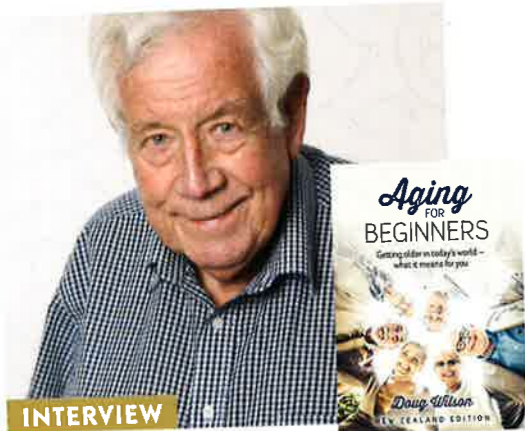


CULTURE CLUB

Looking for a scintillating read? Or a couple of the latest tunes to update your playlist? An entertaining new flick, perhaps? Here's what we've been reading, watching, listening to and loving this month.



INTERVIEW

DOUG WILSON

Navigating through life can be a tricky journey. This book is your guide to ageing gracefully as you do it.

Dr Doug Wilson is an award-winning medical and scientific consultant who has headed major medical research and development groups. With a passion for prose and a fascination in the power of storytelling, Wilson began writing. His works include the Tom Hassler series for children. His new book, *Aging for Beginners: Getting Older in Today's World – What it Means For You*, is out now.

Tell us about your new book.

Our voyage of life is essentially an individual adventure. Everyone has a path that is modified by genetics, their social environment, their financial background and, above all, by their lifestyle and health. A guide through this complicated world of life span is increasingly needed.

What's one fact that may surprise your readers?

Moderate exercise for 20 to 30 minutes a day can reduce your risk of premature death by 30 per cent, and reduce depression and cognitive loss.

How do you expect the book will be most valuable for readers?

The book is intended as a serious information guide for an ageing population. Early diagnosis of some diseases is critical. There are interventions that can reduce the risk of cognitive loss, depression and even some forms of dementia. Why not find out and reduce your risk?

VISIT Getting older can lead to a happier state of mind. See the eight reasons why you should welcome ageing at mindfood.com/happy-ageing.

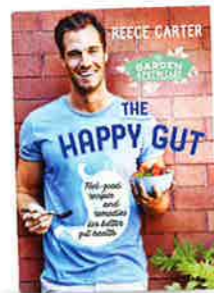
HEALTH KICK A BETTER YOU



HEALTHY HORMONES

By Belinda Kirkpatrick and Ainsley Johnstone
Murdoch Books

There are more than a hundred hormones that work together to keep us feeling healthy. So, when the balance of just one is disrupted, it affects others and we don't feel well. *Healthy Hormones* provides tips and 50 family-friendly recipes.

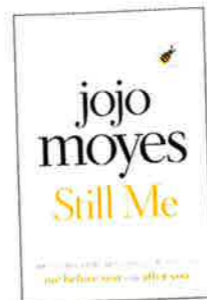


THE GARDEN APOTHECARY: THE HAPPY GUT

By Reece Carter
Harlequin

Gentle traditional remedies you can make at home and easy 'food as medicine' recipes to help digestion and nurture healthy gut bacteria.

CURL UP WITH A GOOD BOOK NEW FICTION TO RELAX WITH



STILL ME

By Jojo Moyes
Penguin Random House

If you are familiar with the author's first two Lou Clark novels, *Me Before You* and *After You*, her third and final release will require no introduction. The characters are wonderfully interesting and relatable, and the binge-worthy story reminds you of the adage 'this too shall pass'.



AN UNSUITABLE MATCH

By Joanna Trollope
Pan Macmillan

This is Joanna Trollope's 21st novel and tells an uplifting story of love, family and second chances. Rose Woodrow is getting married to a sensitive man who is head over heels in love with her. The problem? This isn't the first time for either of them, and their five grown-up children have strong opinions on the matter.



