

# Your InnerLife

## Get between the covers

Sometimes reading can feel like just another task on an already crammed to-do list. But curling up with the right book is anything but stressful—there's no better way to unwind, check in with yourself, and explore different ways of viewing the world. Here, REDBOOK readers share the titles they love to escape with:

*The Prophet*, by Khalil Gibran, is always comforting to read. I've turned to it through school, during my relationship difficulties, and through the loss of loved ones. It offers simple wisdom and insight on aspects of life like love, freedom, sorrow, and pain.

Tracy Baena, 30  
Virginia Beach, VA

*Eat, Pray, Love*, by Elizabeth Gilbert. For me, it beautifully illustrates how you have to learn to love yourself in order to finally let someone else truly love you.

Ivonne Moreno, 37  
El Paso, TX

My absolute favorite novel is *The Memoirs of Cleopatra*, by Margaret George. It's nearly

1,000 pages of deliciousness! The passionate parts of the book gave me butterflies in my stomach and made my heart race—it made me wish I were Cleopatra!

Erin Morgan, 31  
Annapolis, MD

I love to read *The Sisterhood of the Traveling Pants*, by Ann Brashares. It's an easy read, and it brings me back

to my teenage years. Each character reminds me a little of myself. Then, when I'm done, I can watch the movie!

Kristina Tenney, 26  
Ansonia, CT

I've read Harper Lee's *To Kill a Mockingbird* every year since I was 10. At first, I simply read it for pleasure, but each time I go back to it I find something new in the way the novel approaches issues like racism, social equality, justice, and the loss of innocence. I still never tire of it!

Gail Girard, 54  
Cumberland, RI

5 things to be happy about right now

1 Pets dressed as reindeer

2 Luminarias

3 Having the whole movie theater to yourself

4 Thermal underwear

5 "Connecting with girlfriends, even if it's just over a quick cup of coffee."

Haley Tucker, 34  
Portland, OR



## Analyze this!

Your hastily penned grocery list holds more than a reminder to pick up cereal. "Your handwriting shows the way you communicate to the world and creates a pathway to the inner you," says handwriting expert

Sheila Lowe, author of the *Forensic Handwriting Mystery* series. Here's what to look for:

**STYLE.** "The connection between letters symbolizes your connection to other people," says Lowe. Lots of loops and small spaces between words indicate that you thrive on social interaction, while wide spaces and fewer loops mean you tend to be more of an introvert.

**SHAPE.** Large, bubbly letters mean you're affectionate and probably shine in a spotlight, while small, compact letters say you're logical, independent, and hardworking.

**PRESSURE.** Can you feel the imprint of your letters on the back of the page? This means you feel and react strongly to emotions; a lighter touch with the pen may mean you try to avoid emotional drama.