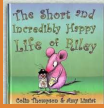


ARTS



Burial Rites Hannah Kent

A beautiful first novel by Australian writer, Hannah Kent. It explores the tension between who we perceive ourselves to be versus what the world sees. Some of the most exquisitely vulnerable passages left me raw and enriched. It asks all of us to consider what happens when we no longer exist.



The Short & Incredibly Happy Life of Riley

Colin Thompson & Amy Lissiat

Children's Picture books can be profound.

The story of a rat named Riley, who is simply happy with what he has, compared to the dissatisfaction of most people. It's beautiful in its truth and simplicity.



Vintage

I love all things vintage, particularly old sewing patterns. I have a collection of old aprons acquired from CWA markets, op shops or gifted by friends who know of my love of vintage domesticity! Check out Tilly and the Buttons for a wonderful example of turning a passion into your livelihood.

EDUCATION / LEARNING



Maxine Greene

Teacher, philosopher, social change agent., Greene was ahead of her time writing about aesthetic education, 'wide-awakeness', and the combination of philosophy and education. She advocated for education that fostered social equality, imagination and the inclusion of the arts as a means to reveal the social conditions that shape schools and to spark future change. 'Part of teaching is helping people create themselves'.



The Book of Beautiful Questions Warren Berger

'Ask, don't tell' as a mantra is easy to say, but very hard to do. I love this book and my copy is covered in post-its and highlighting, turned pages and margin notes. The best teachers know the magic of a question to unlock understanding, insight, possibility.



Oh the Places you'll Go

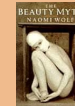
As adults we sometimes lose our sense of play and the sense of the ridiculous, Dr Seuss might be a children's author, but his wonderful invitation to any of us is to step into life, not away from it.



I love to travel

It is an education in itself. Getting on a plane and waiting for take off is one of the most thrilling moments for me. To date I have lived in three countries and visited 33, which means there are still 160 to go!

LEADERSHIP



The Beauty Myth Naomi Wolf

I was 24 when I read this book and it 'spoke' to me. Although things have changed in 30 years, the 'cultural conspiracy' around the myth of beauty and how it is used against women is still pervasive and we still fall prey to it. Go on, tell me you haven't fretted 'whether your 'butt looks big in this' at least once this week. I confess I have - maybe it's time for a re-read.

NEUROSCIENCE / PSYCHOLOGY

How to practice emotional hygiene Guy Winch

A wonderfully personal story about the importance of emotional first aid.



Immunity to Change Robert Kegan & Lisa Lahey

Change is hard. Even when we have very good reasons to shift a behaviour, habit, way of being, we somehow seem to inoculate ourselves against it. The immunity to change process digs to the heart of what stops us changing, even when we want it.

SCIENCE / AWE / WONDER



Hubble Telescope's 30th birthday

The emotional experience of awe and wonder have many well documented benefits including improved mental and physical well being. But for me, chief amongst them is giving us a sense of perspective. When I look at our little blue marble from space I can feel how inconsequential some of our daily struggles are.



The Greater Good Magazine

Science based insights about how to live a happier, kinder, more compassionate and meaningful life. There is always something here to give guidance, lift spirits and provide insight.

PEOPLE / AUTHORS / THOUGHT LEADERS



Augusto Boal

Brazilian theatre director and creator of the Forum Theatre method. His revolutionary practice sought to put the means of theatrical production into the hands of those who had no voice, to explore their collective struggles, analyse their circumstances and to give expression to their desires by experimenting with possible futures through dramatic enactment. Our methodology is underpinned by this practice.



Paul Kelly Australian Singer/Songwriter

'He transforms the smallest everyday item, a winter coat or holiday gravy, into talismans of redemption and loss, with simple, unadorned language.' - Daren Wang. No cultural cringe here.

LOWANNA'S LOVES