

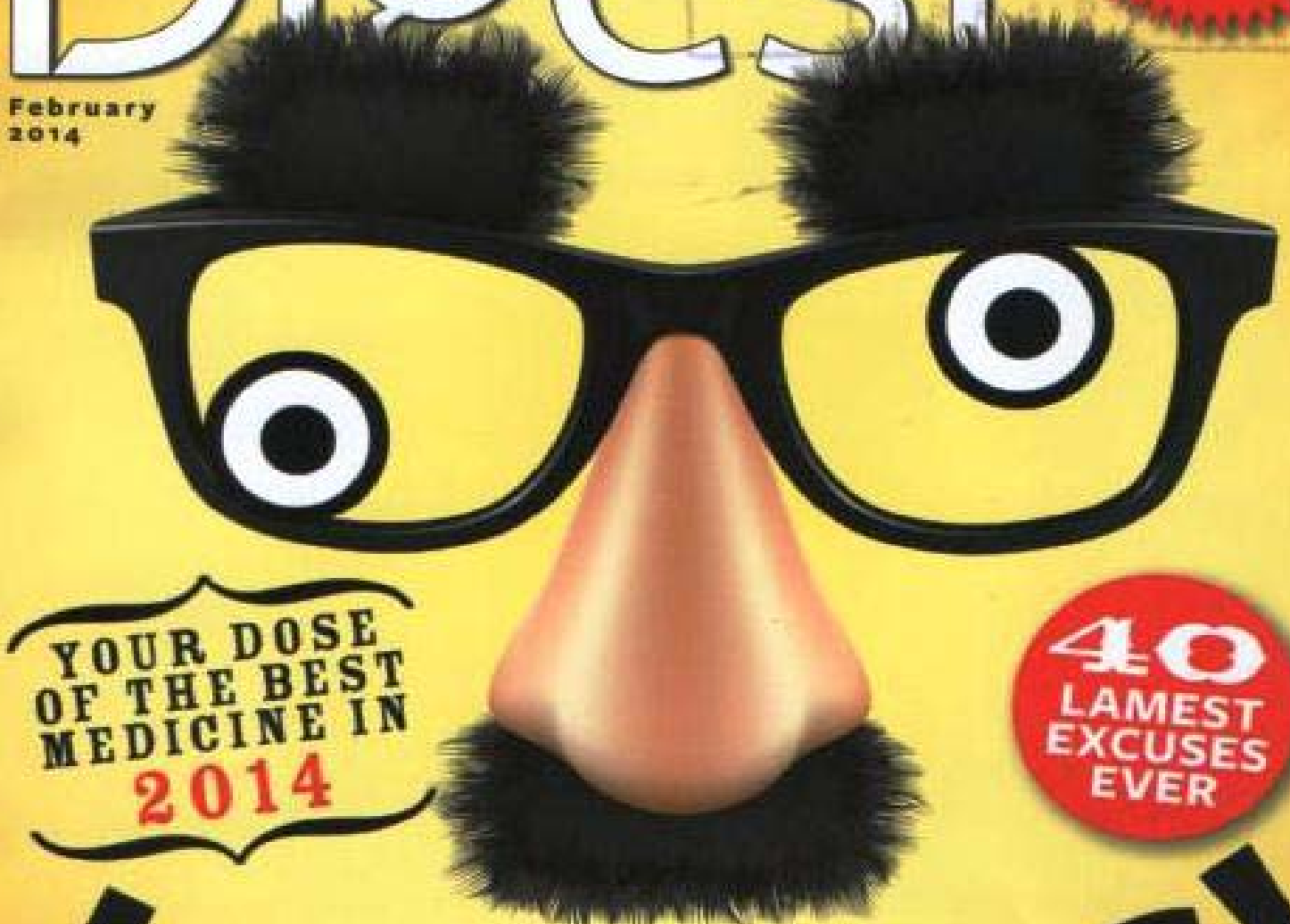
SITTING THE NEW SMOKING

rdasia.com

Readers Digest

SUBSCRIBER
32-PAGE
BONUS

February
2014



YOUR DOSE
OF THE BEST
MEDICINE IN
2014

40
LAMEST
EXCUSES
EVER

LAUGHS!

