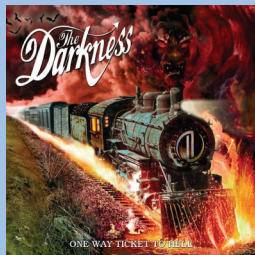


# THIS WEEK: MUSIC



### The Darkness: One Way Ticket to Hell... and Back (Warner)

Leaked onto ebay (by a Sydney lad, no less) and 'bought back' by frontman Justin Hawkins, the glam lads' sophomore effort boasts a typically infectious sense of fun, with fine material and their many influences unashamedly on show. ★★★★★

### Aha: Analogue (Universal)

We didn't realise they were still going either, but here again are the lads from Oslo with further journeys into pop and power ballad hooks. With dashes of new wave and a hint of grunge (yes, really!), they could be hip all over again. ★★★

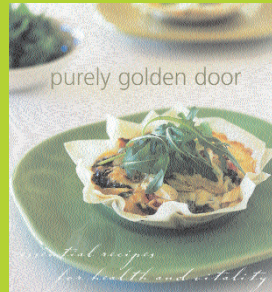


### Michael Bublé: Caught in the Act Live CD/DVD (Warner)



Such is the fever he generates, the Canadian crooner has to ask his fans not to "love 'im so much" during this solid set of favourites. Bublé's swing is the perfect supper-club package for mums and daughters everywhere. ★★★★★

# BOOKS



### Purely Golden Door

It's easy to visit a retreat for that sense of vitality. But to make such a feeling last, there are things you can take care of at home. The Golden Door Health Retreat's cookbook features healthy recipes to help you maintain a balanced diet from dawn to sunset with mains, deserts and appetisers. Among the many yummy dishes inside: fettuccine carbonara and orange and mango cheesecake. Best of all, of

course, there's no guilt required! ★★★★★

### Gorgeous Skin in 30 Days by Erica Angyal (Lothian)

Here's a book that could give cosmetic surgeons a run for their money. Women can finally say no to falling victim to the knife and instead eat themselves to beauty. By following the dietary and lifestyle advice laid out by nutritionist Erica Angyal, you can apparently achieve healthy, vibrant and youthful skin in just 30 days. Do let us know if it does. ★★★

