

Shelf help

Want to REMEDY your HEALTH, CAREER or HAPPINESS? There's a page-turner for every AILMENT. Add these to your READING list.



"LOVE YOUR WORK"

Strategist Polly McGee blends yoga wisdom and entrepreneurial action in *The Good Hustle*.

WHAT INSPIRED YOUR BUSINESS MINDSET?

[Spending two months at an ashram in India] helped connect two things I love – working with entrepreneurs and yogic philosophy. I saw a synergy between the path of the yogi and the entrepreneur – both have to undergo hardship, have laser-like focus, surrender, accept change and give up extraneous distractions.

HOW CAN HUSTLERS FIND THEIR WAY TO THE 'GOOD' PATH?

Stop and listen. Slow down. When we're young we often know the group we're called to serve, but we let the interests of our parents, teachers and 'adulthood' sway us away from that. Recognise the feeling when you're drawn to something and want to stay in that space forever. Then, like all good businesses, you need to follow certain steps – can you articulate the solution you have to a problem, is there a sufficiently big market, and will it pay an amount that leaves enough profit?

HOW DO YOU MAKE SURE YOU STAY ON PURPOSE?

My work is a result of having the uncomfortable feeling that I wasn't doing what I should be. It caused me suffering but also made me curious. Now, I begin each day with my mind turned towards my mission to serve others. My neural pathway sounds a gentle internal alarm when I'm about to run after something shiny or wallow in judgment. Spoiler: there's no silver bullet! There's just consistent daily work that, with time, becomes a joy.



"EMBRACE SOLOISM"

Jane Mathews, author of *The Art of Living Alone and Loving It*, is an independent woman – on a mission.

WHY DID YOU WRITE A GUIDE BOOK FOR SOLO LIVING?

As someone who lives alone, I wanted to find a book to help me navigate some of its more treacherous shallows and explore the really positive aspects. In Australia, a quarter of all households consist of people living by themselves. Yet living alone is viewed by many as the runner-up prize, synonymous with some kind of failure.

WHAT ARE THE CHALLENGES YOU COVER IN IT?

Often it's not the big things that are the challenging aspects of living alone, but the small, relentless, practical tasks that threaten to overwhelm solo-livers. I cover cooking for one, tips on health and solo finances, along with emotional advice on motivation, resilience, and the opportunities for self-discovery.

WOULD YOU DESCRIBE THE WRITER'S LIFE AS LONELY?

I didn't see book writing as a particularly isolating experience – no more so than anything else I do! The process has been quite sociable, actually. I've interviewed some wonderful people. Like so many stereotypes (the cat-owning woman!) the 'lonely author in the attic' isn't very accurate, at least for me! The worst type of loneliness is being alone in a relationship, and it's all too common.



"BALANCE YOUR BODY"

Naturopath Belinda Kirkpatrick co-wrote *Healthy Hormones* for every woman out of balance.

WHAT'S YOUR MESSAGE?

As a naturopath, nutritionist and fertility specialist for the past 12 years, I've seen so many women in my clinic struggling with low energy, low moods and other symptoms – many a result of unbalanced hormones. This book, which has 50 recipes, practical advice and info, is like coming in for a series of sessions, only more convenient.

CAN HORMONES IMPACT OUR WORK LIVES TOO?

Studies show that just before ovulation your creativity, organisational skills, lateral thinking and productivity are at their best. So for women with a regular 28-day cycle, this productive peak is probably around days 10 to 14. Before your period is often a melancholy time, so consider saving your critiques for when your mood is a bit more 'up'.

WHO INSPIRES YOUR WELLBEING THE MOST?

After being widowed with two babies at 24, my two beautiful children inspire me to be healthy every day. I want to be the best role model for them. Nothing makes me happier than to see them now as teenagers exercising happily, and instead of thinking junk food is cool, understanding it's all about balance.



"WHAT MAKES US TICK?"

In *Can You Die of a Broken Heart?* Dr Nikki Stamp offers a heart surgeon's insight.

HOW DID YOUR LOVE AFFAIR WITH THE HEART BEGIN?

As a kid, I was a voracious reader of science books. When I was eight years old I remember writing, 'I want to be a heart surgeon and finish the work of Dr Victor Chang.' At the time, [the famous surgeon] was working on a reliable mechanical heart. Whenever I saw him on the news, I was awe-struck.

SO, COULD YOU DIE OF A BROKEN HEART?

That's one of the most common questions I get asked once people know what I do for a living. It seems like an old wives' tale, not necessarily a real phenomenon. Heartbreak can cause us to avoid healthy behaviours. [In contrast], love and other positive emotional states set off positive nerve signals and hormones that relax blood vessels and take pressure off the heart.

YOU HOLD PEOPLE'S HEARTS IN YOUR HAND. THAT'S SOME PRESSURE RIGHT THERE!

To be frank, it's a huge responsibility to bear. Doctors can be notoriously bad at looking after themselves, but I think that's changing now. It has to! Acknowledging that I do get tired, frustrated or hungry just like everyone else means I can do my job to the best of my ability. ■

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