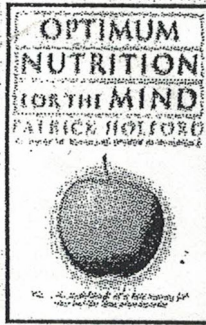


calls and discovers links between the histories of some societies and their languages.



**OPTIMUM NUTRITION FOR THE MIND – Patrick Holford (Piatkus, £12.99)**

HERE, leading nutrition expert and psychologist Patrick Holford reveals what good eating can do for the mind.

He explains how what we eat affects the mind to transform how we think and feel.

He shows how to beat depression, boost memory and sharpen your mind – whatever your age – and how to conquer stress and anxiety.

There's also guidance on how to help children with autism and Down's Syndrome and how to reverse learning difficulties, dyslexia and hyperactivity.

A practical and thought provoking book.



**PAST FORGETTING  
Veronica Maclean  
(Review, £8.99)**

MACLEAN is the widow of Sir Fitzroy Maclean, the Scots soldier and hotelier who was allegedly the model for James Bond.

Theirs was a turbulent marriage. They argued fiercely but celebrated 50 adventurous and sometimes hair-raising years together.

The book reads like a travelogue and a Who's Who, but is most interesting for its insider's glimpse of the aristocracy between the wars.

Veronica may have married a hero, but she was no mouse herself. In the 90s, she drove medical supplies to the Balkan war zone.

Compulsive reading.



**WITH THE SOUND OF THE SEA  
Charlotte Fairbairn  
(Review, £10)**

ATHENE BROWN'S last memory of her dad before he vanished was of a violent storm in Samuel's Bay, the remote home of a tiny community.

The child is adopted by three old men, the last survivors, of a dying world – man's short-sighted greed has decimated the once abundant stocks of fish.

Ultimately left on her own, the girl, now in her teens heads to town in search of a new life, always at the back of her mind, wondering what happened to her father. A simple and beautifully imaginative story of a mythical land.