

GoodLife™

LONDON'S LIFESTYLE MAGAZINE

ISSUE 67 AUTUMN 2007

Since 1987

DREAMS COME TRUE

Silver Wolf lets people know that being over 50 is not what it used to be. This generation needs more than retirement to satisfy its next stage in life. Today's over 50s need more community involvement and more time for themselves to do what they really want.

Now people are healthier, live longer and are not using the excuse of retirement to let themselves go. This book discusses how to live life to the fullest after 50 by getting involved in society and living a healthily both mentally and physically.

This truly is the ultimate A to Z guide on how to enjoy your 'third act'. Have an adventure, be yourself and carpe diem!

by Peter Carvel, published by Delancy Press
ISBN 978-09539119-4-3 £ 9.99



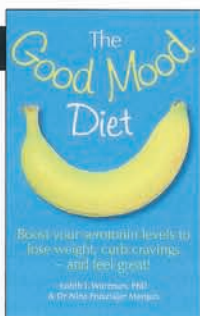
THE GOOD MOOD DIET

Most of us are aware that some foods put us in a good mood and and this book tells us why.

It's a scientific fact that serotonin (the body's 'feel good' chemical) promotes a sense of well-being. It's no surprise then that we crave some foods (particularly the yummy starchy snacks frowned upon by conventional diets) when we're feeling down.

Judith J. Wurtzman has made a career out of defining the relationship between mood and food. She has discovered the ultimate Good Mood Diet for emotional over-eaters, which works on the theory that nothing is bad for you in small doses.

by Judith J. Wurtzman & Dr Nina Fuszatar Marquis, published by Rodale
ISBN 978-1-4050-9986-8 £ 9.99

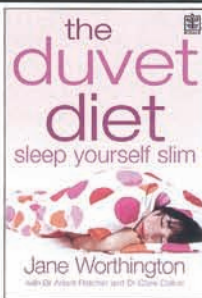


THE DUVET DIET: SLEEP YOURSELF SLIM

Anyone who's ridden the diet roller-coaster must have asked themselves why there just isn't a regime out there where lazing around will shed the pounds. Well, that diet has now arrived.

Author Jane Worthington says disrupted hormones and changes in metabolism (caused by not enough time in the sack) that lead to weight gain. The book features recipes, tips on creating the perfect sleep environment and beating those sleep saboteurs: alcohol, nicotine and other drugs. Just the right book for bedtime.

by Jane Worthington with Dr Adam Fletcher and Dr Clare Collins
Published by Rodale
ISBN 1-4050-9982-8 £ 9.99



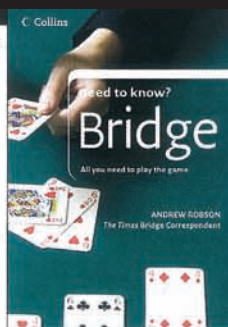
If you thought the age-old game of bridge was a domain restricted to the lounges of retirement homes then think again.

With the internet and social clubs keeping the age-old, but not old age, game alive, bridge has never been more popular than it is today.

This 'how to' book assumes the reader has no prior knowledge and runs prospective players through the dos and don'ts of play.

With a pro's guidance, useful diagrams and hints along the way, it won't be long before you're joining the likes of bridge fans Harold Vanderbilt, Omar Sharif and Bill Gates – it's in the cards.

by Andrew Robson, published by Collins Books
ISBN 978-0-00-723402-6 £ 8.99



THE ROUGH GUIDE TO BABIES

This Rough Guide (published by the group more associated with travel books) navigates new and experienced parents through the ever-changing and enlightening world of Planet Baby.

Sections include anything from handling the first days, to feeding, sleeping and sticking to a baby budget.

Remember Me? is an entertaining chapter covering the wonderful world of maternity leave; a time of bliss for some new mums and a time to drive others to distraction. This is the perfect Rough Guide for those putting off travelling for at least the next 18 years.

by Miranda Levy, published by Rough Guides
ISBN 978-1-84353-522-5 £ 9.99



THE HANDBOOK FOR EXCEPTIONAL PEOPLE

If you've ever considered yourself a cut above the rest then perhaps this palm-sized read is for you. The Handbook for Exceptional People follows the author's philosophy that performance blockages can 'paralyse' an individual, thus preventing them from accessing their true potential. Great on paper but how do we put it all into practice?

Step one: the author asks us 'Where are you?' and starts by imagining up a metaphoric and mountainous landscape with 'hindrances' blocking our way then advises readers to stop and re-evaluate where they are. Each step offers up mind exercises, which then take readers on an orientation of the soul.

By Jez Cartwright
Published by Jez Cartwright
ISBN 978-4276-0660-9 £ 10.00