PLUS

ASTRONAUT MOMENTS ● AVALANCHE DRAMA ●
DUMB WAYS TO DIE ● WHERE POOH BEAR ONCE WAS

WORLD'S BEST MEDICINE

Feeling down in the mouth? We prescribe our ten-page laughter special to bring your smile back

36



46 A mother's story
After a harrowing murder, two parents devoted their lives to helping other families ●

54 Where the world comes to shop
The Mall of America is big, brash and boasts bargain-basement prices ●

62 Slow-cooked love
A midlife romance needs an old family recipe to succeed

68 Sitting: the new smoking ★
Comfortable at your desk or in front of the TV? Here's why chairs are bad for your health



INTO SPACE ★

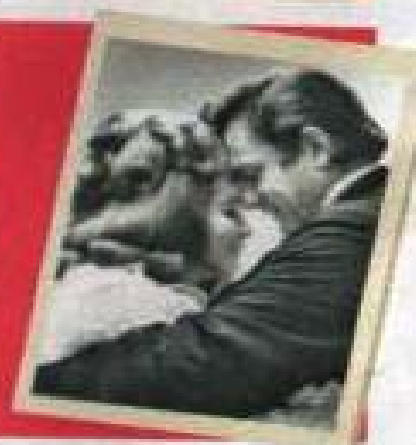
Astronaut Chris Hadfield's guide to liftoff ●

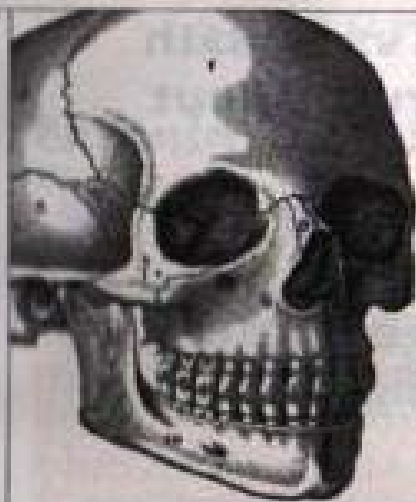
90

LOVE LETTERS

Famous people woo their sweethearts

65





STRANGE BUT TRUE ★

Bizarre ways to
die in Victorian
England

82

74 Pooh Bear's home ★

We visit the real places in the
Winnie-the-Pooh stories ●

106 Lame excuses

40 worst-ever explanations

110 The day the mountain moved ★

A day in the snow turns into a
fight for survival for skiers ●

LIVING THE HIGH LIFE

The idyllic Greek island where residents
have a very long lifespan ●

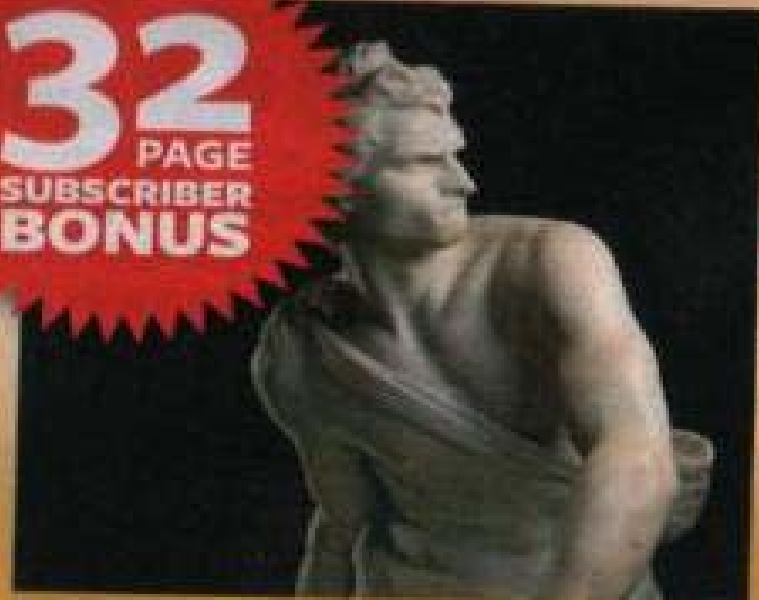
98



**This
month's
magazine**

brings you stories
and ideas from all over

32
PAGE
SUBSCRIBER
BONUS



YOU'LL FIND YOUR EXTRA
FEATURES AFTER PAGE 96

- S2** David vs Goliath
- S8** The truth about underdogs
- S12** Look twice
- S16** A stranger changed my life
- S22** Food fight

Regulars

- 5** Have Your Say Letters
- 7** Letter from the Editor
- 8** Unseen Asia ●
- 10** Unbelievable ●
- 13** Everyday Kitchen
- 17** HealthSmart
Medical news you can use
- 22** My Story Bicycle love ●
- 26** Power of Good
Flower power
- 29** Here & Now ●
- 81** Who Made That?
Frisbee
- 97** Quotable Quotes
- 104** Smart Animals
- 124** Puzzles, Trivia &
Word Power

The world's
best-loved
magazine

Reader's
Digest



HERE & NOW

Digital effects
bring Godzilla
down to size ●

EVERYDAY KITCHEN

The joy of
sweet
lychees

13



HUMOUR

- 52** Life's like that
- 88** All in a day's work

