

BOOK REVIEWS

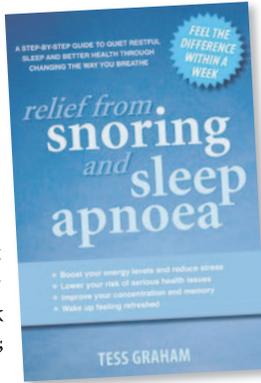
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Relief from Snoring and Sleep Apnoea by Tess Graham

Review by Peter Thompson

Snoring and its deadly cousin sleep apnoea are so common that we almost regard them as the “new normal”, like overweight and diabetes. But Tess Graham argues in her ground-breaking new book that relief is as simple as learning to breathe correctly.



Simple but not achievable without a bit of attention and self-awareness. Tess has spent two decades exclusively as a breathing educator after beginning in science and physiotherapy. Her book is a distillation of methods refined from experience with thousands of clients and it is mercifully free from jargon and spin. It doesn't promise to cure everybody of everything but it will change the way you think about breathing.

Natural, healthy breathing should be relaxed, silent and invisible and not just when you're awake. If you breathe heavily and noisily at night, it's almost certain that you're breathing incorrectly all the time, not just when you're asleep. Tess explains how to assess your own breathing and gives clear, practical ways to improve it.

Medical science and commercial industry have conditioned us to expect Magic Bullets to solve all our problems but it's a way of thinking that often blinds us to the obvious. Unfortunately, the idea is widespread that the more we breathe, the better. But heavy, big or mouth breathing is actually counterproduc-

ive. It doesn't increase oxygen levels and it dries out airways, making them vulnerable to swelling and irritation.

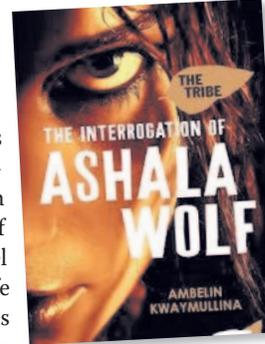
So instead of swallowing pills, inhaling drugs or clamping gadgets in your mouth or on your face, why not pay attention to the most fundamental function of our living bodies – the breath? *Relief from Snoring and Sleep Apnoea* could be what you're looking for.

Peter Thompson
will conduct a Q&A
with the author
Tess Graham at
Mary Ryan's Bookshop
Friday 16 November, 5pm.
Drinks and food available.

The Interrogation of Ashala Wolf by Ambelin Kwaymullina

Set about 385 years after the Reckoning – that is, when the earth collapsed because of human abuse, the novel follows 4 days in the life of Ashala Wolf. She is captured and locked into the interrogation sector of Detention Centre 3, where a sinister machine will rip secrets from her mind. It seems as though any one she trusts is a traitor and all the while, she is perplexed by Justin Conner's actions. Once her friend – now her Enforcer guard, he stands silent and unmoved by the injustice of Detention Centre 3.

After the Reckoning, which killed off about 70% of the human population, the survivors put strict laws in place to stop it from happening again. These include the Benign Technology Accords – which ban computers and most other machines, the Necessities-for-life Accords – which include human rights, and govern how citizens are treated, and – pivotal to the plot – the Citizenship Accords. These laws state that any humans outside normality are dangerous to the Balance, the weak



thread that holds the Earth together. These people are Illegals and they appeared soon after the Reckoning settled.

The setting and events are based on how the native Aboriginal people were treated by the white settlers. The story travels smoothly for the first three days and appears to be basic. Then on day four, there comes a revelation that shows how well the book is written. I honestly did not see it coming.

Ashala Wolf is a well thought out character, and the author has obviously worked hard to give her real depth. Ashala places the safety of her friends and family, far above her own self-preservation.

While at Detention Centre 3, Ashala's mind and body begin to fall apart. The torture from Neville Rose, combined with the fact that there is no hope for escape, start to ruin her. At day three, events start to happen that cause the protagonist to question her own sanity.

I quite liked *The Interrogation of Ashala Wolf*, and I am hoping it gets enough publicity to warrant a sequel.

The Fault in Our Stars by John Green

Review by Lauren Powell

The Fault in Our Stars is an exceptionally, beautiful book that is touching, captivating and endearing.

This is a story of a genuine love between two young, cancer riddled teens that seemed destined to downfall. Throughout this book you'll cry, you'll laugh and after you finish, you'll want to start it all over again. I found this book both heartwarming and heartbreaking to read and incredibly hard to put down.

The language that John Green has used to create this story is wonderful and extremely moving. I recommend this book to anyone who doesn't mind shedding a tear as well as smiling over the beautifully constructed

characters. John Green has written a truly marvellous novel, I look forward to reading more of his work!

