



## READ CLAY

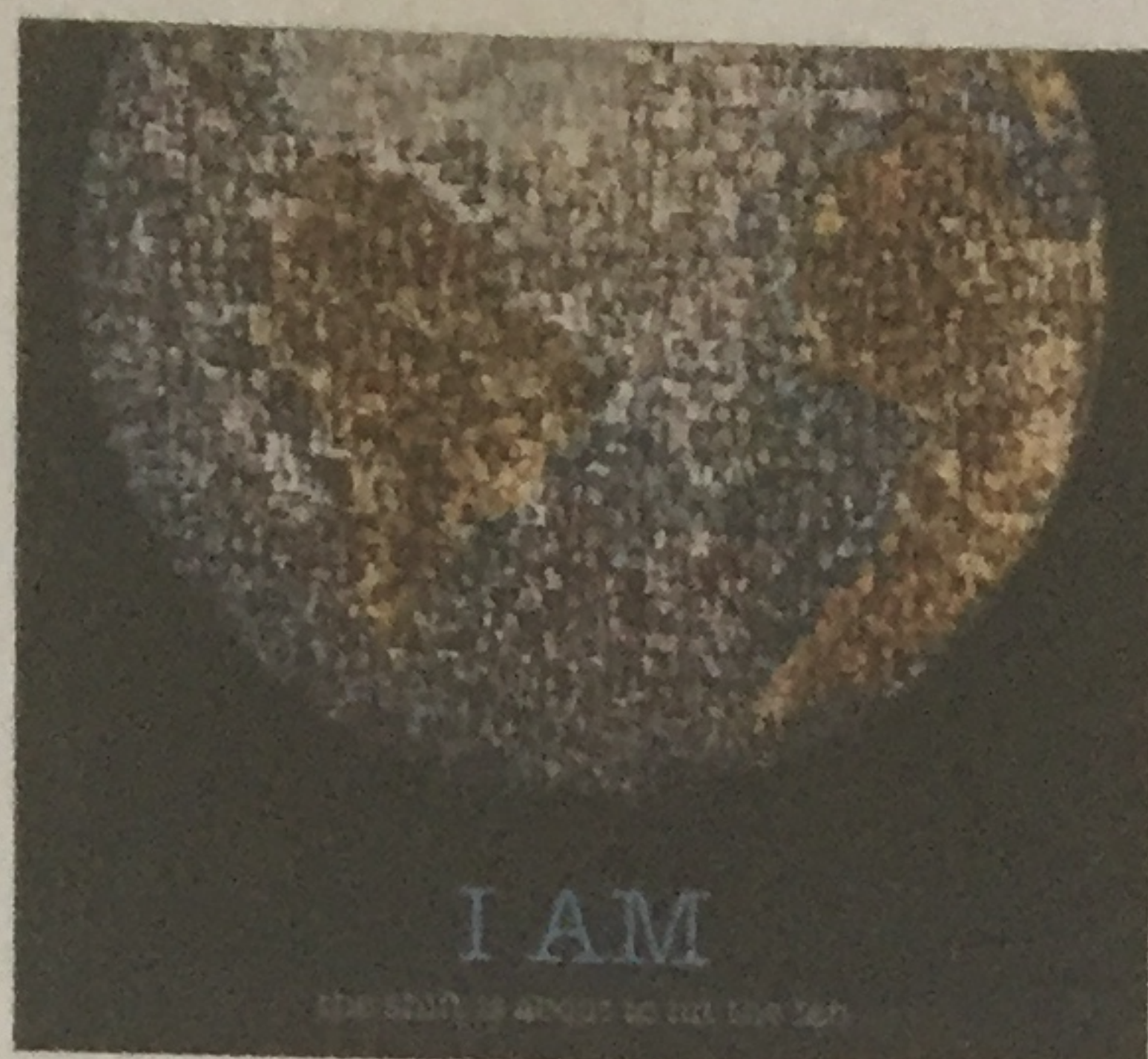
Amber Creswell Bell

Sydney-based writer and curator Amber Creswell Bell is pretty savvy when it comes to ceramics, and her first book, *Clay: Contemporary Ceramic Artisans*, is a gorgeous coffee table volume that offers equal parts aesthetic pleasure and fascinating insight into a unique and versatile art form.

