



# Travel

vol. 6

*Experience*

**TOP  
10**

**Great views  
in East Asia**

Where to stay what to eat  
and how to get the best  
rates.

**Featured**

South Korea | Japan | China

*Don't be left out*

**20**

**Local Customs and  
Traditions You Need  
to Understand Before  
traveling.**

# PREVENTION

vol. 15

The world leading psychological journal and suicide prevention magazine.

# 50

*New studies on  
depression that will  
change your views on  
being alone.*

## STRESS!!!

15 MINUTES A DAY

25 proven ways to reduce your  
stress by fifty percent.

New research to help you

*Be More*  
**assertive**

*Healthy*  
**body**  
*Healthy*  
**mind**