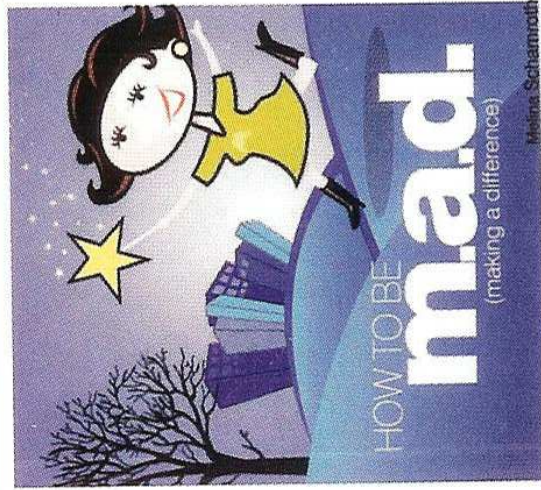


THE REVIEW



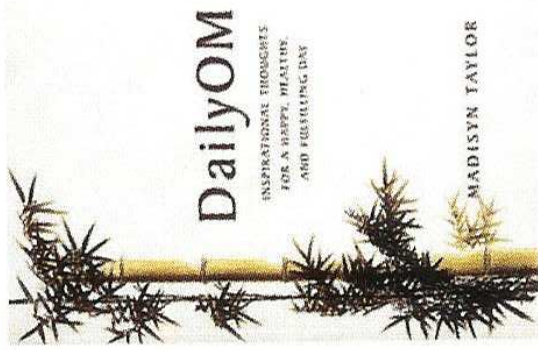
Portion Perfection
by **Amanda Clark,**
Messenger Publishing,
\$34.99

Australians are fast becoming the fattest people in the world. Dietitian Amanda Clark believes this is partly due to the fact we have embraced the concept of super sizing. Here, she details and pictures exactly what and how much we ought to be eating.



How To Be M.A.D
(making a difference) by
Melina Schamroth M.A.D
Woman, \$10

This gem is filled with tips for making a positive impact on our planet – if you tackle even just a few suggestions, you'll improve the world around you. Plus, half the profits support social and environmental programs through the M.A.D Woman Foundation. Visit www.madwoman.com.au.



DailyOm – Inspirational Thoughts For a Happy, Healthy, and Fulfilling Day by Madisyn Taylor, Hay House, \$24.95.

Sages of all faiths agree the current moment is the only thing that really exists, writes Taylor, in this uplifting book. Therefore, at the deepest level, the only place we need to be is here. It's a sentiment that might help you survive your next traffic jam.