Clay and pottery have been enjoying a popularity surge lately, and if you're keen to understand more about what goes into the creation of those stunning ceramic pieces you've seen lining the shelves of shops and galleries (and possibly your own home), *Clay* is the book for you. It features profiles of 55 contemporary ceramic studio artists based all around the world, including Australia's Milly Dent, Japan's Akio Nukaga, Sweden's Anna Lerinda and the UK's Florian Gadsby. Creswell Bell interviewed each artist to explore the evolution of their practice and the thought and craft that goes into their making process. The diversity of approaches and materials they use is incredible, from rustic hand-formed shapes and chunky stoneware to sleek wheel-thrown objects and glazed clay in all kinds of colours and patterns.

With its stunning imagery and informative text, *Clay* makes a gorgeous gift for any ceramics fan or creator – it's an arresting showcase of eclectic artefacts that seem even more striking and unusual for their imperfect, handmade form.

CARODY CULVER



## WATCH I AM

Tom Shadyac

Tom Shadyac is best known as the comedic mind behind Hollywood blockbusters *Ace Ventura* and *The Nutty Professor*. But after suffering a serious accident, Tom turned his attention to far more meaningful matters. In his first documentary, the introspective *I Am* (which thankfully still retains refreshing touches of the humour that first made him famous), Tom ponders two main questions: what's wrong with our world and what can we do about it?

The film kicks off with the cycling accident that left Tom with severe head injuries, sparking depression and suicidal thoughts. Tom decided: "If I'm going to die, what do I want to say before I leave?" That's when he began travelling the world, tapping into the wisdom of philosophers, scientists, academics and religious leaders.

Tom discovers truths many of us are already waking up to – materialism is not the key to happiness, everything is interconnected and the heart carries an intelligence that outweighs the head. Cheeringly, we humans also seem to be hard-wired for compassionate responses to the trouble of others. Another highlight? A mind-blowing experiment showing yoghurt responding to Tom's emotions. Released in 2010, *I Am* is still well worth a watch today.

KOREN HELBIG



## EAT HAPPY PLACE

Stall 56, Cnr Cecil & Coventry Sts, South Melbourne VIC 3205

Nutritionist and "self-confessed health nut" Lola Berry's empire continues to grow, with recipe book following recipe book and media appearances too frequent to count. For her Melbourne fans, June was a happy month, as Lola launched juice bar and cafe Happy Place in the bustling South Melbourne Market.

Fitted out in pale concrete with bursts of cobalt blue and leafy plants atop the counter, the stall has side-by-side marble seating for just four customers, so it's not necessarily suited for a long lunch. But if it's a quick health fix you seek, you're in the right place.

Bottled juices and fresh smoothies are the mainstay, with ingredients including coconut water, activated charcoal, berries and nut butters; smoothies can also be made as a bowl, and are infused with Australian bush flower essences to "help unlock your full potential and bring harmony to your world". Ready-made salads such as raw zucchini pasta with chicken and pesto or pumpkin, fetta and rocket come with a choice of dressings, and there's kombucha, turmeric lattes, bone broth and – for the more adventurous – shroom lattes on the menu too. Cacao balls and luscious raw desserts satisfy those with a sweet tooth, and to make sure the healing continues long after lunch-time, everybody receives a crystal as they leave.

LEEYONG SOO



## READ NEIGHBOURHOOD

Hetty M

Sydney's *Neighbourhood* by Hetty M follows up a collection of recipes, business tips and more. Hetty M is running her new locals a well: bring a good, *Neighbourhood*.

*Neighbourhood* proof that with salt offer comes with Pot and Cap (Gorgonzola Cannellini and Pine guests (Fried Five-spice Sauce). take you from 'De Australia' 'So French of hearty combine fresh sea With g photogra and Erika chapter from re *Neighbourhood* your eyes CARODY C