



DIG INTO SOME *mental* COMFORT FOOD

Next time you're jonesing for some easy entertainment, turn to this smorgasbord of delight-inducing children's novels, unflinching uplifting films, and stimulating electronic games. Yum.

READ

"Zilpha Keatley Snyder's *The Changeling*, about two girls and their imaginary world, evokes the glorious amount of time kids spend in their heads."

—**Daniel Handler (Lemony Snicket)**, author, *A Series of Unfortunate Events*

"*Understood Betsy*, by Dorothy Canfield Fisher, is about a girl who must leave the city to live on a farm, where she experiences all sorts of gentle adventures."

—**Ann M. Martin**, author, *The Baby-Sitters Club* series

"*Ben and Me* is the 'memoir' of a mouse who helped Ben Franklin achieve success. I'm a big fan."

—**Katherine Paterson**, author, *Bridge to Terabithia*, *Giving Thanks*

WATCH

"*Funny Face* (1957) is Audrey Hepburn at her loveliest, singing in Paris. Then there's *Pitch Perfect* (2012), about a group of misfits who form an all-girls a cappella group. *Singin' in the Rain* (1952) is a delight: the triumph of good guys over bad guys, with dancing! *Jerry Maguire* (1996) is a perfect mix of comedy and

emotion; *The Jerk* (1979) is a hilarious way to spend an evening; and *Sleepless in Seattle* (1993) and *You've Got Mail* (1998) are what I'd show a Martian who came to Earth and asked, 'So what's this "falling in love" thing all about?'"

—**Lindsay Doran**, film executive, *Nanny McPhee*, *This Is Spinal Tap*

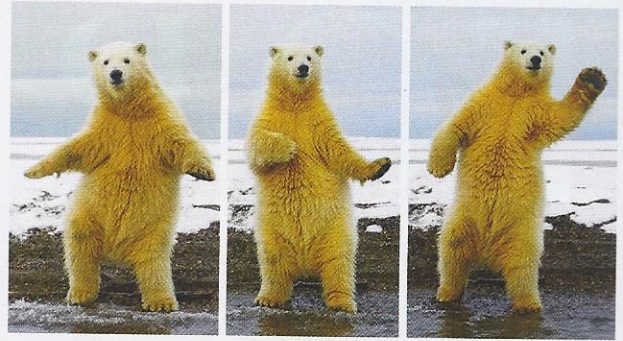
PLAY

"In the calming *Zen Bound 2* (iOS, Android, Mac, PC), you'll encounter intricate wooden sculptures to spin and admire. *Contre Jour* (iOS, Android, Windows Phone, and on the Web) lets you guide a cute blob through a world of light and music. In *Bumpy Road* (iOS, Mac, PC), you'll help two sweethearts take a romantic drive, collecting their memories as you go. And the inventor of *Curiosity—What's Inside the Cube* (iOS, Android) has hidden a 'life-changing secret' inside a cube made of billions of layered tiles, which you tap to remove. Thousands of players are tapping away to discover it."

—**Jane McGonigal, PhD**, author, *Reality Is Broken: Why Games Make Us Better and How They Can Change the World*

LOOK AT THIS. REPEAT.

Oh, funky polar bear, you never fail to make our day. Work it!



BE CURIOUS

"When we explore the new," writes **Todd Kashdan, PhD**, author of *Curious?*, "we can become more...comfortable dealing with tension and anxiety, and more intelligent, wise, and resilient." To get you started on a path of discovery, we asked people in the know to recommend ways to learn more about their fascinating fields.

THE UNIVERSE

"My Nova special, *The Fabric of the Cosmos*, explains space and time; it might sound like science-nerd city, but it's for novices."

—**Brian Greene, PhD**, author of *The Elegant Universe*

LATIN

"Joseph Solodow's great book *Latin Alive* is both a history and a description of this complex dead tongue."

—**Jay Fisher, PhD**, assistant professor of classics at Yale University

OPERA

"Head to YouTube for clips of Callas, Price, Pavarotti, and Merrill, then to aria-database.com for translations of the arias you've just heard."

—**Jennifer Cho**, founder, New York Opera Society

CHEESEMAKING

"Try a class at the Cheese School of San Francisco, or pick up instructor Mary Karlin's *Artisan Cheese Making at Home*."

—**Liz Thorpe**, author of *The Cheese Chronicles*

WHALES

"Photographer Bryant Austin takes life-size photos of whales from very close up. Check out his stunning book, *Beautiful Whale*."

—**Diane Glim**, president, American Cetacean Society

THE CIA

"The tradecraft and informants in *All the President's Men* make the film a good primer; *Little America*, a novel by Henry Bromell, is a great read."

—**Alex Gansa**, cocreator of *Homeland*

SILENT FILM

"The movie magazines at the Media History Digital Library online are full of reviews and photos of the stars."

—**Richard Abel, PhD**, professor of film studies at the University of Michigan

SHIPWRECKS

"The books *USS Monitor* (by Broadwater), *Raising the Hunley* (by Hicks), and *Titanic* (by Wels) can't be beat."

—**Hans Konrad Van Tilburg, PhD**, maritime heritage coordinator, NOAA

INDIAN FOOD

"Try chicken tikka makhani, often made with tomatoes, honey, butter, cream, ginger, and fenugreek. It's very easy to like."

—**Floyd Cardoz**, chef, New York's North End Grill

POP A PEPPERMINT



In studies, athletes have rated their performance better after drinking peppermint-flavored water and drivers have exhibited decreased anxiety after a shot of peppermint-scented air.