

# Reader's Digest

OCTOBER 2025

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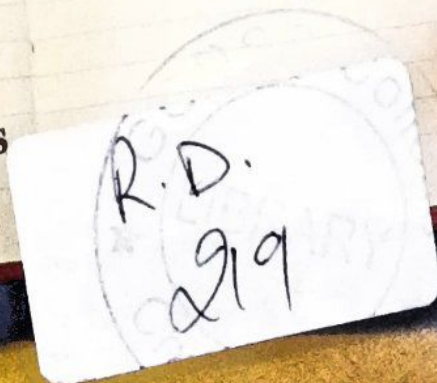
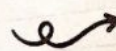


## 21 STEPS TO A HEALTHIER YOU

Small Changes, Big Results

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- Get a daily dose of nature
- Switch to a standing desk
- Make your phone boring
- Eat with chopsticks
- Give someone a big hug
- Switch your toothbrushing hand
- Pack your bag the night before



**TRAVEL**  
On Japan's Trail of Spirits  
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**INTERVIEW**  
Kiran Desai: Being in the Moment  
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**DRAMA IN REAL LIFE**  
Two Attacks, One Love Story  
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**SMALL CHANGES,  
BIG RESULTS**

Who needs an overhaul? You can get healthier, more fit, and better rested, one little step at a time.

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FAMILY

**A Mother's Last Words**

The joy of her wedding day was enriched by her mother's special message.

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NATURE

**Return of the Tuna**

Tuna are long-distance swimmers. Now they are back in the Øresund off the Danish coast—after an absence of 50 years.

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TRAVEL

**A Trail of Spirits**

From Kofu to Mount Yatsugatake, exploring Japan's Alpine wine regions reveal some hidden historical and cultural wonders.

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UNFORGETTABLE CHARACTER

**"He is God's Problem Now"**

A son bids a fond farewell to his Dad with a fittingly irreverent obituary.

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CULTURE AND TRADITIONS

**A Fragrance Hangs in the Air**

In the south of Oman, frankincense resin is still harvested by hand using age-old traditional methods.

BY RIKE UHLENKAMP

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DRAMA IN REAL LIFE

**Two Horrific Attacks ...  
One Forever Love Story**

He survived multiple shark bites. She was hit in the Boston Marathon bombing. Then they found each other.

BY ROBERT KIENER



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