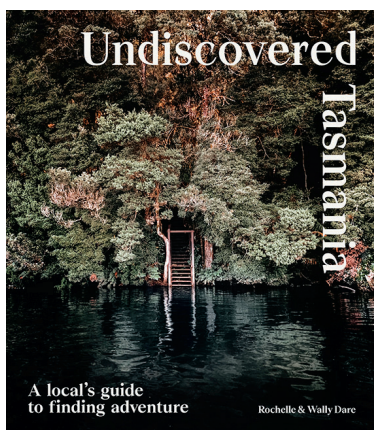


books



Undiscovered Tasmania: A Local's Guide to Finding Adventure

ROCHELLE DARE AND WALTER DARE, HARDIE GRANT

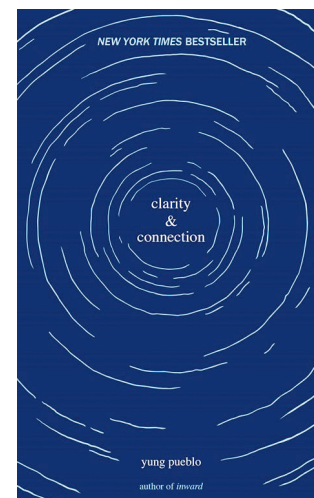
A Tasmanian road trip has always been a bucket list item for me. So when I came across *Undiscovered Tasmania*, I was instantly intrigued. The book is packed from cover to cover with gorgeous imagery, which is a must for me when it comes to travel guidebooks. The Dares will take you on an adventure through each of Tasmania's hidden gems, from the snorkelling spots on Flinders Island to the rugged beauty of the Overland Track, right down to the southernmost tip of Australia at South East Cape. *Undiscovered Tasmania* includes stories from the locals, tips for adventurous solo travellers and family groups alike, and plenty of off-the-beaten-track locales to discover. The book actually inspired my fiancé's and my Tassie road trip and I was able to create a full itinerary with help from the Dares — stay tuned for a post-trip update! **GN**

poetry

Clarity & Connection

YUNG PUEBLO, ANDREWS McMEEL PUBLISHING

Like all of Yung Pueblo's poetry, *Clarity & Connection* feels like home. It is the perfect way to start and end your day and, although I have read it from cover to cover at least twice, I find myself opening a page to read each day as part of my morning ritual. Pueblo certainly knows how to capture emotion in just a few simple lines, and on my first read, I actually shed a few tears. Lines such as "more of us are healing ourselves / and actively helping heal the world" could not have come at a better time as we emerge from the devastation of the pandemic years. *Clarity & Connection* will guide you through an inner journey where you will reckon with old wounds, self-conflicts and a release of the past, but you will eventually find a sense of peace and growth. Use this collection as a daily meditation or self-love ritual, or give it to a friend in need — the poetry is a gift in itself. **GN**



The Future is Fungi

MICHAEL LIM AND YUN SHU, THAMES & HUDSON AUSTRALIA

What do you know about fungi, the incredible architects of the natural world? The kingdom of fungi has survived all major extinction events. Not only do they sustain critical ecosystems and recycle nutrients for plants worldwide, but they are used to produce many staples of modern life, such as wine, bread and penicillin. Discover the magical world of fungi in authors Michael Lim and Yun Shu latest book, *The Future is Fungi*. In the book, you'll explore the past, present and future impact fungi can have on food, medicine, psychedelics, mental health and environmental remediation. Breathtaking imagery depicts the various unique characteristics and kaleidoscopic colours of fungi. The book also shares tips for cultivating mushrooms using coffee grounds, how to make your own vitamin D supplements and the tools you need to safely forage for your own fungi. Learn how fungi can feed, free and shape our world. **KH**

app

Heavily Meditated

CAITLIN CADY

Looking to ease stress and experience more calm? Caitlin Cady's new app *Heavily Meditated* has been designed with this in mind. With beautiful graphics, soft pastel tones and an effortless interface, the app is your answer to turning meditation into a habit that sticks. Simply search by technique, time or vibe and pick a meditation to perfectly fit your day and mood. With guided meditations that are available in less than 15 minutes, *Heavily Meditated* is an extension of Cady's book, *Heavily Meditated: Your Down-to-Earth Guide to Learning Meditation and Getting High on Life*. For those familiar with Cady and her fun and unique style of teaching and writing, this app certainly follows suit. A must for those diving into meditation for the first time or seasoned sitters. **KH**

