

Waterlog Roger Deakin

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Between Earth and Paradise Mike Tomkies 2021-07-06 After giving up a hectic life as a journalist in Europe and Hollywood in the late 1960s to return to his boyhood love of nature, Mike Tomkies moved to Eilean Shona, a remote island off the west coast of Scotland. There he rebuilt an abandoned croft house and began a new way of life observing nature. He tracked foxes and stags, made friends with seals and taught an injured sparrow-hawk to hunt for itself. It was the indomitable spirit of this tiny bird that taught Tomkies what it takes for any of us to be truly free. Whether he was fishing, growing his own food or battling through stormy seas in a tiny boat, he learned that he could survive in the harsh environment. This is the astonishing story of daring to take the first step away from urban routines and embracing a harsh yet immensely rewarding way of life which, in turn, led Tomkies to an even more remote location and inspired an acclaimed series of books on various animals and the challenges and joys of living in remote places.

Taking the Plunge Anna Deacon 2019-11 The thrill of plunging--or dipping a toe--into open water brings joy, confidence, adventure, and friendship. It can wash away stress and sadness, pain and grief. Here water is a great healer, a place to feel gloriously, elementally alive and in touch with yourself, with others, and with nature. Full of life-affirming personal stories and breath-taking images of scenery and swimmers, this bookcelebrates the remarkable wild swimming community. With practical advice on how wild swimming works and how to get started--from what you'll need (a swimsuit and a smile!) to where best to go (rivers, oceans, lochs, lakes . . .)--there's never been a better time to take the plunge.

Wild Awake Vajragupta 2018-02-23 What is it like to be completely alone, attempting to face your experience with only nature for company? Author Vajragupta has been doing just that every year for 25 years. Here he recounts how solitary retreats have changed him, how he fell in love with the places he stayed in and the creatures there. He reflects on how the outer world and his inner world began to speak more deeply to each other. Also includes an 'A-to-Z' guide of how to do your own solitary retreat.

Floating Joe Minihane 2018-04-05 This is one man's journey, swimming across Britain's countryside and immersing in the sometimes icy waters while coming to terms with something more challenging than the choppy waters of the English Channel. As Joe Minihane comes up for air, he discovers that swimming is both a joyous activity and a voyage into oneself. Minihane became obsessed with wild swimming and its restorative qualities, developing a new-found passion by following the example of naturalist Roger Deakin in his classic Waterlog. While fighting the currents, sometimes treading water, Minihane begins to confront the buried issues in his life. Along the way, he rekindles old friendships and forges new ones, and after an unexpected setback discovers that he has already gained enough strength to continue his recovery on dry land. Both strange and beautiful, the wild water puts him in touch with nature and himself. Floating is a remarkable memoir about a passion for swimming and nature. Moving from darkness into light, it is as intense and moving as it is lyrical and generous. It captures in memorable detail Minihane's struggle to understand his life, to move forward and, steeped in the anti-authoritarian and naturalistic spirit of Deakin, celebrates the joy of taking time to enjoy life. From Hampstead to Yorkshire, and Dorset to Jura, from the Isles of Scilly to Wales, Minihane has written a love letter to wild stretches of water. We swim with him through ponds and lakes, rivers and canals, lodges and marshes, even the ice-cold sea and come out of the water healthier.

The Wild Places Robert Macfarlane 2008-06-24 From the author of The Old Ways and Underland, an "eloquent (and compulsively readable) reminder that, though we're laying waste the world, nature still holds sway over much of the earth's surface." --Bill McKibbin Winner of the Boardman Tasker Prize for Mountain Literature and a finalist for the Orion Book Award Are there any genuinely wild places left in Britain and Ireland? That is the question that Robert Macfarlane poses to himself as he embarks on a series of breathtaking journeys through some of the archipelago's most remarkable landscapes. He climbs, walks, and swims by day and spends his nights sleeping on cliff-tops and in ancient meadows and woodlands. With elegance and passion he entwines history, memory, and landscape in a bewitching evocation of wildness and its vital importance.

Swimming with Seals Victoria Whitworth 2017-04-20 This is a memoir of intense physical and personal experience, exploring how swimming with seals, gulls and orcas in the cold waters off Orkney provided Victoria Whitworth with an escape from a series of life crises and helped her to deal with intolerable loss. It is also a treasure chest of history and myth, local folklore and archaeological clues, giving us tantalising glimpses of Pictish and Viking men and women, those people lost to history, whose long-hidden secrets are sometimes yielded up by the land and sea.

