# Guardian Australia’s Five Great Reads: Week Highlights



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**1. The Significance of Palestinian Protest Songs**Nesrine Malik explores the cultural impact of Palestinian protest songs amidst rising tensions in Australia, particularly at university demonstrations. She delves into how Arabic artistic traditions articulate Palestinian despair, noting that the translation of these songs into English often distorts their meaning. Malik explains that phrases like "intifada" or "From the river to the sea, Palestine will be free" have historical and cultural significance that extends beyond their contemporary interpretations.

**2. The Role of Amit Shah in India’s Governance**Atul Dev examines the influence of India’s Home Affairs Minister, Amit Shah, who plays a crucial role alongside Prime Minister Narendra Modi. The article highlights Shah's significant control and how he embodies the pervasive atmosphere of fear affecting critics of the government. Dev provides an in-depth look at Shah’s methods, from media manipulation to handling political opposition.

**3. Living with Ehlers-Danlos Syndrome**Daisy Lafarge shares her personal experience of being diagnosed with Ehlers-Danlos syndrome at the age of 31. She discusses the challenges of living with this incurable genetic condition and its impact on her daily life and self-perception. Lafarge’s narrative sheds light on the nuances of chronic illness and the internal conflict between societal expectations and personal limitations.

**4. Financial Psychotherapy's Insights**Mark Wilding covers the emergent field of financial psychotherapy through an interview with Vicky Reynal, Britain’s first financial psychotherapist. Reynal addresses the emotional and psychological underpinnings of financial decisions, linking them to broader well-being issues such as anxiety and depression. Wilding’s piece reveals how understanding these deep-seated motivations can lead to healthier financial habits.

**5. Optimal Bathroom Habits**Evan Goldstein provides practical advice on healthy bathroom habits, stressing the importance of spending no more than 30 seconds to a minute on the toilet to avoid health issues. The article has garnered significant reader interest, offering tips and corrections for common bathroom mistakes.

For more in-depth articles and weekly newsletters, readers are invited to sign up for Five Great Reads and other focused Guardians newsletters.