

Cambridge is now an author, penning Grumpy Cat: A Grumpy Book. Filled with fun activities, classic quips, snarky put-downs, and (of course) new photos of Grumpy Cat doing grumpy things, this book cements Grumpy Cat's status as the banner-bearer for the eternally grumpy.

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## Storm Cloud

**Melbourne Storm's demise and resurrection**

Founded in the middle of AFL heartland, Melbourne Storm fast established itself as one of the greatest teams in the league. Winning three of five grand finals and producing some of the best players in the history of the game, the club seemed infallible. But in 2010 it was exposed as a fraud; the club had been rorting the salary cap. It was fined and stripped of its premierships; staff were fired and shamed. Yet, no one was charged. And, just two years later the team had another premiership in its hands. The rise, fall and rise of the Melbourne Storm happened in a heartbeat. Storm Cloud by Paul Kennedy reveals the hidden story.

**Hardie Grant Books: RRP \$29.95**

# Book worms

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## Fast Living Slow Ageing

Empower yourself with the knowledge to slow down the ageing process, prevent disease and live healthier! In the fully-revised and updated version of the best-selling book Fast Living Slow Ageing, Australian authors Kate Marie and Professor Merlin Christopher Thomas, along with over fifty health experts, have assembled a comprehensive, research-based guide to slowing down the ageing process, allowing readers to make their choices based on evidence and understanding. The book provides guidance on everything from exercise to hormones, nutrition to stress management, and combines all the information into an easy to follow 'Slow Ageing' program that also helps readers achieve a healthier diet, clearer skin, better physical fitness and mental resilience. This isn't a quick-fix guide to stop ageing, but provides the tools to slow down the process so readers can embrace ageing as a positive experience and enjoy it in good health.

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