

Australia's #1 Empowering Lifestyle Magazine

# INSIGHT

*magazine*

MAY 2011

**Genetically Modified Foods... Are They Safe?**

**Discover Self-Hypnosis and the Breath of Life**

**A Radiant Life Starts at Home**

**Use Profiling To Be The Best Parent You Can Be**

**WIN**  
Mother's Day Hamper Giveaways  
see page 4

Personal Insights with **Jessica Rowe**

## MENTORED BY MUMS

**How one man got to be a better dad by talking to a whole lot of mums!**

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