

YOUR BRAIN ON ANGER p. 120 TAYLOR KITSCH ACTS UP p. 11

Reader's Digest

readersdigest.ca

Most Read  Most Trusted

CANADA'S
BEST ICE
CREAM

p. 95

WHALES ARE PEOPLE TOO.

THE SCIENCE PROVES IT.
GET READY FOR A NEW WORLD ORDER. p. 26



\$4.25
July 2012