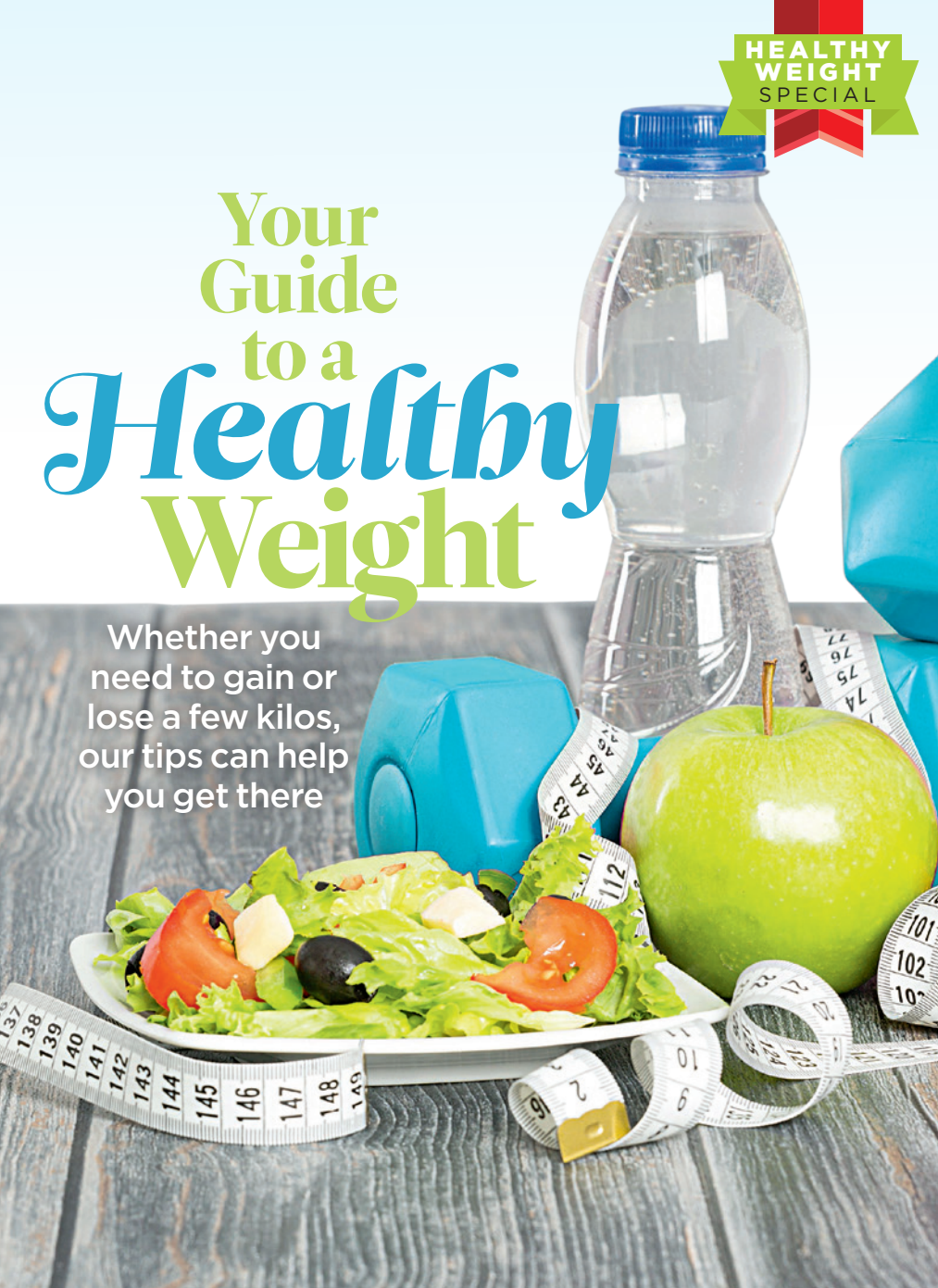


HEALTHY  
WEIGHT  
SPECIAL

# Your Guide to a *Healthy* Weight

Whether you  
need to gain or  
lose a few kilos,  
our tips can help  
you get there



## How Healthy Is Your Diet?

Eating for a healthy weight is the same as eating for health. Tick the answers that best reflect your current eating patterns, then check your score!

