

NOURISH // THRIVE // SHARE // CREATE // EXPLORE

Pg 12 WORDSEARCH ONE


ANSWER: Let the universe speak through you

Pg 13 ARROWORDS ONE


Pg 16 ANAGRAM
FOCUS, AWARE, INNER, TRUTH, HAPPY: FAITH

Pg 16 TWIN SET
CLINGY, SHINER, BISTRO, MYSTIC, ABRUPT, UNRULY CACTUS, NECTAR, SHORTS, STORMY: INSTRUCTOR

Pg 17 ACROSTIC - COMPETITION PUZZLE Solve Acrostic on page 17 to go in the draw to win a Clutch Courage in Black by the Ahimsa Collective.
www.audreydaybook.com/win/

Pg 20-21 THE QUINTESSENTIAL


Pg 26-27 WIT \& WISDOM


Pg 29 WORDSEARCH TWO


FIRST WOMAN TO RECEIVE A DOCTORATE

Pg 31 KNOW HOW


## Pg 34 HALCYON



Pg 34 SUDOKU

| 8 | 5 | 2 | 7 | 6 | 1 | 3 | 9 | 4 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 6 | 9 | 4 | 3 | 8 | 2 | 5 | 7 | 1 |
| 1 | 3 | 7 | 4 | 5 | 9 | 8 | 6 | 2 |
| 5 | 8 | 9 | 1 | 7 | 3 | 2 | 4 | 6 |
| 7 | 1 | 3 | 2 | 4 | 6 | 9 | 5 | 8 |
| 2 | 4 | 6 | 8 | 9 | 5 | 7 | 1 | 3 |
| 9 | 6 | 1 | 5 | 3 | 8 | 4 | 2 | 7 |
| 4 | 2 | 8 | 9 | 1 | 7 | 6 | 3 | 5 |
| 3 | 7 | 5 | 6 | 2 | 4 | 1 | 8 | 9 |

Pg 41 PATCHWORK



Mighty mountains, cark gorges, deep-green forests, picturesque lakes, rushing waterials, mystical moors Switzerland is a paradise for nature - lovers.
MySwitzerland comisummer

## solutions"

Pg 43 HUGS \& KISSES


Pg 47 CROSS-STITCH


Pg 47 CRYPTIC WORDSMITH


## Pg 43 CRYPTOGRAM

The universe buries strange jewels deep within us all, and then stands back to see if we can find them. The hunt to uncover those jewels - that's creative living.

- Elizabeth Gilbert


## Pg 45 BITS \& PIECES

Daffodil, Narcissist, Abalone, Radiographer, Scandalously
Pg 45 MATCH BOXES
Button, endear, hamper, outrun, pardon, profit, wither.
Mystery keyword: THE

Pg 45 STARWORDS - COMPETITION PUZZLE
Solve Starwords on page 45 to go in the draw to win a Bruzzoni Wall Street Electronic Toothbrush in black or white from Designstuff.
www.audreydaybook.com/win/



Pg 55 WORDSEARCH


ANSWER: Miuccia Prada, Mu Miu

Pg 55 WHO AM I?
Tori Amos, North By, Neve Campbell, Ella Fitzgerald, After, Rafael Nadal, Ophelia; ANNE BANCROFT


Pg 56 WORDSMITH DIAMOND


## solutions"

Pg 60 THE WHITE MOUSE -
COMPETITION PUZZLE
Solve the White Mouse on page 60 to go in the draw to win a Sassou Japan Skincare Pack.
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## Pg 62 CAROUSEL

Dale, Dare, Dart, Date, Deal, Dear, Deer, Dell, Drat, Lade, Lard, Lead, Read, Reed, Teed, Alder, Dealt, Delta, Delve, Deter, Elder, Evade, Ladle, Rated, Raved, Trade, Tread, Treed, Veldt, Advert, Dealer, Elated, Evader, Leader, Alerted, Altered, Averted, Related, Treadle.
9-letter word: TRAVELLED.

## Pg 62 MIX \& MATCH

Honeycomb, porcelain, telephone, endeavour, hypnotise, geography, checkmate, artillery, rehearsal

Pg 62 TALISMAN


Pg 63 STARBURST


Pg 71 POT LUCK


Pg 75 THE VINE


ANSWER: Introduce an element of sweet to the sour

Pg 75 GRIS CROSS


Pg 76 SERENDIPITY
INSIDE-OUT
Pardonable, maestro, pergola, DNA, reveries, rubs, idle, Vine, spacesuit, eyesore, tad, nun, inexorable,
tracker, trooper, eve, sloop.
OUTSIDE-IN
Pool, severe, poor, trek, cartel, bar, oxen, inundate, rose, yeti, use, cap, snivel, disburse, ire, veranda, log, report, sea, Melba, nod, rap.

Pg 77 THE GROCER


Pg 80 WORDSEARCH FOUR -
COMPETITION PUZZLE
Solve Wordsearch on page 80 to go in the draw to win one of two Coco Combos by Coconut Bowls. www.audreydaybook.com/win/

## Pg 93 COLOUR-IN



Pg 95 COLOUR -IN CIPHER -
COMPETITION PUZZLE
Solve Colour-In Cipher on page 95 to go in the draw to win Sadako's Peace Box by Short Story. www.audreydaybook.com/win/

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 The GuildDiscover eco-luxe beauty and living online

## solutions"

Pg 103 MOSAIC


Pg 108 POINT TO POINT


Pg 108 QUEST -
COMPETITION PUZZLE
Solve Quest on page 108 to go in the draw to win a book pack from Allen \& Unwon.
www.audreydaybook.com/win/

Pg 104 WANDERLUST


Pg 105 SILHOUETTE


Pg 105 TELEGRAM
Muscat, Champagne, Riesling, Chardonnay, Claret; MERLOT

## Pg 108 PRISM

Acre, Kobe, Plymouth, Brindisi, Cape Town, Istanbul.

Pg 109 WAYFARER


Pg 110 THE SCHOLAR


## Breathe <br> and make time for yourself



When did you last take time to breathe? Be still, fill your lungs and let it all out?

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