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BRAND NEW YOU

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Self HELP

From cycling to dating, have a peek at this months latest self-help offerings

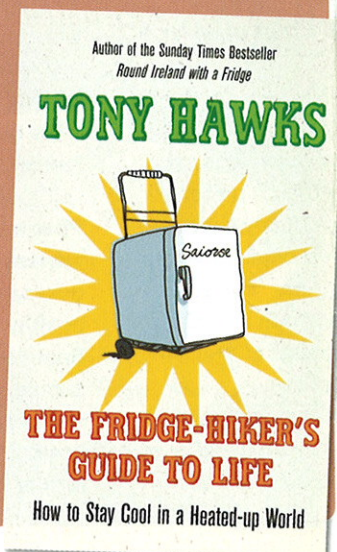


PROBLEM: MOOD SWINGS

SOLUTION *The Fridge-Hikers Guide to Life* by Tony Hawks (£9.99; Ebury) If you're guilty of taking life a bit too seriously or have simply found yourself feeling grumpy a little too often recently then lighten up with this quirky guide.

KEY QUOTE 'Don't take it all so seriously. We attach so much importance to our lives because it feels like that's all there is. Is there more? Who knows?'

CREDIBILITY Already a *Sunday Times* Bestseller with his first book *Round Ireland With A Fridge*, Tony's opinions and views are a favourite with global audiences.



PROBLEM: STUCK IN A RUT

SOLUTION *Travelling Magically* by Dr Rima Morrell (£12.99; Piatkus)

If you're thinking of going off on your travels but are finding it hard to slot in the time to plan your trip then this book will be your saviour.

KEY QUOTE 'The right place at the right time is magic. The right place at the wrong time is not worth it. When you are not in the right place doing the right thing, there will be all sorts of signs to show it'.

CREDIBILITY Having trained in anthropology at Cambridge as well as holding a PhD in geography, Rima offers credible advice.

