

ASIA

SINCE 1922

# Reader's Digest

RD  
TALKS  
OUR STORIES  
AS PODCASTS

**THE TRUTH**  
Behind the  
Simplest  
Scam  
PAGE 118

## *The Feather Thief*

*A Crime Most Bizarre  
A Thief Most Brazen*

PAGE 96

**MARLIN ATTACK!**  
Drama in Real Life

PAGE 30

**Step Inside the  
World's Most  
HAUNTED FORESTS**

PAGE 78

**Train Yourself to  
STOP OVEREATING**

PAGE 20

**How to  
OVERCOME REGRET**

PAGE 40



OCTOBER 2020  
ISSN 0034-0383



9 770034 038003

SINGAPORE \$9.90  
MALAYSIA RM 15  
PHILIPPINES P 199

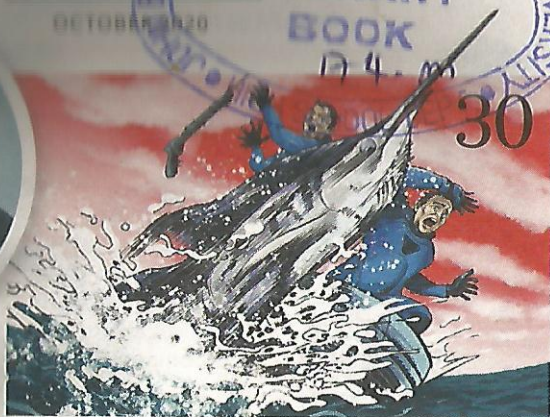
# CONTENTS

OCTOBER 2010

LIBRARY  
BOOK

174-3

30



## Features

24

### MAKING A DIFFERENCE

#### Koh's Project Dignity

Job creation that enables people to be valued and respected is the motivating force behind this social enterprise.

LAM LYE CHING

30

### DRAMA IN REAL LIFE

#### Marlin Attack!

Three spearfishermen are in the wrong place at the wrong time in a bizarre accident out at sea.

DIANE GODLEY

40

### ART OF LIVING

#### Break Free From Regret

How to stop blaming yourself and turn negative emotions into self improvement.

JENNIFER TAITZ

FROM THE NEW YORK TIMES

46

### FOOD ON YOUR TABLE

#### I am Soybeans: Bursting with Protein

A food staple for many countries, soy is enjoyed in many forms.

DIANE GODLEY

54

### MEDICAL DRAMA

#### Leap of Faith

A straightforward operation left Verna Marzo on the brink of death.

BRUCE GRIERSON

64

### PARENTING

#### The Magic of Making Mistakes

Teaching our children to embrace failures as well as successes.

RAAGESHWARI LOOMBA SWAROOP FROM THE BOOK BUILDING A HAPPY FAMILY:

11 PRACTICES OF MINDFUL PARENTING



# CONTENTS

OCTOBER 2020



88

68

## ANIMAL KINGDOM A Devil's Heaven

A wild protected sanctuary is achieving success in saving a species teetering on the edge of extinction.

DAVID LEVELL

78

## TRAVEL 10 Most Haunted Forests in the World

We dare you to take a walk through these frosty forests and ghostly woods.

LAUREN CAHN



68

84

## HEALTH Benefits of Probiotics

Better digestion is only one of the good things about friendly micro-organisms.

TINA DONVITO

88

## CULTURE Preserving Lost Languages

Indigenous people around the world are trying to keep their endangered languages alive as a source of cultural identity.

RAPHAEL GARCIA

96

## BONUS READ The Case of the Broken Window

The gripping story of a most unusual theft, a most unusual thief, and a crime of greed and obsession that targeted a great scientific legacy.

KIRK W. JOHNSON  
FROM THE BOOK  
*THE FEATHER THIEF*



78



113

## Departments

### THE DIGEST

- 16 Pets
- 20 Health
- 113 RD Recommends

### REGULARS

- 6 Editor's Note
- 6 Letters
- 10 My Story
- 12 Smart Animals
- 50 Look Twice
- 87 Quotable Quotes

### HUMANUS

- 30 Life's Like That
- 67 Laughter, the Best Medicine
- 76 All in a Day's Work

### THE GENIUS SECTION

- 118 Scammed!
- 122 Family Fun
- 123 Trivia
- 125 Puzzles
- 127 Word Power



62



87



## HAVE YOU VISITED THE READER'S DIGEST FACEBOOK PAGE LATELY?

Constantly updated, our Facebook feed offers stories, videos, advice, humour, quotable quotes, cartoons, quirky photographs and more.

FOLLOW US  
[@ReadersDigestAsia](https://www.facebook.com/ReadersDigestAsia)