



## Digest

FEATURES

### 134 The Cheating Epidemic

DOANTE

A paid academic ghostwriter reveals a landslide of student fraud. Recommended by the editor of the Chronicle of Higher Education.

#### 142 Quick Study: The Royal Wedding

Millions will be spent. Around four billion will watch. Here's a peek behind the scenes.

# 146 \*The Brain Fixers KATHERINE GRIFFIN

How three different head injuries changed the way experts think about the brain.

#### 158 Good Night: The Essential Guide to Deeper Sleep

MICHELLECROUCH

They may have never been in a sleep lab, but these insiders know the secrets of snooze.

#### 165 The Freedoms That Make Us Great

Danielle Ofri, MD, on the triumph of freedom over fear. The fourth, and final, installment in our Four Freedoms series.

# 172 ★The Greening of Greensburg BRIAN MOCKENHAUPT

When a tornado destroyed this Kansas farm town, citizens vowed to rebuild it as the most eco-friendly place ever.

#### 182 What Are the Odds?

CRACKED.COM

The five most mind-blowing coincidences of all time.

#### 188 Full House MELISSA FAY GREENE

What happens when the author brings two orphaned brothers into her household of seven other kids. FROM TOP: PHOTOGRAPHED BY JASON GROW: ILLUSTRATED BY SEAN MCCABE, PHOTO BY GETTY IMAGES



Elmo knows the

Do you?

basics of finance.

THE DIGEST

- 16 Work The case for crying on the job; five lessons from The King's Speech
- 22 Food The best hot dogs in America; waiters' behavior explained
- 28 Home Tips for fixing four annoyances; new paint for old houses
- 34 Money 13 things your jeweler won't tell you; learn to have will power over your wallet; financial basics even Elmo knows
- 45 Health How to avoid car sickness and cruise-ship crud; get your feet ready for sandals season
- 56 Family Fourgreat spots for a family reunion; a wife and mother-in-law bond
- 63 Misc Random ideas from all over; catching up with tennis champ Kim Clijsters

DEPARTMENTS

- 9 React Your letters
- 73 @Work Office humor
- 76 Around the World with One Question How often do you eat with your family?
- 78 Ask Laskas Commonsense advice
- 80 Life's Funny That Way
- 203 Quotes Wisewords

- 216 Laugh! Our favorite jokes

220 Last Laugh

**Get tips** to make life easier at readersdigest.com.



COURTESY SESAME WORKSHOP