Contents January 2013

THE READS

72 The Year of Optimism
We're calling it: 2013 is the year
of hope, heart, and happiness.
Fareed Zakaria, Michael J. Fox,
and Anna Quindlen tell us why
it's never been a better time.

84 Perfect Timing Make the most of every hour in the day.

KATHY BENJAMIN, FROM MENTAL FLOSS

I Was the Miracle Baby
The story of an infant who survived the Buffalo Creek flood.

MELODY WARNICK (5)

The Best Laughs of the Year It was a banner year for comedy. Here are some of our favorite funny moments.

ANDY SIMMONS

Two Million Reasons for Murder Justin Barber said his wife, April, was killed in a robbery, but the facts didn't add up. KENNETH MILLER

How to Sound Smarter
Grammar rules explained.
PAUL SILVERMAN AND SARAH WHARTON

Look Twice See the world differently, photography by Nicolas Chorier

128 ScamNation! Ten new swindles to watch out for—and ways to protect yourself. FROM CONSUMER REPORTS

I Am Nujood, Age Ten and Divorced From her book, a Yemeni girl tells the story of her brave escape from an abusive marriage.

S VIDEOS IN OUR TABLET VERSIONS

98
Salt, We Misjudged You!
The surprising truth about the health

benefits of salt. GARY TAUBES,
FROM THE NEW YORK TIMES





Contents

HUMOR

- 12 Laughter, the Best Medicine
- 58 All in a Day's Work
- 64 Humor in Uniform
- 156 Life in These United States

THE DIGEST

- 22 Food A soup that could change your life
- 28 Health Heart threats you're ignoring; to improve self-control, indulge!
- 34 Family Military lingo for home life
- 39 Culture Sneaky state taxes; Secret Service nicknames
- 48 Money Why sports tickets cost so much; resolutions for the New Year
- 52 Digital How not to get hacked; the complicated history of the emoticon:-)

DEPARTMENTS

- 5 Editor's Note
- 7 React Your letters
- 10 RD Recommends
- 14 Hometown Heroes

America's Most
Interesting Town winner

- 61 Ask Laskas JEANNE MARIE LASKAS
- 149 Books Six reviews, plus a mini excerpt and an interview with Tony Bennett
- 153 Word Power
 EMILY COX & HENRY RATHVON

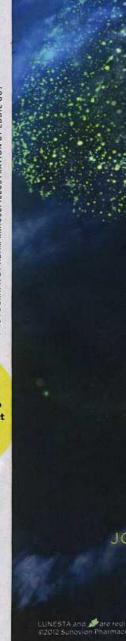
164 Quotable Quotes

Control of the last of the las

PHOTOGRAPH BY YASU+JUNKO STYLING BY SARA FOLDENAUER FOR KATE RYAN

Download This Issue!

Subscribe to the Reader's Digest app for your digital tablet and get an excerpt from four books free!



JOIN US AT PROJE

LUNESTA and ser registered trademarks of Sunovion Pharmaceur #2012 Sunovion Pharmaceuticals Inc. All rights reserved: 09/12 LUNV