

**SURPRISING WAYS TO** 

# SLEEP **BETTER**

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# SPECIAL REPORT

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How to Silence Your Inner Critic

Movies, Books and News



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# ONE BREATH AWAY

Pinned beneath a three-tonne excavator that plunged him into a muddy dam, Daniel Miller could keep his eyes and nose above water only by straining to his utmost. With help at least six hours away, he began the hardest battle of his life, HELEN SIGNY

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From phony phone calls to malicious software and more, here are ways to stay one step ahead of cyber-criminals getting their claws on your savings. HELEN SIGNY

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There's no blanket solution for insomnia. But if you've tried everything, here may be the bedroom secret that helps you reclaim your night-time rest. LISA FIELDS

# The Stranger Who Changed My Life WHEN NORA MET MR DAN

A four-year-old girl, a lonely widower and a birthday wish that bloomed into an unlikely friendship. TARA WOOD FROM TODAY.COM

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If you've ever been truly 'transported' by an evocative film, you'll treasure this portfolio of real-life movie locations from some of the silver screen's most famous backdrops. LAURENCE PHELAN FROM FILM AND TV LOCATIONS: A SPOTTER'S GUIDE







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The Parisian pastime of people-watching has a long and storied history, TARA ISABELLA BURTON FROM NATIONAL GEOGRAPHIC TRAVELER

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