DEAR MRS BIRD

By AJ Pearce
Pan Macmillan

Dear Mrs Bird is AJ Pearce's first novel. Set in 1940s London, the story follows Emmeline Lake and her best friend, Bunt, who are trying to stay cheerful despite the war around them. Emmy dreams of becoming a lady war correspondent and when she spots a job advertisement she seizes her chance, but the outcome is not quite what she expected.



OUR HOUSE

By Louise Candlish
Simon & Schuster

When Fi Lawson arrives home to find strangers moving into her house, she is plunged into terror and confusion. How can this other family possibly think the house is theirs? But her husband Bram has made a catastrophic mistake and now he is paying. As the nightmare takes grip, they try to make sense of the events that led to a devastating crime.

DOUG WILSON IMAGE BY JORDAN CREATIVES

FRESH START RECIPE BOOKS TO TRY THIS SEASON



LITTLE KOREA

By Billy Law
Simon & Schuster

Featuring popular dishes eaten every day on the streets and in homes across Korea, this book requires no kitchen gadgetry or trickery. This is food with a singular mission: to deliver maximum flavour and texture in a simple way, from Garlic Chive Kimchi to Sticky Rice Dumplings.



VEGGIE BURGER ATELIER

By Nina Olsson
Murdoch Books

Tuck into extraordinary veggie burgers inspired by global cuisines. Using ingredients, flavours and techniques from various traditions, Nina Olsson shares her secret for the perfect vegetarian burger and how to make yours vegan or gluten-free.



BARCELONA: CULT RECIPES

By Stephan Mitsch
Murdoch Books

This book will transport you to Catalonia's buzzing metropolis through its famed local dishes. Take a journey into this melting pot of cultures and savour 120 glorious authentic Catalan recipes.



SOUK: FEASTING AT THE MEZZE TABLE

By Nadia Zerouali and Merijn Tol
Smith Street Books

Imagine a warm and sunny afternoon with long tables filled with delicious mezze. Here are more than 100 recipes to fill the table with a feast that's traditional with a contemporary twist.

APPS LIVE THE DREAM (The cheat's) guide to living in luxury.

DriveShare
Like the idea of driving a Ferrari in New York, but don't quite have the cash? This new app offers car sharing for fancy vehicles in the US.

FILM BUFF BEST NEW MOVIES THIS MONTH



THE GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY

A writer forms an unexpected bond with the residents of Guernsey Island in the aftermath of World War II when she decides to write a book about their experiences during the war. Based on the international bestselling book, the movie stars *Downton Abbey* actor Lily James.



A QUIET PLACE

This horror flick, starring Emily Blunt, follows a family living an isolated existence in utter silence for fear of an unknown threat that follows and attacks at any sound. Directed (and also starred in) by John Krasinski, it is a haunting, dialogue-free story made to scare you.



ON CHESIL BEACH

Based on Ian McEwan's acclaimed short novel and starring Saoirse Ronan and Billy Howle, this film is set in 1962 England. It's a melancholy love story about a young couple who find their idyllic romance colliding with issues of sexual freedom and societal pressure, leading to an awkward and fateful wedding night.



EVERY DAY

An adaption of the young adult romance and fantasy novel written by American author David Levithan, *Every Day* is about a shy teenager who falls for someone that transforms into another person every day. It portrays gender and sexuality as non-issues.

IflyA380
Want to guarantee your next international trip is on an A380? This app helps you book flights and connect with fellow fliers.

Recharge
Stay in some of the best hotels without the huge price tag with Recharge. You can book flexible-length stays in luxury hotels by the minute.

MIXTAPE NEW MUSIC



MY INDIGO

Writing the tracks on her first studio album helped Dutch singer/songwriter Sharon den Adel deal with a family crisis.



ANNE-MARIE

Speak Your Mind This English songbird has attained several charting singles. *Speak Your Mind* is her debut and includes songs co-written with Ed Sheeran.



JANELLE MONAÉ

Dirty Computer The soul singer's third album is heavily influenced by Prince. She had a close relationship with the late artist.



THE HARD ACES

Mess Duo The Hard Aches has teamed up with producer Sam Johnson for their new album.