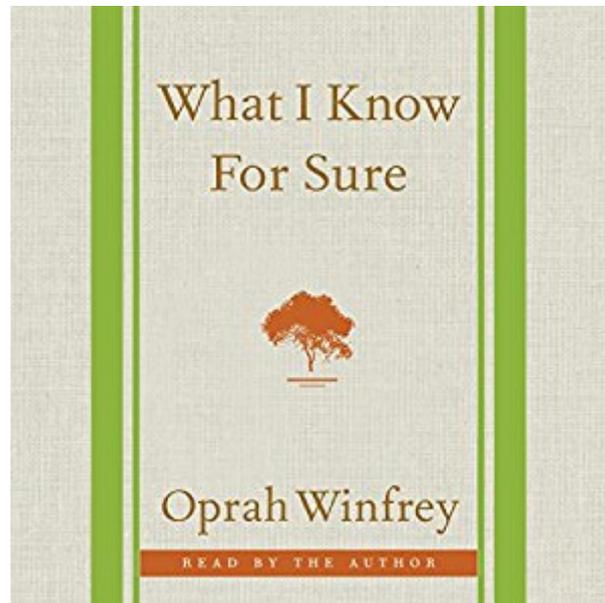


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# What I Know For Sure



## Synopsis

Audie Are, Personal Development, 2015 After film critic Gene Siskel asked her, "What do you know for sure?" Oprah Winfrey began writing the "What I Know for Sure" column in O, The Oprah Magazine. Saying that the question offered her a way to take "stock of her life", Oprah has penned one column a month over the last 14 years, years in which she retired The Oprah Winfrey Show (the highest-rated program of its kind in history), launched her own television network, became America's only black billionaire, was awarded an honorary degree from Harvard University and the Presidential Medal of Freedom, watched friends and colleagues come and go, lost beloved pets and adopted new ones, and celebrated milestone birthdays. Throughout it all, she's continued to offer her profound and inspiring words of wisdom in her "What I Know for Sure" column in O, The Oprah Magazine. Now, for the first time, these thoughtful gems have been revised, updated, and collected in What I Know for Sure, a beautiful book packed with insight and revelation from Oprah Winfrey. Organized by theme - joy, resilience, connection, gratitude, possibility, awe, clarity, and power - these essays offer a rare and powerful glimpse into the mind of one of the world's most extraordinary women. Candid, moving, exhilarating, uplifting, and dynamic, the words Oprah shares in What I Know for Sure shimmer with the sort of wisdom and truth that listeners will turn to again and again.

## Book Information

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## Customer Reviews

Great Book. Great Timing. I just got free from a very long, bad relationship. Packed my stuff and

grabbed my dog. Rented a UHaul and headed across the country to start new again. (I am 63yrs). Bought this Audio book to listen to as I drive. I felt all the old yuck stuff leave, and the new stuff flowing in... There is so much inspiration. Perfect book for anyone wanting to find joy and a better look at living. Will listen to it many more times. Sue

There are many reasons why individuals of all ages and backgrounds are drawn to Oprah Winfrey. She has the ability to reach you with words and topics that few people can do, and it has made her a beloved force in the world for the past 3 decades. In her book WHAT I KNOW FOR SURE she is able to take the messages she has shared over the years through television and her magazine and put them together in a book so that we can read, reflect and savor them. One of the most powerful things that Oprah talks about in the book is the importance of our time. She says in the book that she doesn't like to waste time, because she doesn't like to waste herself. She like to make every moment count, but she realizes at this point in her life the importance of savoring each moment, allowing what we are doing to sink in and be appreciated. I am still learning that in many ways, but it is a great reminder for us all to make sure that life is not too full that we don't enjoy it. The other thing that really got me is how she defines herself. Oprah's journey with weight has been something she has discussed publicly and seen be a topic of discussion for others. In the book she says that she no longer allows a number on a scale to determine her value, her worth or who she is. Another great nugget for us: make sure that we don't allow the superficial to be the thing that we define ourselves and others by. We are so much more than a number or a look. We are a whole being that is worthy of love, and the sooner we recognize that the sooner we can live it. Full of amazing nuggets that you will be able to savor yourself and share with others, WHAT I KNOW FOR SURE is a keeper for anyone who wants to discover the secret to living their best life.

This book touched my heart. Her words are inspirational. Her stories are meaningful. Throughout the book, I felt she was speaking, through her words, directly to me. It was if she knew exactly what I needed to hear, as I continue my personal life journey. Thank you. Meeting Oprah Winfrey is now on my bucket list.

I have followed Oprah since she began her TV show in Chicago. There is no other human being on this earth that has changed my life more, for the better, than Oprah. This book is so appreciated because it is a combination of all that she has learned and she is so giving and loving enough to share her wisdom. Oprah: I was lucky enough to be on your show, with three of my friends, one

time. I have never met Oprah, but I couldn't love her more. Thank you for the many years that you have helped us all to grow. I remember the tears that I shed when you retired from your daily talk show. I downloaded this book into my Kindle in the written and audio form, so I will be able to enjoy it for many years to come. Thank you so much for this amazing book.

Having not watched very many episodes of the Oprah show and not having read the *Oprah* magazine more than a few times I wasn't too sure what to expect from Oprah's latest book, *What I Know for Sure*; however, being interested in this genre I thought I would give this book a try and see what insights I could glean from within. Perhaps those that are more familiar with Oprah's life, or her writing style, would expect the first pages to be written as they were - very much like a, *Day in the life of Oprah* - and this led me to think that *What I Know for Sure* was just going to be a tale of slumber parties and somber moments. Thankfully I read on though because there are some very interesting and insightful thoughts shared on the later pages. Oprah openly shares some of the major challenges she has faced, some of the wonderful people she has met on the journey and some of the inner "A-ha" moments "the real gift that this book provides to the reader. While I understand that some readers will enjoy hearing about the other people in Oprah's life, Oprah's introspective moments are what resonate with me. During these times of introspection and discovery Oprah comes face to face with universal truths that include: how our challenges often create our best opportunities, "Anything can be a miracle, a blessing, an opportunity if you choose to see it that way"; the importance of gratitude, "Gratitude can transform any situation. It alters your vibration, moving you from negative energy to positive"; the power of choice, "Right now, no matter where you are, you are a single choice away from a new beginning"; the need to love who we are, "Look inward-the loving begins with you" and many more philosophical maxims that are relevant to all of us. Oprah's book reminds us that regardless of where we were born and no matter what road we travelled to arrive at our current place in life, it is all part of the human condition. The challenges we have faced can't be undone, yet we have the power to change our perceptions of the past and we have the ability to create a future in line with our desires. It seems that Oprah's life, a life of one of the most recognized and successful personalities in her profession, is shared in this book to show the reader that no matter who we are our struggles aren't unique and WE ALL have the power to make positive changes.

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