

The Abu Dhabi International Book Fair takes place from March 17-22. For more information visit www.adbookfair.com

These books are a feast for the eyes of amateur chefs and beginners.

GOURMAND WORLD EXHIBITION OF COOKBOOKS
Get some inspiration for home cooking, as 700 award winning cookbooks from all over the world

Children and young adults up to 18-years-old can join in the fun at the Children's Corner. With theatre, design and a workshop room, there promises to be lots to entertain the little ones. The fun includes an Emirati heritage puppet show, music and games, as well as how to become an author and the secrets to creating animations.

CHILDREN'S CORNER Children and young adults up to 18-years-old can join in the fun at the Children's Corner. With theatre, design and a workshop room, there promises to be lots to entertain the little ones. The fun includes an Emirati heritage puppet show, music and games, as well as how to become an author and the secrets to creating animations.

ANTIQUE BOOK FAIR This year's fair will introduce the Arab World's first Antiquarian Book Fair. This section of the fair will bring together a range of leading and internationally renowned antiquarians, showcasing a collection of rare and valuable antique books and manuscripts in different languages.

BOOK-SIGNING CORNER The 2009 ADIBF will launch a new Book-Signing Corner this year, where all the guest authors will meet fans and sign their books. Confirmed guest authors at the event include Raja Alsanea (Gifts of Riyadh), Hoda Barakat, Bas Boettcher, Amrta Gosh, Simon Kuper and Shashi Tharoor.

DISCUSSION FORUM This year's Discussion Forum gives you the chance to meet some of the most famous authors from the Arab world and beyond. And you can get to know the writers that have been awarded with two of the most prestigious prizes in Arab literature - the Sheikh Zayed Book Award and the International Prize for Arabic Fiction.

ARTISANS OF ALL AGES Here are just a couple of fun activities taking place at the ADIBF to mark in your diary.

INTERNATIONAL PRIZE FOR ARABIC FICTION will be announced, and at this year's fair, the winner of the International Prize for Arabic Fiction will be announced, and book lovers each year.

THE FIRST ABU DHABI INTERNATIONAL BOOK FAIR took place in 1990 with the aim of encouraging reading throughout the region and since then it has attracted a wealth of authors, publishers and

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BOOK YOURSELF IN

MONDAY MARCH 16, 2009

21

IMPROVES MEMORY Many studies show if you don't use your memory, you lose it. Memory puzzles are an example of a word game that sharpens your memory.

IMPROVES YOUR DISCIPLINE Making time to read requires remembering details, and figures and in literature; plot lines, names and characters.

IMPROVES CREATIVITY Reading about the world that exists in the world today and using yourself to develop the creative information helps to develop the creative of the brain.

REDUCES BOREDOM When bored, pick up a book and soon you'll find yourself sucked up in a different world, and entertained.

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