“MY COMA MIRACLE”
CYCLIST’S TRIUMPH AFTER HORROR ACCIDENT

Inside the World of Extreme Sneaker Collectors

13 Secrets Optometrists Want to Share

How to Fake Your Way to Greater Creativity
Features

24 MAKING A DIFFERENCE
A Labour of Love
Letting young dementia caregivers know they are not forgotten. LAM LYE CHING

28 TRENDS
200 Pairs, Nothing to Wear
Sneaker enthusiasts spend thousands on their vast collections of ‘must-have’ shoes.
MELISSA SINGER FROM THE SYDNEY MORNING HERALD

34 THE FOOD ON YOUR PLATE
Eggs: A Force in Nature and Kitchens
This kitchen staple’s use extends far beyond breakfast.
KATE LOWENSTEIN AND DANIEL GRITZER

38 DRAMA IN REAL LIFE
My Coma Miracle
One woman’s fight for life after being run over by a truck.
COLLEEN KELLY ALEXANDER FROM THE BOOK GRATITUDE IN MOTION

52 HEALTH
The Science of Number 2
Understanding how your bowel works provides vital clues to your gastrointestinal and digestive health.
LISA BENDALL

60 VIEWPOINT
Cause to Celebrate
Despite the doomsayers, the world’s population is living better than ever before.
FAREED ZAKARIA FROM THE WASHINGTON POST

64 13 THINGS
Your Optometrist Wishes You Knew
Protect your vision with these tips from eye care specialists.
ANNA-KAISA WALKER

ON THE COVER: MY COMA MIRACLE – PAGE 38
76
PARENTING
Ways You Can Create a Love of Reading in Kids
Here's how to share the pleasures of reading with your children.
ELIZABETH LANE

82
WHO KNEW?
Before They Were Stars
From Popeye to Mary Poppins, find out more about the real people that provided the inspiration behind these iconic figures.
MOLLY PENNINGTON

88
ANIMAL KINGDOM
Izzy, the Supermarket Cat
A former stray takes her job of patrolling the aisles very seriously.
CATH JOHNSEN

70
PHOTO FEATURE
The Jet Set
Fountains across the world that do far more than simply spout water.
CORNELIA KUMFERT
Departments

THE DIGEST
18 Pets
20 Health
23 News From the World of Medicine
67 Travel
115 RD Recommends

REGULARS
4 Editor’s Note
6 Letters
10 News Worth Sharing
12 My Story
16 Smart Animals
46 Look Twice
69 Quotable Quotes
91 That’s Outrageous

HUMOUR
32 Life’s Like That
50 Laughter, the Best Medicine
80 All in a Day’s Work

THE GENIUS SECTION
120 Wish You Were More Creative?
123 Family Fun
124 Puzzles
126 Trivia
127 Word Power

92
LANGUAGE
Surprising Sources of Great Sayings
The history behind common phrases.
JACOPO DELLA QUERCIA

96
TRAVEL
An Island of Wonders
Crystal-clear waters and coral reefs teeming with fish surround Lord Howe Island.
DAVID LEVELL

104
BONUS READ
The Global Network
Injured and lost in a ravine in the jungle, two tourists have one hope of getting help – and it’s thousands of kilometres away.
DEREK BURNETT

Follow us @ReadersDigestAsia