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of thoughtful conversation, debates,  
readings, performances and family fun

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# Happiful reads...

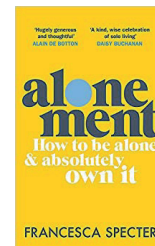
From cherishing the small moments, to enjoying new flavours, we share four of this month's must reads

Writing | **Chelsea Graham**

**T**he idea of being alone is often branded as being a pitiful experience, but why are we so quick to disregard spending restorative and important time with ourselves? Journalist Francesca Specter's *Alonement* highlights that the most important long-term relationship we have is with ourselves. Her book teaches a

valuable lesson in enjoying the time we spend alone, seeing it not as a sad final resort, but as an opportunity to revel in living on our own terms.

Packed full of practical tips from experts and guests on her podcast 'Alonement', Francesca's guide reveals her own story of once being an extreme extrovert who needed to be around people all of



*Alonement*  
by Francesca  
Specter  
Out now

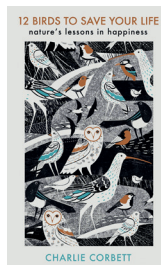
the time, to becoming someone who learned how to be alone, and how to enjoy it!

## Must reads



*Everything's Perfect* by Nicole Kennedy  
Out 10 June  
On social media, it's easy to portray the life you want everyone

to think that you're living, but this can often be more than a stone's throw from reality. Nicole Kennedy's light-hearted debut novel delves into this dynamic to explore friendships, romantic relationships, and the modern concept of popularity. The story is warm, captivating, and a great excuse to have a break from your own social media!



*12 Birds to Save Your Life* by Charlie Corbett  
Out 10 June  
Nature is all around us, but sometimes we forget to

appreciate its amazing ability to ground us when we aren't feeling our best. Having lived on farms throughout his childhood, and utilised nature during times of anxiety and depression, author Charlie Corbett strives to share his knowledge of birds with readers, to enable them to find joy in the smallest of creatures.



*Ice Cream Party* by Shikha Kaiwar  
Out now  
With more than 3,500 possible

combinations, Shikha Kaiwar's recipe book will have something to please the whole family. Whether you're craving the familiar taste of hot fudge sauce on your chocolate ice cream, or you're branching out by pairing pistachio with white sesame seed brittle, *Ice Cream Party* has a sweet recipe that will tickle your taste buds. **1**