

LIVING WITH ANXIETY? TOP TIPS TO COPE AND HOW TO HELP SUFFERERS

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OTHER COUNTRIES: R18,42 (TAX EXCL)



**SPAIN'S LETIZIA &
BRITAIN'S KATE**

CARING WIVES, HANDS-ON MOMS

RISE OF THE 'REAL' ROYALS



**Stylish Katlego
Maboe opens up
'I'M A CLOSET
NERD WITH A
SHOE FETISH'**

LIFE AFTER DEATH?

**SA PROFESSOR'S
FASCINATING
RESEARCH**

**SECRETS OF
OUT-OF-BODY
EXPERIENCES**

**SELF-DEFENCE
KILLINGS**

**POACHERS' BODIES
BURNT ON FARM**

**SHOOTER SON
GETS OFF
BUT DAD IS
CONVICTED**

JUJU ON THE HUNT

**EFF HEAD SEEKS
PARLIAMENTARY
ABODE**

**WANTED:
LUXURY
CAPE TOWN PAD
FOR MALEMA**



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