

wellbeing | connection | food | creativity | travel

MINDFUL PUZZLES

Issue 24
Competition
Solutions

24
ISSUE

\$11.95 AUD | \$13.95 NZD

The **deep** end | An **escape** & a return | The **book** nook | A **floral** affair | **Dancing** in the dark
Solve & **Win** | Shared tables, full **hearts** | The **market** | A **spring** in your sip | Inventing the day **anew**
The Quill: a **quest** for creativity | The **wonder** of wayfinding | **Serendipitous** stories

Solutions

Pg 17 ACROSTIC

A. Breakthroughs, B. Restart, C. Assertiveness, D. Viennese, E. Inexplicably, F. Nevermore, G. Greenpeace, H. Thoughtfully, I. *Hound Show*, J. Eater, K. Wheelbarrow, L. Inasmuch, M. Loopholes, N. Downfall, O. Escorted, P. Rectifying, Q. Nonsense, R. Entitlement, S. Swarming, T. Sardonic

A-T: BRAVING THE WILDERNESS

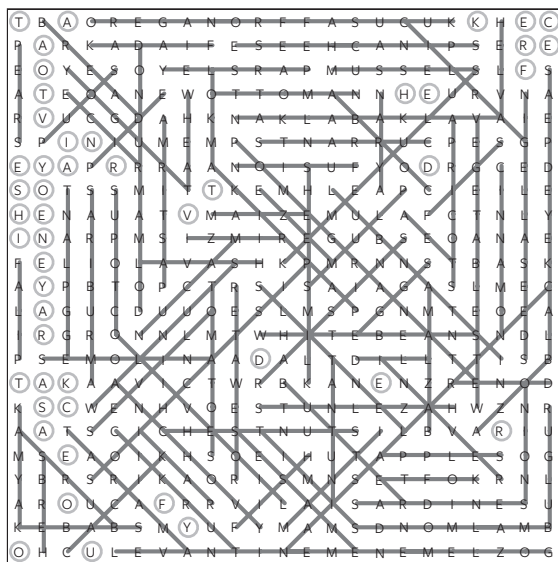
TEXT: In this *New York Times* bestseller, social researcher and storyteller Brené Brown explores how engaging with courage, love, empathy, and even shame can help us find our true selves and foster meaningful connections with others.

Pg 53 CROSS-STITCH

P	O	E	T	I	C		C	R	A	S	H
A	C	R	I	D		C	H	A	N	C	E
N	E	A	T	L	Y		A	N	G	E	R
T	A	S	T	E		E	N	G	I	N	E
S	N	E	E	R	S		G	E	N	E	S
	S		R		U	S	E		A		Y
S		O		J	E	T		R		S	
N	I	C	H	E		Y	O	U	T	H	S
I	N	T	E	R	S		P	E	R	I	L
F	L	A	N	K		D	E	F	I	N	E
F	E	N	C	E	S		R	U	P	E	E
S	T	E	E	D		P	A	L	E	S	T

ANSWER: Strudel

Pg 63 WORDSEARCH



ANSWER: Take care of the vineyard, so the vineyard takes care of you.

Pg 83 COLOUR-IN CIPHER

SOLUTION: Remember to play

Pg 95 STARWORDS

Sarah, Nicole, Sandra, Natalie, Alice.

SOLUTION: Renee

Pg 108 QUEST

Watt, Moon, Spot, Cat, Hope, Fighter, Chicken, Dylan, King, Fathom, Jack, White, Jedi, Wright.

LEFTOVER WORD: Forest

live

YOUR BEST LIFE

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