



***Come Alive*** | YU DAN SHI

\$29.95 PAPERBACK

Former Fortune 100 executive Yu Dan Shi shares her personal journey as she quickly rose up the corporate ladder but ended up with a huge personal cost: a punishing workload while raising a family, and a daily battle devoid of meaning. The book explores the conflict faced by high achievers and guides readers through four proven and research-based principles to help you make real, sustainable changes to supercharge your happiness.

[yudanshi.com](http://yudanshi.com)



***The First 2 Hours*** | DONNA MCGEORGE

\$24.99 PAPERBACK

Author Donna McGeorge draws on research from neuroscience, energy flow and the body's natural rhythms, to reveal how to supercharge your productivity by dividing your workday into 2-hour blocks to match the level of intensity required. Developed for business professionals who want to take back control of their work lives, Donna shows how to design your day, rather than be at the mercy of it. [donnamcgeorge.com](http://donnamcgeorge.com)

## Medical Preparation for Travel

### 3 BIG BENEFITS of consulting TMA for your Vaccines and Medicines before travelling overseas

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#### 2. CUSTOMISED, UP TO DATE RECOMMENDATIONS

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While you are away – if you want some advice.



Consult a TMA doctor before departure.

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