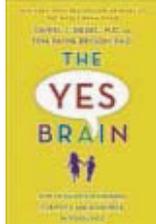


Fabulous DAILY

READ ON TO CHANGE LIFE FOR THE BETTER

WHETHER you want to cut down on booze, drop a dress size or improve your parenting skills, there's a book that may help you to achieve your goal in 2018.

Here, NATASHA HARDING chooses some of the best.

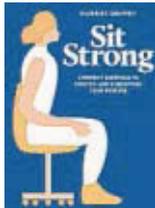


BEST FOR PARENTS – The Yes Brain Child by Dr. Daniel J Siegel (£14.99, Simon & Schuster): Often, when children can't do something, their response is to act up or shut down. By teaching them to cope and solve their own problems you're

nurturing their “yes brain”, the part that is resilient and resourceful. The book is full of advice as well as practical tips to encourage kids to say yes, no matter what the challenge.

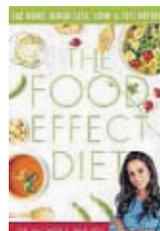
BEST FOR CHANGING YOUR DIET – The Food Effect Diet by Dr Michelle Braude (£13.99, Piatkus):

A simple, delicious and satisfying way of eating that sheds weight and boosts energy while giving you glowing skin, increased brain power and optimal health. Once you've dealt with the facts,



you'll find more than 70 recipes and easy-to-follow food tables to guide your choices for each food group.

BEST FOR IMPROVING POSTURE – Sit Strong by Harriet Griffey (£10, Hardie



Grant): We all sit too much, whether in the car, at the office or on the sofa. The British Heart Foundation reported last year that more than 20million people in the UK are physically inactive. The author shows you how to strengthen your body and improve flexibility to help counter the very real health risks caused by excessive sitting.

BEST FOR INSPIRATION – Recharge: A Year of Self-Care to Focus on You by Julie Montagu (£12.99, Piatkus):

If you feel as though you've lost your mojo, Recharge shows you how to do redress aspects of your life month-by-month. Every four-week period focuses on a different topic: mindful eating, digital detox and stress. At the end you'll have lots of new ideas and passion for improving.

BEST FOR REDUCING ALCOHOL INTAKE – Mindful Drinking by Rosamund Dean (£12.99, Trapeze): The author decided she needed to make some changes and began exploring the possibilities of drinking less. In it, Dean

combines scientific expertise and practical advice to promote a “healthy and more mindful” relationship with alcohol.

