-but you may not have to wait that long: Take a look at page 57 to see if you're one of the lucky readers who've won a very special ticket to ride...

Enjoy!

-Oprah

“We went looking for good news, and found 100 reasons to cheer.”

**3. March : De-Clutter Your Life!**  
**(It's time to simplify things-Oprah's starting with her closet)**

Here we go!

It's hard to believe, but spring is just around the corner, and you know what that means: time to clear out the clutter and spruce things up. And I'm not just talking about your house. This month we bring you a comprehensive guide to cleaning up your life-major overhaul, inside and out. Whether relationships troubles are dragging you down (you know that toxic friend you just can't shake?) or your stuff is piling up (do you really need 12 mismatched coffee mugs?), we're here to help you get your home and your psyche in the best shape ever (page 142).

One thing you can definitely use less of? Anxiety-which is why we're also bringing you timely strategies for de-stressing, developed by a researcher who's teaching soldiers how to combat battlefield nerves (page 110). If you want to knock a few other things off your worry list, check out Dr.Oz's tips for reducing your exposure to cell phone radiation and staying safe and healthy on an airplane (page 112), plus a new reason – hooray!- why a little bit of chocolate can be good for you (page 106).

And if after all of this you still haven't achieved inner peace, pour yourself a cup of tea and sit in on my conversation with spiritual master Thich Nhat Hanh, whose approach to life-everything he does, no matter how small, is undertaken with intention and mindfulness- just might leave you a little more enlightened (page 160). Enjoy.... –Oprah  
“It's time to clear out the clutter and spruce things up.”

**4. May : Anniversary 10<sup>th</sup> special edition!**

Here We go!

As you've noticed by now, this is no ordinary O-not that any of them are ordinary, of course! When we started planning this special tenth anniversary edition, we had a blast paging through a decade of back issue. The 223, 193 charter subscribers among you may have read every single one, but in case you haven't been with us since the beginning (that would be the other I, 604, 167 of you), don't miss our annotated tour of 18 memorable covers (page 55), my list of the best books I've read since 2000 (page 176), and a sampling of some recipes we've run (page 140).

I've sometimes thought that our purpose here at O is to offer recipes for living-and this month we've gone all out, gathering advice from ten of our favourite experts to help you make the years ahead healthy, wealthy, and wonderful (page 69). After all, an anniversary is a time not just to look back but to look forward.

With our eyes on the future, we talked to ten brilliant women you'll be hearing more from in the next ten years (page 102). We consulted with researchers who are exploring the new frontiers of health (page 151) and beauty (page 131). And because our mission is to help you become stronger, more fulfilled, happier, - we asked seven wise women to share their ideas for a better tomorrow (page 226).

Most important, we're focusing on the good things around us right now, and the joy to be found in the present moment. With that in mind, we checked in with a few true visionaries who make living their best lives look like a piece of cake (page 202). Speaking of cake, be sure to feast your eyes on the ten beauties we had custom-made for our celebration (page 234), and join us as we blow out the candles on this part of our journey. We hope you'll make a wish or two yourself, and that you'll continue to bless O with your presence and your passion.

-Oprah

"We're focusing on the joy to be found in the present moment."

**5. June : Say YES to Life!**

Here we go!

Confession number one: I love being comfortable. I love homemade food, sensible shoes, familiar surroundings.

Confession number two: Too much comfort and even I start longing for a change of pace (which explains how I ended up at the Texas state fair last fall, cowboy hat and all).

I know I'm not the only one who thinks a little change can be good. Whether you frequently leave your comfort zone or (like me) you've built a fortress around it complete with moat and drawbridge, I'll bet you could benefit from being a little more open to excitement.

That kind of openness is exactly what we're exploring this month, with the help of some adventures who are definitely moat-and-drawbridge-free. (Well, okay, there's the couple on page 152, who turned a lighthouse into a cozy home, but they get a pass). You'll meet a born scheduler who let strangers plan every step of her vacation (page 136), a young attorney who won the first case she argued before the Supreme Court (page 146), even a woman who survived a terrifying shipwreck (page 142).

And if you'd like to go from fainthearted to fearless, we can help. Maybe you dream of opening your own business (page 151), learning to love exotic foods (page 168), trying some out-there beauty treatments (page 162), or wearing a bathing suit with confidence. (Find the styles that will make you look fabulous –really! – on page 65).

Or maybe you'd like to see more of the world – like the stingrays of Bora Bora or the great restaurants of Paris. If so, head to page 24 to get the scoop on our best contest yet, and soon you could be setting off on the adventure of a lifetime. Enjoy!

-Oprah

“If you'd like to go from fainthearted to fearless, we can help.”

**6. July : Our Biggest, best summer reading list ever! (26 books you'll love)**

Here We Go!

