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THE OPRAH MAGAZINE

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What's Your True Calling?

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

Plus: THE QUIZ THAT REVEALS WHAT'S HOLDING YOU BACK— AND HELPS YOU MOVE ON *page 176*
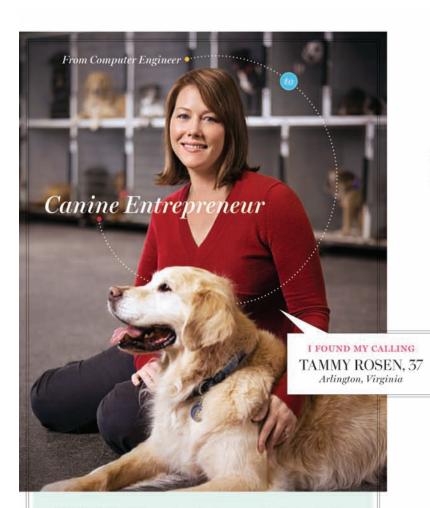
The Vitamin That Helps You Lose Weight...

...AND FIGHT THE FLU, BEAT DEPRESSION, EVEN LIVE LONGER *page 134*

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OPRAH.COM

From Computer Engineer

to

Canine Entrepreneur

I FOUND MY CALLING

TAMMY ROSEN, 37
Arlington, Virginia

HER RESTLESS FEELING
After five years as a software engineer and IT consultant, Tammy Rosen "felt like a widget in a big machine." Meanwhile, she was watching a lot of Animal Planet...and thinking about getting a dog...and wondering if dog training might make a cool hobby....

HER GROUNDWORK
Rosen began apprenticing with a trainer once a week. "I loved how personal and direct the work is," she says. "It's much more interesting than sitting at a desk coding all day." After almost two years—and withoutquittingherjob— she started a part-time pet-sitting business, Fur-Get Me Not.

HER BIG STEP
"My husband and I were on our honeymoon in Hawaii, feeling all this excitement and freedom, and I was like, 'I don't want to go back to working for corporate America!'" Within two months, she'd resigned from her job, gotten a puppy, and gone full-time with her company.

HER FAIRY GODMOTHER
When Rosen found the perfect space to open her own doggy daycare and training facility, she was rejected— twice—for a six-figure loan. "I told myself, *I believe in this business model. I will make it.*" At bank number three, she met "a fabulous female loan officer who supported women-owned small businesses"—and who gave Rosen the money.

HER JUGGLING ACT
Since being diagnosed with diabetes three years ago, this self-described workaholic and mother of two (ages 3 and 1) has struggled to make her own well-being a priority. "When I'm stressed, my numbers get high—and I'm stressed a lot. So as my business keeps progressing, I, too, have to improve."

HER MILESTONE
"As an entrepreneur, you never really feel like you've 'made it,'" Rosen says. But after four years, she knew she'd cleared a major hurdle when she could finally afford to pay herself more than $10 an hour. Now she employs 97 people, has recently opened a second location, and just brought her husband, Steve, onboard as vice president: "He's had a big impact on the business—but I'm still the boss."

—NINA SHEN RASTOGI

Never Too Late

If you're one of the legions of people who didn't hit their sweet spot at age 25, there are a few things **ROBIN BLACK** would like you to know.

D**EAR FELLOW LATE** bloomer, I thought you could use some advice. I know I would have benefited from some along the way, but back when I most needed it, there wasn't much to be found. I earned my MFA in writing in 2005, when I was 43 years old and, much to my distress, the phrase "young emerging artist" seemed to be everywhere. There were prizes for young emerging artists; there were words of wisdom for young emerging artists; there were lists of the most exciting young emerging artists to watch. Anxious to find my peers, I did an online search—only to be told: "Your search for middle-aged emerging artists has yielded no results."

Clearly the search engines weren't looking hard enough. Because as you and I both know, there are plenty of us out here—along with the middle-aged emerging doctors, nurses, professors, jewelry designers, yoga instructors, cupcake masters, and more: an entire civilization's worth of people who for one reason or another got off to a late start. And I'm not going to sugarcoat that for you. We *are* late. For me the original dream of publishing a book by age 25 became 30, then 40, then 45—until reality stepped in with its final answer: book by 50. Am I glad about that? Let's just say it took some readjusting.

The point is, there are challenges to changing your life radically when you've already done a bit of living. The first challenge, of course, is actually to do it—whatever it is. In the past few years, more women than I can count have told me that they too have thought of embarking on new careers, often first careers, in their 30s, 40s, or