### My usual breakfast is...

- A Porridge or high-fibre cereal with low-fat milk and some fruit.
- B Sausage or bacon, an egg and white toast.
- C Cup of coffee and maybe a muffin.

### My favourite fruits...

- A Change with the seasons; I love berries, peaches, watermelon, apples, mangoes and more.
- B Are the occasional apple, orange or banana.
- C Are the cherries in chocolate, or in cherry ice-cream.

### On a typical day, I eat this many vegetables...

- A Heaps – a salad or vegetable soup with lunch, several helpings at dinner and even a carrot and celery sticks as a snack.
- B Two – a salad or side dish with dinner and maybe some lettuce or tomatoes at lunch.
- C One – do hot chips count?

### Whole grains are a \_\_\_\_\_ part of meals in my house.

- A Big. We eat wholegrain bread and brown rice and have tried other grains, too.
- B Small. I get brown bread sometimes, or wheat crackers.
- C Non-existent. I prefer the comforting smooth texture of white bread, white rice and white noodles.



# A LIFETIME OF GOOD HEALTH

## 1 BLENDER



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**My beverage of choice is...**

- A Water.
- B Coffee or hot tea.
- C Soft drinks or juice.

**When I eat chicken...**

- A I usually have it sliced (without skin) into vegetables, salads or other dishes.
- B I have it grilled or barbecued with the bone and skin.
- C I have it crumbed and fried.

**When it comes to dairy foods...**

- A I make sure I have several reduced-fat serves a day.
- B I have an occasional tub of yoghurt, glass of milk or piece of cheese.
- C I add milk to my coffee - that's about it.

**When I do my grocery shopping, my trolley is mostly filled with...**

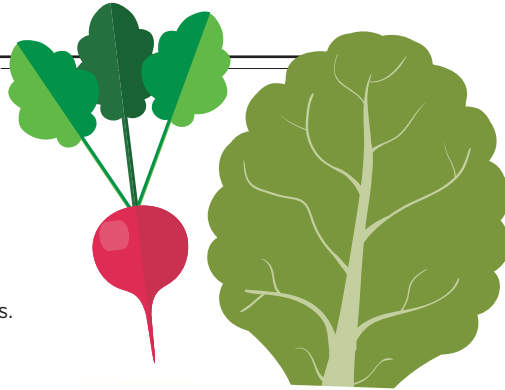
- A Unprocessed foods such as fruits, vegetables, eggs, orange juice and raw meat.
- B A mix of fresh foods, packaged foods and frozen meals.
- C Boxes, tins, jars and pre-cooked meals.

**My typical dinner is...**

- A Slow and social. I eat with my family or, when possible, with relatives or friends.
- B Quiet. I often watch TV or read while eating.
- C Expedient. I just grab whatever's at hand and don't make a formal sit-down meal of it.

**If I'm hungry at 3pm, I probably...**

- A Have a piece of fruit, carrot sticks or a handful of nuts.
- B Tell myself dinner is just a few hours away.
- C Have a chocolate bar or sweet biscuit.



PHOTO/ILLUSTRATIONS: ISTOCK

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### YOUR SCORE

#### MOSTLY A

Your dietary habits are excellent. Your meals – and your way of eating – are in line with the traditions of long-lived, healthy people in places such as Crete and Okinawa.

#### MOSTLY B

You're modestly healthy, but your diet is too low in fruits, vegetables, whole grains and bone-building calcium. And it's also too high in sugars, refined carbs and artery-clogging fats. As a result, you may be feeling tired and moody, and have digestive problems. Choosing to eat well could help you to feel better in just a few short weeks – and lay the foundation for years of better health ahead.

#### MOSTLY C

Not only have you put yourself at greater risk of many serious diseases, but you are eating in a way that saps you of energy, reduces brainpower and makes you susceptible to colds, flu and other everyday challenges. Start by making small changes such as substituting fruit for sweets and starting meals with a salad. You'll soon discover that healthy eating is filling, flavourful and hugely pleasurable. You'll feel better almost immediately.



Our Recommended Weight Management Program



## 6<sup>1</sup> Super Steps to LOSE WEIGHT QUICKLY

From Personal Trainer Charles Dornan



**1 Start on The Medical Vita Diet.** The Australian weight loss program has been tried and tested for 29 years, with outstanding results.

