

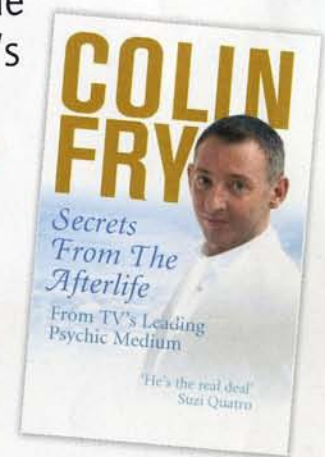
Inspirational Reads

Take a look at our selection of the new March titles, plus our editor's choice and reader review

Spiritual stories from the 'other side'


This new book by acclaimed psychic medium Colin Fry, is packed full of case studies and reveals how communicating with loved ones in spirit can guide us and improve our daily life. The book aims to uncover the secrets of many age-old questions such as 'what's it like on the other side?' and sets out to comfort those who are bereaved.

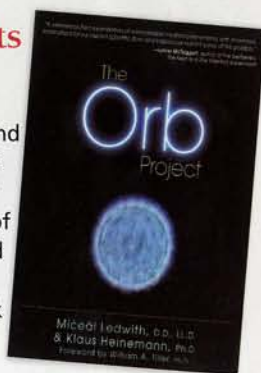
 **Secrets From The Afterlife**, by Colin Fry, (Rider Books, £6.99)



Wandering spirits


If you've ever had a strange spherical object appear in your photos and wondered what it might be, *The Orb Project* may be able to explain. Full of pictures both indoor and out, this accessible, thought-provoking book discusses the phenomenon of orbs and may give you insight into the spiritual 'beings' surrounding us. Míceál Ledwith and Klaus Heinemann, both experts in the study of orbs, examine these ghostly apparitions and offer explanations and advise on how to capture your own orb on camera.

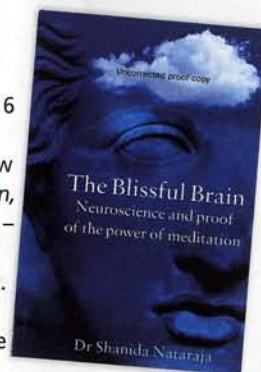
 **The Orb Project**, by Míceál Ledwith & Klaus Heinemann (Artia Books, £10.99)



Get meditating


How healthy is your brain? From March 10-16 it's Brain Awareness Week, and a topical new book – *The Blissful Brain*, by Dr Shanida Nataraja – is being released to coincide with the event. Dr Nataraja provides a fresh perspective on the benefits of meditation, looking at what goes on in the brain when we meditate. From the effects on blood pressure and depression to the latest insights from brain imaging studies, the book reveals the scientific evidence that proves meditation should be at the very heart of our healthcare system.

 **The Blissful Brain**, by Dr Shanida Nataraja (Gaia, £7.99)



Life after death?

If you aren't satisfied with the so-called 'coincidences' in your life, or perhaps you think humans could be more than the physical body, then *Is Anybody There ... Ordinary people and true paranormal experiences*, is the book for you. Touted as the first self-help book concerning the paranormal, it aims to offer answers to questions surrounding near death experiences, among other things, and is full of personal accounts from ordinary people who have, themselves, experienced the 'unknown'.

 **Is anybody there...**, by Mary Bowmaker (Countenbede, £9.99)



HAVE YOUR SAY: Want to recommend a book to others? Has a particular self-help or spiritual title changed your life for the better? Send us your review of no more than 200 words, including the book title and publisher, to katy.evans@aceville.co.uk with the words Reader Book Review and the name of the book in the subject header.