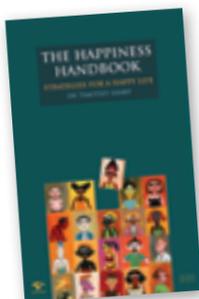




# BOOK REVIEWS

## 1 The Happiness Handbook: Strategies for a Happy Life

Dr Timothy Sharp  
Finch Publishing Sydney ISBN 9781876451790



This pragmatic book speaks like a sensible and empathic friend. Easy to read, it demonstrates understanding of the challenges in creating happiness in what is, for many, a chaotic life and guides you through the work to bring about realistic and positive changes relevant to you as an individual. The real strength of Dr Sharp's book is in giving back to the reader your own

empowering quality of choice. In combining the best of modern courageous strengths - if you apply yourself to it. (Reviewed by Niki Read)

## 2 The Spirit of Water

Lawrence Ellyard  
John Hunt Publishing ISBN 978-1-84694-071-2

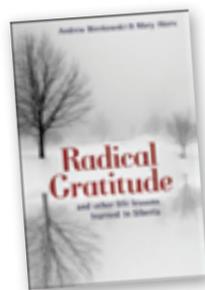


If you've read and enjoyed Masuro Emoto's The Hidden Messages of Water, you will be thoroughly fascinated by The Spirit of Water by Lawrence Ellyard, which carries on from Emoto to explore the evidence in crystals to attest to water's response to words, music and prayer. If both our bodies and the planet are 70% water, how affected are we by conscious thought? Ellyard is the first English speaking author to write about the

phenomenon from a Western perspective. This title includes new Ice Crystal images published for the first time. With a foreword by Emoto, The Spirit of Water delivers the secret messages in water for us all.

## 3 Radical Gratitude - and other life lessons learned in Siberia

Andrew Bienkowski and Mary Akers  
Allen & Unwin ISBN 9781741754223

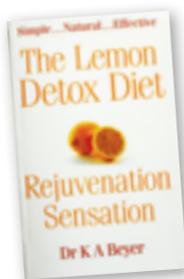


Clinical psychologist, Andrew Bienkowski, draws upon his childhood experience of surviving enforced exile in Siberia, and the extremes of starvation and death all around him, to share his life positive philosophy. His 'Radical Gratitude in Action' approach has been honed by a lifetime as a therapist involved in caring and sharing with his many clients. He offers practical advice on how we can all help each other to share the

joy of living and rise beyond despair - facilitating healing through the application of truth and love in our lives. This self-help book does not reinvent the genre, but makes a solid contribution to improving the reader's wisdom and deeper sense of the meaning of life. It includes well placed, inspiring quotes from famous people who have made a difference to the lives of many, like George Bernard Shaw: "Life does not cease to be funny when people die any more than it ceases to be serious when people laugh". Its point of departure from much self-help literature is the life-shaping privations experienced by the author and his family, and how that survival has contributed to his very real understanding of life. Friedrich Nietzsche's well known quote, "What doesn't kill you, makes you stronger" - sums up the truth in this book very well. The horrendous amount of death caused by the application of totalitarian socialism practised by Stalin and the Soviet Union is a haunting echo throughout this book, but the author has transcended this via the power of love. Worth a read, especially when things are getting you down. (Reviewed by Sudha Hamilton)

## 4 The Lemon Detox Diet Rejuvenation Sensation

Dr K A Beyer  
PNP Ltd ISBN 0955322901



Swiss health practitioner, author and psychologist Dr K A Beyer has refined the 50 years of research of his mentor, Hawaiian naturopath Stanley Burroughs, in his book The Lemon Detox Diet Rejuvenation Sensation. The book discusses the origins of the Lemon Detox program, undertaking the program in its alternative versions, with comments from Australian users, the influence of toxins on illness,

ageing and premature death as well as a holistic view on the program itself. Apparently a detox of the stars as well, Angelina Jolie has done it. There are also observations from a broad scope of health professionals ranging from naturopaths and homeopaths to natural medicine to pharmacists, doctors, obstetricians and clinical nutritionists. Distributed by Gary Allen Books. For more information visit [www.lemondetox.com.au](http://www.lemondetox.com.au).

