

ASIA Reader's digest

**MOST
TRUSTED
&
MOST
READ**

THE HEALING POWER OF YOU

Harnessing Self-Belief

PAGE 42

**Why Gut
Bacteria Is So
Important**

PAGE 58

**Amsterdam's
Flower
Auctions**

PAGE 90

WHEN ALZHEIMER'S IS PERSONAL
One Woman's Fight

PAGE 106

**Esther, the
Pet Pig That
Grew and Grew**

PAGE 32

**"My Very
Powerful
Memory"**

PAGE 68

6 Reasons Why You're Always Tired 16

All in a Day's Work 86

MARCH 2018
ISSN 0034-0383



9 770034 038003

SINGAPORE \$9.90
MALAYSIA RM 15
PHILIPPINES P 199

Contents

MARCH 2018



- Heart**
28 **THE BEST BIRTHDAY PRESENT**
With her mother's 90th birthday coming up, Emily Sims wanted to surprise her.
CHRISTINA PFENNING CRAIG

- Animal Kingdom**
32 **ESTHER THE PIG**
They thought they'd adopted a cute mini-pig. STEVE JENKINS AND DEREK WALTER FROM THE BOOK *ESTHER THE WONDER PIG*

- Cover Story**
42 **THE HEALING POWER OF YOU**
Surprising ways expectations and beliefs shape our body's response to ill health.
ERIK VANCE FROM *NATIONAL GEOGRAPHIC*

- Drama in Real Life**
50 **41 HOURS ALONE IN THE SNOW**
The young snowboarder had to rely on his resourcefulness to survive.
DANIEL J. SCHÜZ FROM *SONNTAGSZEITUNG*

- Health**
58 **GUT BACTERIA - THE NEW FRONTIER OF SCIENCE**
The fascinating role that the gut microbiome plays in our lives. HELEN SIGNY

- Psychology**
68 **MY EXTREMELY POWERFUL MEMORY**
Can you remember what you were doing on any given date ten years ago? CLAIRE NOWAK

P. | 32 ▲



P. | 68 ▲



P. | **78** ▲



Contents

MARCH 2018

- Photo Feature**
- 72 WILD BEAUTY OF THE DESERT**
The Gobi desert is brimming with life.
BARBARA DOMBROWSKI
AND CORNELIA KUMFERT
- Investigation**
- 78 HOUSE OF CARDS**
The whistle-blower who exposed cheating in pro bridge. JOHN COLAPINTO FROM VANITY FAIR
- Who Knew?**
- 88 HERE'S WHY SEVEN IS MOST LIKELY YOUR FAVOURITE NUMBER**
And what makes it significant. BRANDON SPEKTOR
- Culture**
- 90 WALL STREET OF FLOWERS**
The largest flower shop in the world.
SHELLIE KARABELL FROM FORBES.COM
- Did You Know?**
- 96 FEATURED FEATHERS**
A little bird told us about movies featuring our winged friends. KAITLIN STAINBROOK
- Travel**
- 98 HONG KONG REVISITED**
A former resident returns – and falls in love with the city all over again. BONNIE MUNDAY
- Bonus Read**
- 106 WAITING FOR ALZHEIMER'S**
The first stage of Alzheimer's can sometimes last years. Geri Taylor tells her story without rancour or self-pity.
N.R. KLEINFELD FROM THE NEW YORK TIMES

◀ P. | **90**

THE DIGEST

Health

- 16 Causes of fatigue, undetected high blood pressure, medical news update

Travel

- 22 Engineering marvels every traveller should visit

Money

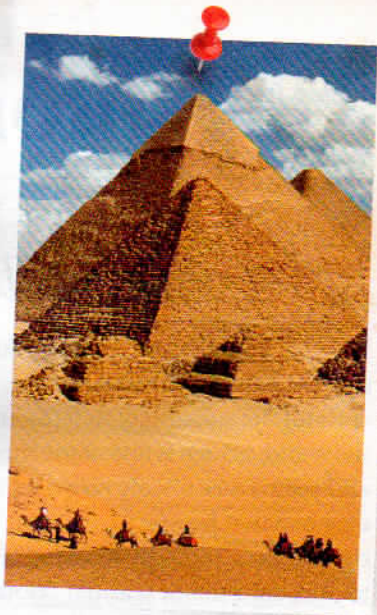
- 26 Best buys at garage sales

Pets

- 27 Dogs hanging out car windows – and why it could be bad for them

RD Recommends

- 119 All that's best in books, films, podcasts and DVDs



P. | 22 ▲

REGULARS

- 6 Letters
8 My Story
12 Kindness of Strangers
14 Smart Animals
124 Puzzles, Trivia & Word Power

CONTESTS

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

HUMOUR

- 40 Life's Like That
66 Laughter, the Best Medicine
86 All in a Day's Work



P. | 27 ▲



SEE
PAGE 5