



Sunday Age
08/06/2008
Page: 27
Supplements
Region: Melbourne Circulation: 225000
Type: Capital City Daily
Size: 47.00 sq.cms
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LIFESTYLE

THE GOOD GIVING GUIDE

Lyn Amy & Mary Pearce, Penguin, \$26.95

With a plethora of charities competing for our attention, how do we know which ones are deserving of it? Are we seduced by the charities with big marketing, while more noteworthy causes languish unknown? This useful book provides a guide to a complex subject. The authors operate from the premise that a healthy society needs charities, and that people benefit from the act of giving. Many think charities demand money, but skills and time are equally important gifts. While people can donate scatter-shot, at random, the book shows that focusing on one particular charity can be particularly rewarding. If you want to know about Fair Trade, setting up a bequest, or even your own charity, then this is the book for you. It also provides a listing of 100 worthy causes benefiting people, animals and the environment.

Lucy Sussex