**2 Memorise the Allowed Foods List.** You don't have to starve - just stick to the fresh, unprocessed foods listed in the Vita Diet eating plan - including all meats, poultry and seafoods and unlimited vegetables (except for the starchy ones). "The Medical Vita Diet changed my way of thinking about food", **Hayley, who lost 33kgs in 40 weeks.**

**3 Have at least two Medical Vita Diet Supplements a Day.** ANNA These shakes, mousse desserts, soup or bars contain 16 vitamins and minerals, low GI carbohydrates, complete protein and minimum additives. Because they are rich in nutrition you will feel less hungry. "I just love how fast this formula is working. The MVD shakes are yummy and the weight is falling off". **Anna Maria T of Sydney, who lost 30 kgs in 20 weeks, and has kept her weight off for 3 years.**

**4 Weigh Yourself Every Week. Excitement is a Great Motivator.** "I lost 4.7 kgs in my first week and then around 3.5 to 4 kgs a week after that. I swear by The Medical Vita Diet." **Aubrey McDonald, who lost nearly 36 kgs in 14 weeks.**

**5 Move, Move, Move.** IAN Walk, walk, walk. "I've never done any special exercises but I do lifting as a fork lift operator." **Ian Swanton, who lost 60 kgs in 36 weeks and has kept the weight off for two years.**

**6 Believe it's Easy.** "It was so easy because the shakes are so yummy and you can eat as much as you like from the allowed foods list." **Loralee Thomas who lost 62kgs in 15 months on the Medical Vita Diet and has kept her weight off for 7 years.**

ILLUSTRATIONS: ISTOCK

# 11

## Eating Habits to Help You Lose Weight

If you're trying to trim down, don't overhaul your diet and exercise habits all at once. Pick some of these tactics to get you started, then add as you go



### 1 Eat Five or Six Small Meals a Day

A South African study found that when men ate parts of their breakfast at hourly intervals, they consumed almost 30 per cent fewer kilojoules at lunch than when they ate the same amount of food at one time. Other studies show that despite eating the same number of kilojoules distributed this way, your body releases less

PHOTO: ISTOCK



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insulin, which keeps blood glucose steady and helps reduce hunger.

## 2 Treat High-Kilojoule Foods as Crown Jewels

Rather than topping a bowl of ice-cream with a few berries, top a bowl of berries with a spoonful of ice-cream. Cut down on the chips by pairing each bite with lots of chunky, filling, fresh salsa. Balance a little cheese with a lot of salad. Don't eat a whole steak with vegies on the side; put a few strips of grilled steak on top of a mound of vegetables.

## 3 After Breakfast, Make Water Your Primary Drink

At breakfast, go ahead and drink orange juice. But for the remainder of the day, focus on water instead of juice or soft drinks. You probably know that sweetened drinks are ultra-high in kilojoules. You may not know that, despite the kilojoules, sugary drinks don't trigger a sense of fullness the way food does, according to several studies. So you just keep drinking and eating.

## 4 Downsize Your Dinner Plates

Studies find that the more food you have in front of you, the more you will eat - regardless



of how hungry you are. So instead of using large dinner plates - which look forlornly empty if they're not heaped with food - serve your main course on salad plates. The same goes for liquids. Instead of using 450 ml glasses and oversized coffee mugs, return to the old days of 250 ml glasses and 180 ml coffee cups.

## 5 Pick a Place to Eat and Stick to It

Designate one chair at your kitchen table as the only place in your house you will eat, and force yourself to only eat there while at home, whether it's meals or snacks. That means no food in front

Rather than topping a bowl of ice-cream with a few berries, top a bowl of berries with ice-cream



PHOTOS: ISTOCK

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of the television, or while reading in the study, or in your bedroom. We're not sure when the entire house became an eating zone, but by restricting yourself to one eating spot, you will greatly reduce mindless grazing.

## 6 Serve Raw Foods at Every Meal

Vegetables or fruits, that is. Cut-up carrots, celery, radishes, cauliflower, oranges, peaches, apples, or even sugar snap peas are suitable at every meal. Put a plate in the middle of the table, and make it a rule that the meal isn't over until the plate is empty. They're amazingly healthy, filling, and take the place of higher-kilojoule cooked foods.