In last year's summer reading guide, Toni Morrison said something I absolutely love: "I feel more friendly when I am writing, nicer to people, much more generous, also wiser." Wouldn't you know-that's exactly how I feel when I'm reading. When an author creates a character who feels utterly real, it's like you're inside that character's soul, and every time you have that experience, it makes your life a little richer. Reading strengthens our sense of what it means to be human.

So I'm thrilled that we're delving so deeply into the world of books this month, with the biggest instalment yet of our annual summer reading guide (page 110). Get ready for a collection of 26 titles that will open your eyes, delight your mind, break your heart, and pretty much guarantee the most delicious days imaginable.

Well, maybe not the most delicious-let's not forget about ice cream, chocolate cupcakes, and all our other go-to indulgences. Though to some, those treats aren't half as appetizing as grilled octopus, vegan burgers, or fresh venison. Don't believe me? Check out what ordinary people have to say about their eating habits (page 120), and you'll find that taste in food, like taste in books, is highly individual. Most of us are experts at finding our own very personal ways to satisfy our hunger.

Speaking of satisfying, if you're anything like me, you want a closet full of clothes you adore- not because they're stylish but because you actually feel good in them. I'm crazy about this season's fantastic khakis (page 55). They're comfortable, chic, and perfect for everything you'll be doing this summer – including taking off on a great vacation. As for what to read on the flight – well, we've already covered that.

Enjoy!

-Oprah

"We're delving into the world of books with our biggest summer reading guide yet."

**7. September :           The Makeover Issue - Transform Your Look \* Luck \* Life**  
**178 Inspiring ways to change things up (Oprah did!)**

Founder and Editorial Director : Oprah Winfrey

Here We Go

See anything different about us this month? No, I don't mean my swaggy hair (although thanks for noticing). I mean you're holding in your hands a brand-new, terrifically improved, totally redesigned magazine, better than ever but still pure O. On the heels of our tenth anniversary, we're brightening things up, adding more color, and making it easier to find what you're looking for. We've changed some section names – Advice, etc. is now May We Help You? (page 65), Healthwise is Feeling Good (page 135), and our beauty pages are called O, Beautiful! (page 123) – but our focus on showing you the path to your best self hasn't changed one bit.

After all, a makeover shouldn't turn you into someone else – it should lead to a better you. In fact, that's what this whole makeover issue is about: you, only better.

Sometimes all it takes to feel transformed is a great new bag or a flattering dress (for an entire handbook of fashion ideas, see page 97). But sometimes, deeper change is in order. On page 84, our revealing quiz will help you heighten your emotional well-being. We've also discovered 11 surprising activities to boost your brain power (page 135). And with just a few simple steps, we show you how to recharge your energy (page 86).

If you'd like to know how other women have made a fresh start, turn to page 210 to meet four job-hunters who are retooling everything from their resumes to their bras (I'm telling you, when it comes to looking put together, wearing the right size makes all the difference). If you prefer your makeovers on a bigger scale, read about Brad Pitt's revolutionary enterprise Make It Right, which is building sustainable homes in New Orleans (Page 173) and Newark, New Jersey, mayor Cory Booker's visionary efforts to resurrect an entire city (page 200).

These stories prove that once you start making changes, no matter how small, suddenly everything seems possible. Read on...

'That's what this whole makeover issue is about: you, only better.' - Oprah

## **8. November : What's Your True Calling?**

- An Easy-Does-It Guide to Finding (and Fulfilling) Your Life's Purpose

Here We Go!

“If you're ready to find real fulfillment, now is the time to start your journey.”

As a child, when someone asked you what you wanted to be when you grew up, what did you say? I dreamed of becoming a teacher, but for you maybe it was an artist or astronaut or baker or ballerina. Or maybe you weren't sure in high school, or college, or as a young adult. Maybe even now you find yourself working at a job that doesn't feel quite right, while you wonder just what it is you really were put on this Earth to do.

Which brings us to a very big question: What's your true calling? To help you find your answer, we're bringing you wise words from Elizabeth Gilbert and Martha Beck, a quiz to zero in on what's holding you back from your dream career, success stories from women who ditched their ill-fitting jobs and embraced their passions, and more. If you're ready to find real fulfillment, turn to page 170 to start your journey.

And of course as you work toward your purpose in life, you'll want to look great, eat well, and keep your stress to a minimum. We've got you covered there, too: Discover the jewellery that complements your personality, whether you're a bare-bones minimalist or a bold statement maker (page 79); raise your glass to our reinvented holiday drinks, and dig into the cheese plate to end all cheese plates (page 107); and find out how to stop overloading yourself-and actually do things better-by taking on just one thing at a time (page 123).

This is the time of year when we give thanks-and whether you're already found what you're destined to do or you're still searching for your best life, I'm thankful that you've brought O along for the ride.

Enjoy! –Oprah