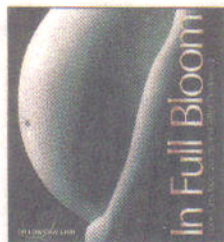


NEWARRIVALS

► Stephanie Yap

In this monthly column, we round up new books written in Singapore



**IN FULL BLOOM:
LOOK FABULOUS
DURING AND AFTER
PREGNANCY**

By Dr Low Chai Ling
Marshall Cavendish
Editions/Paperback/
128 pages/
\$25.50 (with GST)/
Major bookstores

THIS 32-year-old co-founder of aesthetic practice The Sloane Clinic and a mother of two speaks from personal and professional experience when she discusses the possible skin and body problems that pregnant women and new mothers can expect.

Covering exercise, nutrition and inexpensive over-the-counter remedies as well as cutting-edge treatments, this book ensures

that you don't lose that motherly glow even if Junior keeps you up until 4am.



**DISCOVER
SINGAPORE:
HERITAGE TRAILS**

Edited by Karthigesu
Thangamma
National Heritage Board/
Paperback/159 pages/
\$15 (without GST)/
Select Books

SURE, you might know that Thian Hock Keng is the oldest Hokkien temple in Singapore, but did you know it was built

without the use of a single nail?

Such trivia and more are to be found in this book, which is full of weird and wonderful facts about places in Singapore.

You will get a good workout should you choose to actually walk the various trails outlined. Thankfully, this compact volume fits easily into a handbag or fanny pack.