

PAGE 88

Endless Stories

'100 Forests, 100 Gardens' Canberra's Arboretum

PAGE 96

Rethinking How We Help the Homeless

PAGE 34

How to Fall Safely

PAGE 40

BONUS READ
What's Wrong With My Boy?
PAGE 104

MAY 2019
ISSN 0034-0383
05
07770034 038003
SINGAPORE \$9.90
MALAYSIA RM 15

Contents

MAY 2019

Everyday Heroes

30 THE POWER OF SHARING

A library with a difference allows people to borrow tools, garden equipment and even camping gear. ELEANOR CANT

First Person

34 I USED TO BE HOMELESS

Living on the street can be unimaginably tough. A once homeless man talks about the public's misconceptions.

MARK ANTHONY DIBELLO, AS TOLD TO CHARLOTTE HILTON ANDERSEN

Health

40 LEARNING TO NOT FALL

Scientists are developing 'safe landing responses' to help limit injuries. NEIL STEINBERG FROM MOSAICSCIENCE.COM

Drama in Real Life

46 TRAPPED INSIDE A GLACIER

A lone scientist studying climate changes plunges into a crevasse in the remote Himalayas. NICHOLAS HUNE-BROWN

Animal Kingdom

54 AMAZING ANIMAL SUPERPOWERS

The abilities that these creatures possess seem like something out of a comic book.
READER'S DIGEST EDITORS

Classic Read Compilation

60 LESSONS OF FRIENDSHIP

Two of the most inspiring stories we have ever published remind us the connections people make can transform lives forever.



P. | 34





Contents

MAY 2019



▲ P. | **78**



 ▶ P. | 104



What It's Like to be ...
78 A TRAVELLING VET

When your patient list begins with armadillos and ends with zebras, you are no ordinary vet. JONATHAN CRANSTON

Life Well Lived

86 35 LESSONS I'VE LEARNT IN 35 YEARS OF MARRIAGE

A humorous look at challenging situations most couples will know well.

SPEAKINGOFMARRIAGE.COM

Profile

88 REACHING FOR THE STARS

Best-selling author Lee Child on his maverick hero Jack Reacher and why being made redundant spurred him on.

KATHY BUCHANAN

Travel

96 FROM ASHES TO ARBORETUM

The rejuvenating forests and gardens that have arisen from Canberra's worst-ever bushfires. DIANE GODLEY

Bonus Read

104 WHAT'S WRONG WITH CONNER?

Words came slowly to Conner. But his family was advised not to worry. Until the seizures began. ATHA KALAICHANDRAN

FROM THE ATAVIST MAGAZINE





P. | **58**

THE DIGEST

- 20 Pets
- 24 Health
- 74 Travel
- 118 RD Recommends

REGULARS

- 6 Letters
- 10 Finish This Sentence
- 12 News Worth Sharing
- 14 My Story
- 18 Smart Animals
- 70 Look Twice
- 95 Quotable Quotes
- 103 That's Outrageous
- 124 Trivia, Puzzles & Word Power

HUMOUR

- 44 Life's Like That
- 58 Laughter, the Best Medicine
- 84 All in a Day's Work







SEE PAGE 8



