

Contents

JULY 2017

Heart

32 AGAINST THE ODDS

When their infant son was diagnosed with an extremely rare genetic syndrome, Chris and Ashley went into action. Today, they are living proof of what can be achieved via early intervention and relentless work. CHRIS TURNER

P. | 32



Cover Story

40 THE TURTLES OF WRECK ROCK BEACH

In a remote corner of the Great Barrier Reef, veteran turtle monitors Nev and Bev McLachlan are winning the slow and steady race to protect their endangered charges.

DAVID LEVELL

Entertainment

48 3 MIND-BLOWING MOVIE THEORIES

Why watch a new movie when you can revisit a classic with fresh eyes? These three off-the-wall fan theories will make you question what you thought you knew ... JAMES JACKSON

Adventure

52 WHERE ON EARTH AM I?

Blindly following your GPS can lead you into all sorts of trouble. For Noel Santillan it led to the northern tip of Iceland, momentary fame and an adventure he would never forget.

DAVID KUSHNER FROM *OUTSIDE*

Relationships

58 MAKING CONNECTIONS

The expression 'what are friends for?' now has an answer rooted in science. From bigger brains to longer life, the key may be the strength of the bonds we form. DANIELLE GROEN

P. | 48





Contents

JULY 2017

P. | 72

Drama in Real Life

62 THE KILLER NEXT DOOR

The phone rings. The FBI tells you your elderly neighbour is a former organised crime kingpin and notorious killer. What do you do?

JOSH BOND FROM THE BOOK *ALL THESE WONDERS*

Health

72 GET ON BOARD THE BRAIN HEALTH REVOLUTION

From diets to doodling, here's how to stay sharper for longer.

DAVID EAGLEMAN FROM THE BOOK *THE STORY OF YOU*

Culture

80 12 THINGS ONLY BOOKWORMS UNDERSTAND

Avid readers, this one's for you.

AMIT LUTHRA

Family Life

90 WEEKEND WITH UNCLE GUTTA

Virtually anything is endurable for a loved one in need.

BRIGID DUFFY FROM THE BOOK *QUEST FOR KINDNESS*

Travel

94 MOUNTAIN HIGH MUSEUM

The lofty legacy of legendary mountaineer Reinhold Messner.

ALICE GREGORY FROM THE BOOK *THE NEW YORK TIMES STYLE MAGAZINE*

Bonus Read

102 FLIGHT OVER THE ATLANTIC

On May 21, 1927, from the cockpit of the *Spirit of St. Louis*, Charles Lindbergh changed the world forever.

DAN HAMPTON

Who Knew?

114 SIX IDIOTIC IDIOMS

Why *not* cry over spilt milk? BRANDON SPEKTOR

P. | 94



THE DIGEST

Health

- 20 Increasing your metabolism; how to talk to someone with hearing loss; combat colds

Food

- 26 A classic French bistro sandwich

Travel

- 28 Ready for a rockin' good time? All aboard musical-themed cruises!

Pets

- 30 Concerned that your furry friends are bored when they're home alone? Here's what you can do to help

Tech

- 31 Clever ways to cut back on iPhone and android data usage

Out & About

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

REGULARS

4 Letters

10 My Story

14 Kindness of Strangers

16 Smart Animals

18 Unbelievable

61 Quotable Quotes

116 That's Outrageous

124 Puzzles, Trivia & Word Power

CONTESTS

5 Caption and Letter Competition

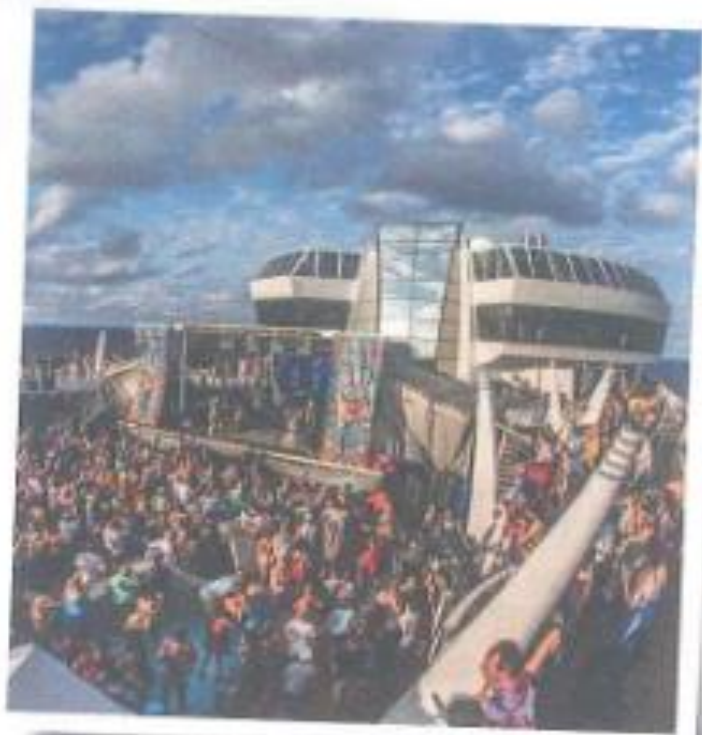
6 Submit Your Jokes and Stories

HUMOUR

50 Life's Like That

70 Laughter, the Best Medicine

84 All in a Day's Work



▲ P. | 28



P. | 70 ▶



SEE
PAGE 6