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GOODS BOOKS Between the covers Grab a page-turner and settle in for some quality me-time 2 The Way of the Monk by Gaur Gopal Das 3 1 If there is ever a time to take advice from a monk it's probably now. Heavily Meditated I Choose Elena Gaur Gopal Das has spent 22 years by Lucia Osborne-Crowley living on an ashram and his story is by Caitlin Cady After suffering unimaginable trauma an honest account of how to find the Following a complete burn-out, at the age of 15, aspiring Olympic path to enlightenment. Caitlin Cady turned to meditation gymnast Lucia Osborne-Crowley \$35 Random House to change her life for the better. sought solace in reading, and in the Part memoir, part tool kit, this process began her journey to healing inspirational guide is the book you've \$18.99 Allen & Unwin been looking for if you've ever wanted to try meditation. \$32.99 Hardie Grant I Choose Elena LUCIA OSBORNE-CROWLEY MONK heavily meditated CAITLIN CADY astle hie/hard WHAT YOUR BIRHDAY REVEALS ABOUT YOU CRESTLINE donday dornin Cookin Ilub 4 6 Below Deck 5 Now for Something Sweet by Sophie Hardcastle by Monday Morning Cooking Club Be prepared to cry bucketloads while What Your Birthday The fourth book in this delightful reading this soulful, unsettling debut **Reveals About You** novel by young Australian author series from a group of Jewishby Phyllis Vega Sophie Hardcastle, which follows Australian cooks doesn't disappoint, with more recipes and stories from Everything you wanted to know the journey of 21-year-old Olivia as the Jewish community in Australia about the day you were born, she discovers the beauty and and around the world - this time with including future insights, personal barbarity of a life at sea. a deliciously sweet focus. \$32.99 Allen & Unwin strengths and revealing secrets. \$54.99 HarperCollins A good book for the whole family to pore over. \$27.99 Allen & Unwin