

THE UK'S LEADING MAINSTREAM MAGAZINE DEDICATED TO THE HEALTH OF THE MIND

MindSet

ISSUE 5 £6.00

LIGHT THERAPY

The effects of bathing
our minds in colour

ALL ABOUT THE BOYS

WHY TODAY'S YOUNG
MEN ARE STRUGGLING

THE KEY TO SUCCESS?

It's all about the failures

Ruby Wax

And now for the good news

PLUS: Lessons for life – invaluable advice from a decorated Navy SEAL