## 7 Don't Stock Up on Splurge Food

Leave cake, ice-cream, potato chips, buttered scones and other high-kilojoule splurges for the odd occasion away from home. If you buy a carton of ice-cream for your home, you'll quickly eat a carton of ice-cream. Why even put yourself in the position to be tempted?

## 8 Serve Your Meals Restaurant Style

That means putting food on plates while in the kitchen, rather than serving food family style (in bowls and platters on the table). Even better, put away the leftovers before



**If you buy a carton of ice-cream for your home, you'll quickly eat a carton of ice-cream. Why even be tempted?**

sitting down to eat. That way, when your plate is empty, you're finished. No food to grab from the table, or even from the stovetop.

## 9 Bulk Up Meals with Veggies

You can eat twice as much pasta salad loaded with vegetables such as broccoli, carrots and tomatoes for the same kilojoules as a pasta salad sporting just mayonnaise. The same

PHOTO: ISTOCK

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**Eating water-rich foods such as zucchini, tomatoes and cucumbers during meals reduces your overall kilojoule consumption**

goes for stir-fries. And add vegetables to make a fluffier, more satisfying omelette without having to increase the number of eggs.

## 10 Try to Have Salad or Soup at Every Meal

A body of research finds that eating water-rich foods such as zucchini, tomatoes and cucumbers during meals reduces your overall kilojoule consumption. Other water-rich foods include soups and salads – just be sure that the soup is clear and not creamy. You won't get the

same benefits by just drinking water, though. Because the body processes hunger and thirst through different mechanisms, it simply doesn't register a sense of fullness with water (or soft drinks, tea, coffee or juice).

## 11 Avoid White Carbs

There is scientific legitimacy to lower-carb diets. Large amounts of simple carbohydrates from white flour and added sugar can wreak havoc on your blood glucose and lead to weight gain. But you shouldn't toss out the baby with the bath water. While avoiding sugar, white rice and white flour, you should eat plenty of wholegrain breads and brown rice. One Harvard study of 74,000 women found that those who ate more than two daily servings of whole grains were 49 per cent less likely to be overweight than those who ate the white stuff. **R**

PHOTO: ISTOCK

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A photograph of a man and a woman embracing in a lush green forest. The man is wearing a dark t-shirt and has his arms around the woman's shoulders. The woman is wearing a blue t-shirt and dark pants, looking up and smiling. The forest is dense with tall trees and vibrant green foliage. In the top left corner, there is a red and white logo with the word 'ENVIRONMENT' below it. In the top right corner, there is a white box containing text about the couple. The main title 'Save the Forest' is written in large white letters across the middle of the image. Below the title, there is a subtitle and the author's name.

ENVIRONMENT

*Christoph and  
Barbara Promberger  
in their beloved forest  
in the Carpathian  
Mountains*

# Save the Forest

How one couple is taking on the loggers to save  
Europe's last great forest wilderness

BY ALLAN HALL  
PHOTOGRAPHED BY DAVIN ELLICSON

**CHRISTOPH AND BARBARA PROMBERGER** were hiking through virgin forest one summer morning in 2007. The sun was shining and birds were singing high in the trees. Occasionally the undergrowth rustled with the movement of unseen animals.

They were deep in Romania's Piatra Craiului National Park, part of the Carpathian Mountains, a range that forms a 1500 km-long arc stretching through seven countries. It is home to some of Europe's rarest large mammals: the wolf, the lynx and the brown bear, as well as elk, European bison, wild boar, deer, eagles, rare frogs, bats and mice, and numerous other species.

The Carpathians hold the continent's largest remaining areas of virgin forest outside of Russia, yet all was not well in this vast haven of biodiversity.

The park's director, Horatiu Hanganu, walking with the couple, sombrely described the destruction taking place around them. Vast tracts of woodland, unchanged for thousands of years, were vanishing, eaten up by the biting teeth of power saws as unauthorised and illegal logging cut swathes through the forest.



And then, on the other side of the mountain, they came across a scene of carnage. Illegal loggers had ripped through the forest, destroying trees and flora along with the nutritious soil that fed them. Few birds were singing because there were no trees for them to nest in; there were no animals because the undergrowth protecting them had been torn away, leaving a scarred, broken landscape.