## 5 Love is Not for Cowards

Birgit Weber  
Finch Publishing ISBN 9781876451820

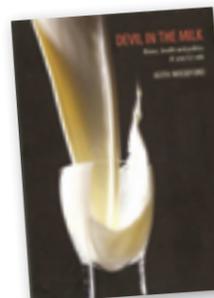


This great, accessible manual explains just that. Real love involves risk and giving, but not giving in. Many of us think that fighting is due to a lack of love between a couple. But author and psychotherapist Birgit Weber says conflicts are natural, rather than a sign of an unhealthy relationships; and avoiding them can even lead to a relationship break-down. A great reminder is that nobody is winning when you don't honour your own

needs, wants and feelings. The book is an exploration of the half truths that are told in relationships to avoid conflict, when really people's fear of conflict is fear of losing the partner. Ironically, not giving ourselves space to be ourselves causes resentment, conflict and fighting. Paralysed by fear, we miss out on the opportunity for 'true love'. This book deals with it thoroughly - a real reminder of the old maxim, "to thine own self be true".

## 6 Devil in the Milk: Illness, Health and Politics. A1 and A2 milk

Keith Woodford  
Craig Potton Publishing ISBN 978-1-877333-70-5



With the support of more than 100 scientific papers, Professor Keith Woodford establishes the link between common health problems and A1 milk in this international-first. The book shows the link between regular A1 milk and common illnesses, including heart disease, Type 1 diabetes and autism. Originally all milk was A2 milk, until a mutation affected cattle in Europe, Asia and Africa thousands

of years ago. A1 milk contains the protein beta-casein, which has now been linked to heart disease and Type 1 diabetes through research carried out on humans and animals.

The health problems occur from a protein fragment that is formed when the A1 milk is digested. Keith Woodford, Professor of Farm Management and Agribusiness at Lincoln University, New Zealand, writes about the benefits of switching to A2 milk - which doesn't contain the dangerous protein, beta casein. It is even thought that those sensitive to lactose and milk could actually drink A2 milk.

The Devil in the Milk is an important read for all, as it shows scientific evidence that has been withheld in order to protect the interests of commercial business. By bringing this evidence to the public, Keith Woodford gives an educating read on the health risks of A1 milk. \$37.95

# Music REVIEWS

## 1 Urban Mantra



Featuring two hours of inspirational music from renowned spiritual artists such as Deva Premal, Prem Joshua, Sacred Earth, Gabrielle Roth, Bhakta, Dya Singh and many more, this sensational collection of mantras is sure to inspire and invigorate the soul. Mantra harmonies have recently become a channel for soothing the rigours of daily life by many people around the world. Understanding the meaning of the words is not necessary as their very vibration is often a source of peace and deep, heartfelt relaxation. Suitable for yoga, relaxation and inner peace, this 2-CD set is a must have for lovers of mantra music.  
<http://www.music-mosaic.com> 02 6684 3143

## 2 The First Little Angels on Earth



By Lia Scallon

The First Little Angels on Earth is the latest release from The Sounds of Sirius, channelled and created by Lia Scallon. Disc One contains the story of five brave little angels, who undertake a Grand Adventure to visit beautiful planet Earth. Adults and children alike will be swept up in this magical cosmic fable, with its subtle, yet profound universal messages. They will be entranced too by the exquisite musical journey that evolves from the storytelling. Children will drift off to sleep on the wings of the delicate channelled vocals of 'Lullaby of Love'. Disc Two continues the journey for adults and older children. A beautiful meditation leads you back to the heart of Source, where the Divine Eternal Mother's sweet song dissolves your pain with pure Love. As the sacred melodies wash through your being, you will feel soothed, supported and nurtured to your very soul. Available at ABC shops, all music stores or from Lia.  
[www.soundsofsirius.com](http://www.soundsofsirius.com)