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INSPIRATION

Real-Life Miracles

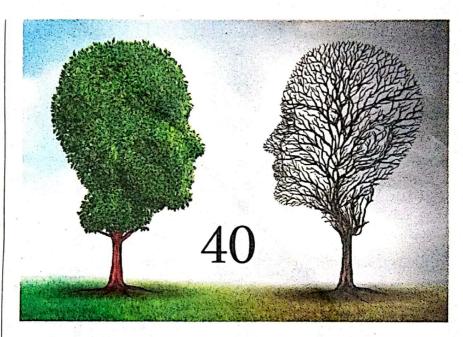
Five incredible true stories to celebrate this special time of year.

MAKING A DIFFERENCE

A Brown **Cardboard Box**

A former housekeeper and her boss give abandoned children a chance at life. LAM LYE CHING





How to Protect Yourself From Dementia

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Potatoes – All Eyes on Me: The World's **Dream Starch**

Boiled, roasted, fried or mashed, there are many ways to enjoy potatoes.

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How I Learned to be Happy

A course on the science of happiness can boost mood and wellbeing. LISA FIELDS

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Wild Horses

A shared passion for Icelandic horses leads a group of women to escape their ordinary lives. TORY BILSKI FROM THE BOOK WILD HORSES OF THE SUMMER SUN

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Hilarious words you

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BILL BOULDIN FROM DEL RIO NEWS-HERALD

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New Hope for Aching Knees

But do your research before deciding on replacement surgery. RICHARD LALIBERTE FROM AARP THE MAGAZINE

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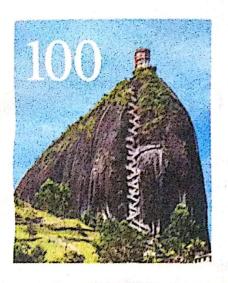
The Push to Save Sydney's Koala **Habitat**

Could this healthy koala colony living on the Sydney fringe fall victim to the city's rapid urban growth? DIANE GODLEY

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