"I felt sick to my stomach that someone could do this to such a beautiful place," says German-born Christoph, 50. "It broke my heart," adds his Austrian wife, Barbara, 41. "If you care at all for nature and for the conservation of our environment, then you cannot tolerate such scenes."

But that day in the forest proved to be a life-changing moment for the couple, propelling them on a mission

*A hillside in the Carpathian forest region lies denuded following logging*

to save this mountain wilderness for future generations.

**CHRISTOPH AND BARBARA** had first come to Romania in 1993, as biologists on a project to study the large carnivores that thrive in the Carpathians. They had married five years later

PHOTO: SHUTTERSTOCK/INNA TES

in Austria after falling in love during their nocturnal charting of the region's mammals.

The couple's study of carnivores in the region ended in 2003, but by that point they were in no mood to return home. "We loved Romania so much that we wanted to stay on," says Christoph. So they founded Equus Sylvania, an equestrian centre and guesthouse just 24 km from the national park area they had grown to love.

"We thought of a place that would incorporate Barbara's love of horse riding with the possibility for watching wildlife, together with a self-sustaining farm. It is an equestrian centre, but is so much more than just that."



Here, a three-hour drive north of Bucharest, they brought up two daughters while also looking after 35 horses. They kept pigs, chickens, geese and ducks and grew a large variety of fruits and vegetables.

But the lack of management of the surrounding countryside was an ever-present concern to them.

In 2004 the Romanian authorities began to hand back land that had been seized by the state during the country's Communist era to the families who once owned it.

In a desperately poor region, it was an invitation for locals to give their land over to the men with the chainsaws. The loggers paid well for the spruce, fir, larch and beech wood, which ends up in vast sawmills for the production of chipboard, laminate, flooring, furniture and pellets for stoves.

"Many of the local owners had little economic empathy for the land and were willing to sell it, or its resources, to the highest bidder," says Christoph. For the forests, and the animals living in them, the change was catastrophic.

"The government showed little interest in implementing conservation laws," says Barbara. "We both

agreed that talking is all very well, but if you want to change something, action is needed," says Christoph.

**CHRISTOPH AND BARBARA FELT** helpless, but then came a stroke of luck. In 2007, a guest called Hedi Wyss visited their four-hectare retreat.

They talked with Hedi about the ongoing destruction of the forest and their heartfelt desire to halt further devastation.

"Hedi had already founded her own conservation organisation and when we discussed what we wanted to do – save the national park on our doorstep from as much logging as possible – she was immensely enthusiastic."

"Hedi told me, 'My brother is the man to stop this!'" says Christoph.

Hedi was not exaggerating. Her brother just happens to be the Swiss biotechnics billionaire Hansjörg Wyss. The second-richest man in Switzerland, 81-year-old Hansjörg is listed by *Forbes* magazine as having a fortune of more than \$6 billion. Having established the charitable Wyss Foundation in 1998 to support conservation, education and social justice projects, he was already receptive to their cause.

Hansjörg visited Equus Sylvania and the four got to work.

"At that time our plan revolved around saving the Piatra Craiului National Park, which was being ravaged," says Christoph. "But Hansjörg was already dreaming of much bigger things.

"He said he would help on two conditions. The first was that our original plan for the park on our doorstep was

too small. He wanted it to ultimately encompass much more land."

Hansjörg's second condition was that he did not want to be the sole benefactor. "We had to attract more people committed to this idea," says Christoph. "He felt that such a big project should not rest on the shoulders of one person.

"So we thought about it, and decided we would go for it!" Shortly before Christmas 2009 they established Foundation Conservation Carpathia (FCC).

The quest they embarked upon was daunting. Facing them were sinister, gangster-like loggers, indifferent local police and corrupt bureaucrats who would rather take kickbacks than take on the criminals.

"We have had some pretty scary moments," says Christoph. "We've had car tyres slashed, and one of the forest rangers had his life threatened by a man who illegally grazed his cattle

“Facing them were sinister loggers, indifferent police and corrupt bureaucrats interested in kickbacks”

on land that was off-limits. It is a constant and ongoing struggle to change the perceptions of people to their environment.”

