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Live Healthy

MIND/SPIRIT



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{CROSS TALK}

WORLD OF WONDER



Travel does more than just broaden the mind. Safari, anyone?

Over the summer, I visited Yellowstone National Park with my family and was completely blown away by how spectacular the scenery was. Every site left me speechless, and I returned home with a new appreciation for nature and a desire to protect it. My reaction isn't unusual: New research from the journal *Psychological Science* shows there are profound benefits to experiencing awe, and two of them—feeling less materialistic and more willing to help others—are especially important this time of year, when it's too easy to get caught up in the commercialism of the holidays. This month, use these suggestions to add more magical moments to your life.

HIT THE ROAD

Get in touch with your inner explorer by visiting a local AAA office and mapping out a trip. Besides Yellowstone, one of the most memorable vacations my family has taken was a road trip up the California coast from LA to Carmel. Traveling at our own pace made for stress-free bonding over a shared adventure.

AIM HIGHER

I recently watched a movie in which the main character discovers her patch of peace on the roof of a skyscraper. If you're not afraid of heights, head to the tallest publicly accessible point in your town. Whether it's a penthouse restaurant or a mountaintop, seeing your environment from a new perspective will help you gain fresh insights.



Moving Images

Inspired to take pictures that captured his 3-year-old son's wide-eyed enthusiasm for life, NYC-based photographer **Jordan Matter** started snapping professional dancers jumping, leaping, spinning, and literally flying through daily life—on the beach, across a subway platform, in a library, and through the rain. The result: the nearly 200 photos in his new book, *Dancers Among Us* (\$18; amazon.com). All of the shots are totally authentic (none were digitally altered, and no trampolines or other devices were used to help the performers catch air), which makes the artistry and athleticism they exhibit that much more impressive.

BE ENCHANTED

Check out the new film *Worlds Away* (in theaters December 21), which showcases the ahh-inspiring acrobatics of Cirque du Soleil as it tells the tale of a separated couple trying to reconnect. Produced by James Cameron, the movie features 3D technology that makes you feel like you're soaring along with the aerialists.