Reading digest

Live Better With ESS

> Ways to Reduce, Reuse and Recycle

> > PAGEA

RELATIONSHIP TIPS
How to Keep the
Conversation Flowing

PAGE 98

Dr Wong's Sun Bear Crusade

PAGE 30

Advances in Diabetes Treatments

PAGE 34

INSIDE THE MIND OF A STALKER The Science of Crime

PAGE 86



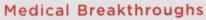
Contents

MARCH 2019



30 PAPA BEAR

Meet the wildlife biologist intent on saving the world's smallest bear. SITI ROHANI



34 DIABETES: WHAT'S NEW AND WHAT'S NEXT

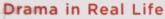
The latest developments in treatments for the millions of people worldwide dealing with diabetes. LISA FIELDS



42 THE QUEST TO BUY LESS

Tips to save money and cut back on clutter and wasteful consumption.

VANESSA FARQUHARSON AND ZOË MEUNIER



48 MISSING: DOG WALKER, 56, FEMALE

It was a route she'd taken many times before. But today it all went terribly wrong. KATHERINE LAIDLAW

Science

56 COMING CLEAN

Doing the laundry will never be the same after you've read about the physics behind washing clothes. PHIL DOOLEY FROM

THE BEST AUSTRALIAN SCIENCE WRITING 2018



P. | 30 🔺



P. | 48 🔺





▲ P. | **72**



p. | 98 🕶



11/1/01/2013

Wellbeing

64 BETTER TOGETHER

Community-led initiatives are tackling one of society's most overlooked problems: loneliness and social isolation. TIM HULSE

Religion

72 CROSSROADS OF FAITH

The ancient city of Jerusalem is a place sacred to three great world faiths: Christianity, Judaism and Islam.

TEXT AND PHOTOGRAPHY BY PAUL ROBERT

Inspire

80 STEPHEN HAWKING: BRILLIANT & FUNNY

The late scientist was never one to take himself too seriously, as these anecdotes demonstrate, MARC PEYSER

Crime

86 INSIDE THE MIND OF A STALKER

A chilling interview with a convicted stalker lays bare the traumatic effect he had on a woman's life. RACHEL CASSIDY

FROM STALKED THE HUMAN TARGET

Relationships

98 TALK THE TALK

Ever feel as if you are not really getting through to people? Here's how to really listen and be heard. SAMANTHA RIDEOUT

Bonus Read

104 SWEPT AWAY

Forty people were trapped inside an Italian hotel, trying to wait out a terrible snowstorm. Then the avalanche came.

JOSHUA HAMMER FROM GO



P. 104

THE DIGEST

- 20 Pets
- 24 Health
- 60 Travel
- 84 Home
- 117 RD Recommends

REGULARS

- 6 Letters
- 10 Finish This Sentence
- 12 News Worth Sharing
- 14 My Story
- 18 Smart Animals
- 63 That's Outrageous
- 83 Quotable Quotes
- 92 Look Twice
- 124 Trivia, Puzzles & Word Power

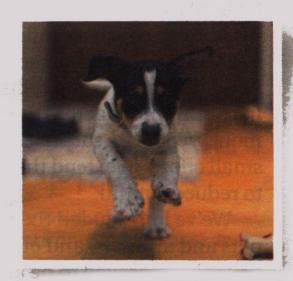
CONTESTS

- 7 Caption and Letter Competition
- 8 Submit Your Jokes and Stories

HUMOUR

- 46 Life's Like That
- 78 Laughter, the Best Medicine
- 96 All in a Day's Work





P. | 20 -

P. | 18 🕶

