

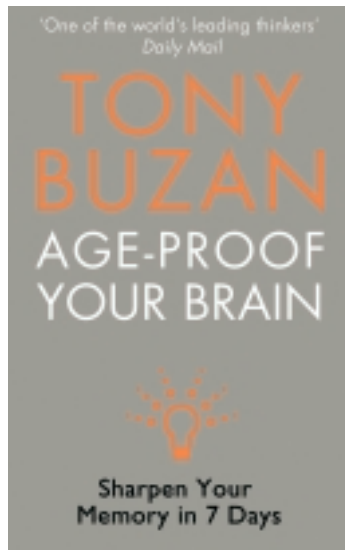


What Have You Read Lately?

Book Reviews

What have you read lately?

You can tell so much about a person by the books they read.....



Age Proof Your Brain - Tony Buzan

£12.99 ISBN 978-0-00-723310-6

A book that promises to make you ten years younger in just eight weeks. The mental workout is designed to turn back the clock for your memory and brainpower.

As the years roll on, memory rolls up, slopes off and tucks itself away in a cobwebby cerebral recess. But now there's hope for those of us caught up in an endless round of trying to remember where we left our car keys or the TV's remote.

Age-proof Your Brain is written by the top 'Guru of the Grey Matter' Tony Buzan, inventor of Mind Maps® and leading international business consultant. Just an hour a day of Buzan's revolutionary mind-stimulating workout will slough off the fog of age... and leave your brain in sparkling form!
www.buzanworld.com



The Outdoor Pocket Bible - Paul Jenner & Christine Smith £7.99 ISBN 978 190541024-8

The perfect handy guide book for those who spend time in the outdoors. A small pocket bible with invaluable information for those about to set out on a trek, camping or sailing trip. Containing everything

from basic first aid to how to escape from quick sand, help with navigation using a compass as well as the sun and the moon, identification guides such as constellations, seashells, semi-precious stones, burial mounds and animal tracks, how to recognise wild foods which you can eat, boating guidelines and which clouds indicate what kind of weather.

If you have ever wondered how to light a fire when the wood is wet or is it going to rain, this would be the ideal guide to take on your adventures.



The Total Wellbeing Diet (book 2)

- Dr Manny Noakes & Dr Peter Clifton

£12.99 ISBN 978-0-718-15152-2

This is the second Wellbeing Diet

book from CSIRO (Commonwealth Scientific and Industrial Research Organisation) in Australia.

This is much more than a recipe book. It explains the science behind weightloss and looks at diet and exercise to you achieve a healthy lifestyle. They have created a basic plan, a guide to calculate your BMI as well as information on alcohol, red meat and tips for eating out. The exercise plan is easy to follow for all ages and the 12 week diet plan gives you a day to day guide, 80 delicious recipes and a shopping list for each week. Eating healthily has never been so easy .