

# You said it

## Q What book is your best pick-me-up?

The right book can lift your spirits, make you braver, even change your life. When we asked for your most inspirational read, you named everything from classic novels and obscure poetry to cookbooks and dictionaries. Here are your top picks...

# A

**POSTSECRET** by **FRANK WARREN** is wonderful. People have written their secrets on postcards and sent them to Frank. Some are funny, some sad, some shocking. When I come across a secret that's the same as mine, I realise I'm not alone. *Elaine Elf*

**MY ADDRESS BOOK**. It's where I go when I need support. *Lesley Cully*

**THE 4-HOUR WORK WEEK** by **TIM FERRISS**. It reminds me to keep my work-life balance in check and that a richer lifestyle is always attainable. *Margaret McDonnell*

The stories in **CHICKEN SOUP FOR THE SOUL** remind me there's light at the end of the tunnel. *Sara Carter*

Our letter of the month wins a seasonal bouquet worth £50. Write to You Said It, Good Housekeeping, 72 Broadwick Street, London W1F 9EP, or email [goodh.mail@hearst.co.uk](mailto:goodh.mail@hearst.co.uk). Please include your address and a daytime telephone number. Edited extracts from letters, emails and Facebook or Twitter comments may be published with your name and area, unless you advise us otherwise.



The most unlikely reads can be life enhancing

**A NOTEBOOK** I was given a couple of years ago. I've filled it with all sorts of things that mean something to me - quotes, jokes and pictures. I always refer back to it when I need inspiration. *Anne-Marie Harris*

As I've moved around every few years, **JOHN BROCKMAN's THE THIRD CULTURE** has helped me in so many ways. It reminds me how important it is to unpack and put down roots. *Victoria Kucel*

**JESSAMY HIBBERD's THIS BOOK WILL MAKE YOU CALM**. It sums up my experience of stress perfectly and gives advice that really works. Flicking through holiday brochures keeps me going, too! *Helen Garfield*

### POINT TAKEN

In a panel in our feature **We Need To Talk About Generation Sex** (January 2014), Professor Tanya Byron warned that teenagers who had a sexual photograph of a person under 16 were in possession of 'pornographic' material of a minor. Professor Byron wants to clarify that it should have said 'indecent image'. Such pictures should not be described as porn, which is legal in some forms relating to adults. Indecent photos of minors never are. The information came from the ChildLine website, which has now amended the description.

### LETTER OF THE MONTH

#### NOW'S MY TIME

For years I've dreamed of quitting my day job to follow my dream of working as a freelance proofreader. I used to think it was too late to start a new career, but reading about women in GH who've given up steady jobs to do something they love has inspired me to take the plunge. Thanks for giving me the nudge I needed! *June Heath, West Yorkshire*

#### Q What's your favourite fashion era?

**A** The Eighties. If you don't know why, just watch reruns of *Dallas* and *Dynasty!* *Farah Shekh*

Probably the 1920s - I love the hats and shoes. *Helen Koeller*

I love how everyone dressed glamorously in the 1940s. *Elliott Sirkin*

The miniskirts, hotpants and afghan coats of the Sixties. *Sally Budd*

#### NEXT MONTH'S BIG QUESTION:

**What qualities do you value most in a friend?** Join the discussion online on Facebook ([www.facebook.com/goodhousekeeping.co.uk](http://www.facebook.com/goodhousekeeping.co.uk)) or on Twitter (@GHmagazine)