The plan was to raise the money to buy up parcel after parcel of forest land. Barbara and Christoph networked tirelessly, tapping into their conservation friends and contacts.

“One contact led to another, and another, and another, and we found that people were willing to help us in our vision,” says Christoph. Help came from far and wide – one significant donor was a Danish philanthropist based in Hong Kong. As a result, they have never looked back.

“  
They have  
chased  
loggers out  
of vast tracts  
of wilderness  
and saved  
more than  
17,000  
hectares

#### OVER THE PAST SIX

years Christoph and Barbara have raised more than €50,000,000, chased the loggers out of vast tracts of the wilderness and saved more than 17,000 hectares of forest from the ravages of unchecked logging.

In the valleys cut by chainsaws the Prombergers and their helpers have planted new beech, elm, ash and fir trees to replace the behemoths levelled by the loggers for the furniture stores of the world.

“Can you imagine,” Christoph says, “these magnificent trees being felled and the land being scarred, the plants

and the wildlife dying out, all because of some heating pellets and sheets of wood for a house somewhere halfway around the world?”

Today, a board of nine people oversees the FCC, which has some 46 employees, including 16 rangers who patrol the vast tracts of the forests to make sure no illegal loggers are

tempted to come back. Christoph and Barbara are in day-to-day charge as co-executive directors.

“We receive funding from the Life Programme of the European Commission and from the Norwegian government in addition to donations,” says Barbara.

Among other things, the money helps to pay

for the regeneration of areas where trees have been clear-cut. Such areas often suffer significant soil erosion because of the way logs are dragged down the mountains, tearing up the earth.

Christoph and Barbara are thinking big. The ultimate goal, in Hansjörg Wyss’s words, is to create a “European Yellowstone”.

That is quite a challenge, as Irish environmentalist Lenny Antonelli observes: “The Prombergers’ project might just be the most ambitious and exciting conservation project in Eu-



rope at the moment ... And if they succeed, this has the potential to become one of the largest wild areas in Europe.”

They have set their sights on a protected area of 200,000 hectares in the Fagaras Mountains near their home in the foothills of the chain.

“This is not just about stopping illegal logging, but all industrial-scale logging, where the profits do not go into the local community but into countries far away,” Christoph says. “We have chased the loggers out of the national park. Now we must chase them from the Fagaras Range entirely.”

“We want to see small craft logging industries that would spin off into carpentry workshops. Sustainable

*The Prombergers study a map showing the progress of their conservation project*

agriculture. People benefitting at grass-roots level from activities that do not harm the environment. It is unashamedly a completely holistic approach.”

That aspect is key, according to Lenny Antonelli: “If the project is to work in the long term, it’s crucial the park has real benefits for local communities – it can’t just be seen as a pet project for rich outsiders.”

Experts say the clearing by loggers amounts to three football-field size chunks of Carpathian forest every single day. Although attitudes among local people are slowly changing, the

Prombergers say corruption and apathy are a continuing obstacle.

“Those who have got rich from illegal logging like to build gaudy weekend homes in the forest without gaining planning permission. This puts more strain on watercourses and wildlife. There is still corruption, there is still a mafia at work. But things are changing for the better.”

“We now have 28,300 hectares of hunting-free zone, 17,137 hectares of forest land saved for full protection and we have planted more than 775,000 trees.”

The FCC’s ultimate goal is one day to donate everything back to the people of Romania. But that will happen only when the state is in a better shape to manage it. Christoph says the country has 12 national parks, but they are poorly funded.

“When we first embarked on this there was little government interest in implementing conservation laws,” Barbara says. “Romania stands alone within the European Union in not providing a separate budget for protected areas.”

“  
**Fortunately,  
there are  
signs of  
change.  
A year ago  
parliament  
approved a  
new forestry  
code**

Fortunately, there are signs of change. A year ago Romania’s parliament approved a new forestry code aimed to curb illegal logging and make it easier for small-holders to make money legally from their forest land. The country’s anti-corruption agency is also investigating some officials in the

state forest administration.

Meanwhile, the Prombergers’ work goes on. Christoph is resolute, saying, “We are committed to this project, along with all our backers, to make this the most important, and biggest, natural park in Europe.” **R**

\* \* \*

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**@DANHOPP (DAN HOPPER)**