

ASIA

# Reader's digest

**MOST  
TRUSTED  
— & —  
MOST  
READ**

*How to Unleash Your*

# BRAIN POWER

PAGE 38

**Why You Should  
Never Argue on Facebook**

PAGE 28

**The Mystery of  
ACCIDENTAL SAVANTS**

PAGE 30

**Step Inside  
a Cat Café**

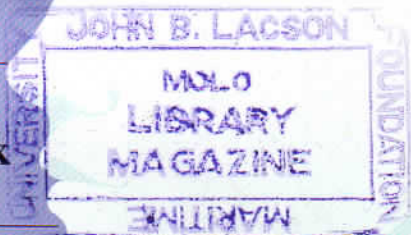
PAGE 64

**Introducing...  
Bowie Spiders!**

PAGE 80

**The Ageless Power of the Pen**

PAGE 84



OCTOBER 2018  
ISSN 0034-0383

9 770034 038003

SINGAPORE \$9.90  
MALAYSIA RM 15  
PHILIPPINES P 199

# Contents

OCTOBER 2018

- The Mind**  
**30 THE AMAZING SCIENCE OF ACCIDENTAL SAVANTS**  
What can previously untapped creative and mathematical talents teach us about how geniuses are made? **ADAM PIORE**  
FROM THE BOOK *THE BODY BUILDERS*
- The Mind**  
**38 HOW TO CREATE AN AHA! MOMENT**  
Flashes of insight can help solve complex problems. Here's how to assist the process.  
**BRUCE GRIERSON** FROM *PSYCHOLOGY TODAY*
- Drama in Real Life**  
**48 'FIND MY SON'**  
When his teenage son didn't arrive home and didn't respond to messages, a father feared the worst. So he followed his intuition. **HELEN SIGNY**
- Psychology**  
**56 THE FEAR FACTOR**  
One woman's moment-by-moment journey back from debilitating panic attacks. **BONNIE MUNDAY**
- Culture**  
**64 WHERE COOL CATS HANG OUT**  
The growing fur-nomenon of cat cafés in big cities across the world enables patrons to enjoy a cuppa and a cuddle.  
**TIM HULSE**



P. | **48** ▲



P. | **64** ▼



# Contents

OCTOBER 2018



P. | 84 ▲

P. | 90 ▼



- Parenting**
- 74 WHY KINDNESS MATTERS**  
A grieving mother counters bullying with a campaign aimed to change the way children interact with each other.  
JACKI JAMES
- Who Knew?**
- 80 DAVID BOWIE, THE SPIDER**  
With thousands of new species needing to be named each year, scientists have to make them stand out. So why not after a lookalike celebrity?  
JACOB DUBÉ FROM MOTHERBOARD.VICE.COM
- Photo Feature**
- 84 THE WRITE STUFF**  
From pens and paintbrushes to skywriting, there's a multitude of ways to get your message across.  
CORNELIA KUMFERT
- Bonus Read**
- 90 TOWERING INFERNO**  
Firefighters and residents tell their personal experiences of the horrific fire that turned bustling Grenfell Tower in London into a smouldering ruin.  
TOM LAMONT FROM GQ

---

## THE DIGEST

---

- 19 Health
- 24 Travel
- 28 Tech
- 29 Pets
- 107 RD Recommends

---

## REGULARS

---

- 6 Letters
- 10 My Story
- 14 Kindness of Strangers
- 16 Smart Animals
- 70 Look Twice
- 83 Quotable Quotes
- 104 That's Outrageous
- 112 Trivia, Puzzles & Word Power

---

## CONTESTS

---

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

---

## HUMOUR

---

- 46 Life's Like That
- 62 Laughter, the Best Medicine
- 78 Day's Work



P. | 19 ▲



P. | 29 ▲



SEE  
PAGE 8

## ✿ WHAT'S BEHIND THE NAME? ✿

*Special Supplement P. 117*

- 118 Introduction
- 122 More Than Just a Name
- 135 Trademarks are Everyday Words
- 142 Business Quotations