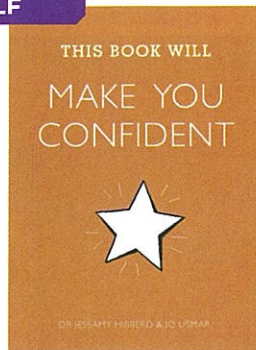
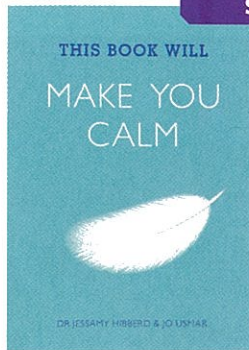
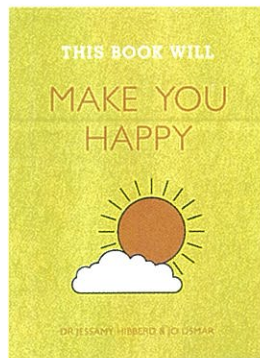
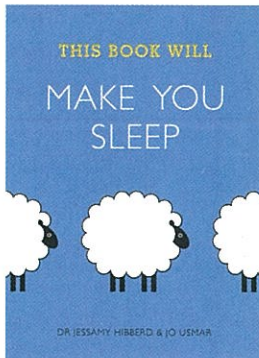


MAKE-IT-HAPPEN MANUALS

SELF



Self-help books can often be daunting, preachy or just downright dull, but in the right hands, they're bloomin' brilliant. The *This Book Will...* series, by psychologist Dr Jessamy Hibberd and lifestyle writer Jo Usmar (Quercus, £7.99), has no cringey therapy-speak, just lots of clever strategies and practical tips. Plus, the books are short and snappy, so great to dip into for a quick fix.



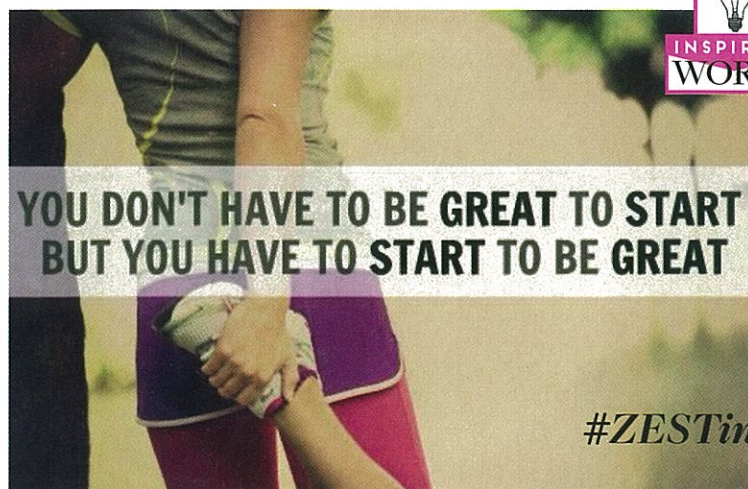
WELLNESS

STOP THE SLOUCH

Once you've grown up, who's there to tell you to stop slouching? Bad posture is the biggest cause of back pain, so we could do with the odd 'sit up straight' reminder. That's where the LUMOback Posture And Activity Coach (£129.95, Apple Store) comes in. Pop the belt on and when you slouch it will vibrate to tell you to straighten up. It also tracks cals burned, steps taken, time spent sitting and gives you a daily score via an app. Pat on the back we think!



*This month
we're pinning...*



**YOU DON'T HAVE TO BE GREAT TO START
BUT YOU HAVE TO START TO BE GREAT**

#ZESTinspire