

ASIA Reader's digest

MOST TRUSTED & MOST READ

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WORD POWER

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Why it pays
to increase your



Words
and the
Mind.



WORD
POWER



by
**BRANDON
SPEKTOR**

Photographs by
TAMIE CHUNG
Illustrations by
TAFI HOLLAND

When it comes to your brain, researchers have found there's no better superfood than a book



The French Government quickly announced he was a terrorist. The truth is a lot stranger

THE UNTOLD STORY OF THE BASTILLE DAY ATTACKER

BY SCOTT SAYARE FROM GO



Binh (left) and
Phuoc Wagner



In 2015, university student Kris Chung donated part of his liver to save the life of a toddler he'd never met - and gained an unexpected reward for his sacrifice

A Gift OF HOPE

BY LAUREN MCKEON

PHOTOGRAPHED BY JASON GORDON

FROM THE MOMENT Johanne and Michael Wagner met their daughters in November 2012, they feared the girls would die. At 18 months and barely four kilograms each, the Vietnamese twins they'd adopted were clearly very sick. After holding them, Johanne and Michael wandered the

streets of Ho Chi Minh City, devastated. They bought matching red and black jars: one to hold Binh's ashes and one to hold Phuoc's. They wanted to show their new daughters love, but worried there wasn't much time.

Soon after the Wagners returned home to Kingston, Canada, with the



Online Shopping SCAMS

With Christmas shopping looming, now is the time to wise up to the tricks of online scammers

BY HELEN SIGNY

IN HINDSIGHT, there were some red flags. But the offers on the barbecue website bbqarena.com.au were too good to pass up – several hundred dollars off a Weber barbecue. Enticed by the large (but not too large) discounts

on a range of reputable brands and the site's apparent legitimacy, numerous buyers clicked through to the purchase button. They were then prompted to pay by bank transfer. Three weeks later, still no delivery.

When they called to follow up, no one answered the phone and the website was 'down for maintenance'.

Like more than 1000 other Australians in the first eight months of 2017, the would-be barbecue owners had been scammed by a fake online shopping site posing as the real thing. "Please don't make the same mistake I did," wrote one in an online forum recently. "One important thing when buying online from an unknown (to you) seller is to ask on forums like this. More than likely someone else will have had some experience and advise a No Go," wrote another.

The Australian Competition and Consumer Commission (ACCC) receives more reports each year about online shopping scams than any other scams. Australians lost more than \$700,000 this way in the first eight months of 2017 alone. While people of all ages are likely to fall victim – people aged 25 to 34 make up the largest category, with women more prone to being scammed than men.

Executive director of the Australian Retailers Association, Russell Zimmerman, this number is set to rise as online shopping gains popularity. Australians now spend about \$24 billion a year shopping online, representing

about 7.5% of all retail turnover. Online shopping is predicted to increase to about 12% of turnover and then plateau. "Everybody is doing more online shopping – it means you don't have to go out to get your goods," Zimmerman says. "There are very strict guidelines in place for retailers in Australia, but often online you're dealing with retailers from overseas. The only real way to protect yourself is to either deal with someone who has been recommended to you, or deal with an organisation that's readily recognised."

The reality is, unlike face-to-face shopping, the very appeal of online shopping is its ease, and it's this laid-back simplicity – and the lapse in caution that comes with it – that allows scammers to target and lure their victims into thinking they and their money are safe.

THE WORLD OF FAKE WEBSITES

The message is clear – online shopping scammers are successful thanks to their ability to hide behind fake websites.

Using the latest technology, scammers can create a site that looks like a genuine online retail store. They will often advertise these sites on Google, so when you search for a product they will pop up at the top of your results page. More often than not, these



The Power of the Paintbrush

If you were in distress, would you turn to a canvas? Former sceptic **Lucy Fry** discovers the life-changing potential of art therapy

LAST YEAR I PAINTED PICTURES OF my panic attacks. I couldn't find the words to describe what I felt, stuffed into a train like a squashed sardine. I'd travelled in peak hour for years, yet I'd never experienced terror like this. I didn't understand why, suddenly, I was suffering and I was willing to try almost anything to make things better.

And so, after becoming frustrated by my inability to put words to what

I was feeling, I turned to art therapy. Art therapy is "a form of psychotherapy that uses art media as its primary mode of communication," says Val Huet, CEO of the British Association of Art Therapists. It's not only for children or arty types who are skilled in drawing and painting. Nor is it unnecessary for those who, like me, are used to expressing themselves with words. Quite the opposite, in fact.



Panic attacks prompted Lucy Fry to explore art therapy.