



More than just a magazine...



Hello

January may be one of the darkest months of the year, but at least your magazine is packed with inspiring features to help you make 2008 your best year yet.

If you're stuck in a rut, *All change* (pg 20) may give you the boost to turn a long-held

dream into a reality. Learning why so many New Year's resolutions fail (pg 40) is also fascinating, as is the advice if you want to succeed. If you've ever dieted then despaired at the way the weight creeps back on when you stop, read *The big debate* (pg 52) – it's science backing up what you've always known! Finally, I found myself moved at how Jeff Edwards, a survivor of the 1966 Aberfan disaster, has had the courage to not only move on, but help others (pg 34). Enjoy the issue!

Debbie

DEBBIE ATTEWELL, Editor

What I can't do without this month

- 1 Getting on with those DIY projects with the Bosch XEO, £34.99 from B&Q, Focus, Homebase etc
- 2 Munching on tasty yet healthy no-added sugar LoveDean No3 granola. £5.95 for a 450g tub. From health food stores and www.lovedeanfoods.com
- 3 This practical yet stylish Sophie handbag, £24 from www.theoldbagcompany.com



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