

Contents

FEBRUARY 2017

- First Person**
- 32 LIFE BEYOND DEMENTIA**
Diagnosed with incurable dementia at age 49, Kate Swaffer was told to 'go home and prepare to die.' Nine years on, she continues her fight for a normal life. AS TOLD TO HELEN SIGNY
- Inspiration**
- 38 GIVE A GIRL A FISH**
From her three year old and a man on the beach, a young mother learns a lesson in trust. VICKI GLEMBOCKI FROM QUEST FOR KINDNESS
- The Stranger Who Changed My Life**
- 44 "SHE WAS MY PROSECUTOR"**
The unlikely bond between a district attorney and the hardened gang member she sought to put away. TOM HALLMAN FROM THE OREGONIAN
- Consumer Interest**
- 52 HOW IKEA TOOK OVER THE WORLD**
The secret to the Swedish giant's global success. BETH KOWITT FROM FORTUNE
- Look Twice**
- 60 SEE THE WORLD ... DIFFERENTLY**
Come to Tasmania for a watery world record.
- Crime**
- 65 WHEN AMY MET DUANE ONLINE**
For internet scammers, love is the most powerful bait there is. DOUG SHADEL AND DAVID DUDLEY FROM AARP THE MAGAZINE
- Nature**
- 72 ANIMAL PASSION**
Consider these wonderful photographic images, then decide if love exists in the animal kingdom.





Contents

FEBRUARY 2017



78 *Who Knew?*
13 THINGS YOUR DREAMS REVEAL ABOUT YOU

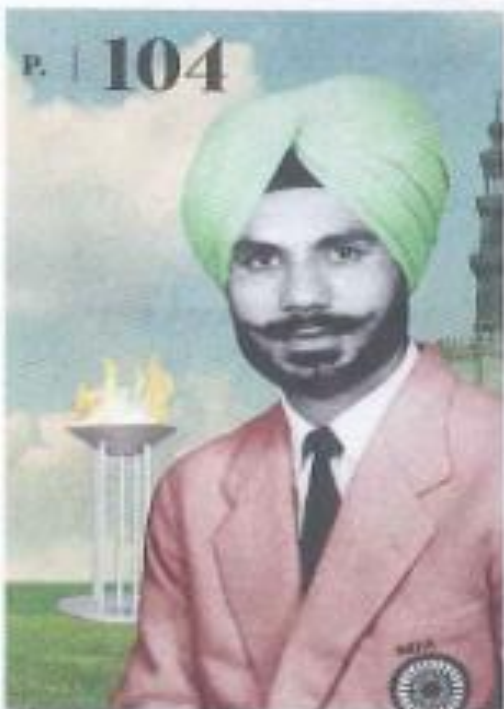
Creative? Conservative? Close to death? All can be revealed by the character of your night-time imaginings. **MICHELLE CROUCH**

Psychology
80 HOW TO FALL IN LOVE

According to science, it takes just 36 questions and four minutes of staring into each other's eyes. **MANDY LEN CATRON FROM THE NEW YORK TIMES**

Drama in Real Life
84 THE LITTLEST HERO

Her mother unconscious at the wheel, her baby brother panicked and hurt, five-year-old Lexi stayed calm and went into action. **OMAR MOUALLEN**



Art of Living
94 WAYS TO GET LUCKY

Four habits to help turn serendipity into sure things. **KATE ROCKWOOD FROM HEALTH.COM**

Travel
98 ROLLING ALONG ON THE WINE TRAIL

What better place for a bike ride than New Zealand's scenic wine region? **JANIE ALLEN**

Bonus Read
104 THE BEST HOCKEY PLAYER IN THE WORLD IS INDIAN

Why you've never heard of Balbir Singh Sr. **PATRICK BLENNERHASSETT FROM A FORGOTTEN LEGEND**

THE DIGEST

Health

- 16 Managing dandruff, hearing loss, fainting spells and medical news

Food

- 22 Make your own refreshing drinks

Home

- 24 Banish bad household smells

Travel

- 26 Ideal cities for the solo traveller

Money

- 28 Factors that can affect your credit rating

Pets

- 30 Unusual furry and feathered friends that are suitable for kids

Out & About

- 117 All that's best in books, films, DVDs and unexpected news
-

REGULARS

- 4 Letters
8 My Story
12 Kindness of Strangers
14 Smart Animals
91 Quotable Quotes
97 That's Outrageous!
114 Unbelievable
124 Puzzles, Trivia & Word Power
-

CONTESTS

- 5 Caption and Letter Competition
6 Submit Your Jokes and Stories
-

HUMOUR

- 42 Life's Like That
64 Laughter, the Best Medicine
92 All in a Day's Work



P. | 22 ▲



SEE
PAGE 6



P. | 92 ▶