Wildwood Roger Deakin 2009-01-06 Here, published for the first time in the United States, is the last book by Roger Deakin, famed British nature writer and icon of the environmentalist movement. In Deakin's glorious meditation on wood, the "fifth element" -- as it exists in nature, in our culture, and in our souls -- the reader accompanies Deakin through the woods of Britain, Europe, Kazakhstan, and Australia in search of what lies behind man's profound and enduring connection with trees. Deakin lives in forest shacks, goes "copping" in Suffolk, swims beneath the walnut trees of the Haut-Languedoc, and hunts bushpuplms with Aboriginal women in the outback. Along the way, he ferrets out the mysteries of woods, detailing the life stories of the timber beams composing his Elizabethan house and searching for the origin of the apple. As the world's forests are whittled away, Deakin's sparkling prose evokes woodlands anarchic with life, rendering each tree as an individual, living being. At once a traveler's tale and a splendid work of natural history, *Wildwood* reveals, amid the world's marvelous diversity, that which is universal in human experience.

Waterlog Roger Deakin 2000 Roger Deakin set out in 1996 to swim through the British Isles. The result a uniquely personal view of an island race and a people with a deep affinity for water. From the sea, from rock pools, from rivers and streams, tarns, lakes, lochs, ponds, lidos, swimming pools and spas, from fens, dykes, moats, aqueducts, waterfalls, flooded quarries, even canals, Deakin gains a fascinating perspective on modern Britain. Detained by water bailiffs in Winchester, intercepted in the Fowey estuary by coastguards, mistaken for a suicide on Camber sands, confronting the Corryvreckan whirlpool in the Hebrides, he discovers just how much of an outsider the native swimmer is to his landlocked, fully-dressed fellow citizens. Encompassing cultural history, autobiography, travel writing and natural history, Waterlog is a personal journey, a bold assertion of the native swimmer's right to roam, and an unforgettable celebration of the magic of water.

Waterlog: A Swimmers Journey Through Britain Roger Deakin 2021-05-25 A Mother Jones' Best Book of the Year "A beautiful ode to the act of swimming outdoors. . . . Deakin's insistence on wild swimming for all is really an insistence on a better ecosystem for all." —The Atlantic A masterpiece of nature writing, Roger Deakin's Waterlog is a fascinating and inspiring journey into the aquatic world that surrounds us. In an attempt to discover his island nation from a new perspective, Roger Deakin embarks from his home in Suffolk to swim Britain—the seas, rivers, lakes, ponds, pools, streams, lochs, moats, and quarries. Through the watery capillary network that braids itself throughout the country, Deakin immerses himself in the natural habitats of fish, amphibians, mammals, and birds. And as he navigates towns, private property, and sometimes dangerous waters and inclement weather, Deakin finds himself in precarious situations: he's detained by bailiffs in Winchester, intercepted by the coast guard at the mouth of a river, and mistaken for a dead body on a beach. The result of this surprising journey is a deep dive into modern Britain, especially its wild places. With enchanting descriptions of natural landscapes, and a deep well of humanity, boundless humor, and unbridled joy, Deakin beckons us to wilder waters and inspires us to connect to the larger world in a most unexpected way. Thrilling, vivid, and lyrical, Waterlog is a fully immersive adventure—a remarkable personal quest, a bold assertion of the swimmer's right to roam, and an unforgettable celebration of the magic of water.

Turning Jessica J. Lee 2017-05-02 Longlisted for the 2018 Frank Hegyi Award for Emerging Authors “Jessica J. Lee is a writer of rare and exhilarating grace. In Turning, she sounds the depths of lakes and her own life, never flinching from darkness, surfacing to fresh understandings of her place in the welter of natural and human history. A beautiful, moody, bracing debut.” —Kate Harris, award-winning author of Lands of Lost Borders Through the heat of summer to the frozen depths of winter, Lee traces her journey swimming through 52 lakes in a single year, swimming through fear and heartbreak to find her place in the world Jessica J. Lee swims through all four seasons and especially loves the winter. "I long for the ice. The sharp cut of freezing water on my feet. The immeasurable black of the lake at its coldest. Swimming then means cold, and pain, and elation." At the age of twenty-eight, Jessica, who grew up in Canada and lived in England, finds herself in Berlin. Alone. Lonely, with lowered spirits thanks to some family history and a broken heart, she is there, ostensibly, to write a thesis. And though that is what she does daily, what increasingly occupies her is swimming. So she makes a decision that she believes will win her back her confidence and independence: she will swim fifty-two of the lakes around Berlin, no matter what the weather or season. She is aware that this particular landscape is not without its own ghosts and history. This is the story of a beautiful obsession: of the thrill of a still, turquoise lake, of cracking the ice before submerging, of floating under blue skies, of tangled weeds and murkiness, of cool, fresh, spring swimming—of facing past fears of near-drowning and of breaking free. When she completes her year of swimming, Jessica finds she has new strength, and she has also found friends and has gained some understanding of how the landscape both haunts and holds us. This book is for everyone who loves swimming, who wishes they could push themselves beyond caution, who understands the deep pleasure of using the body's strength, who knows what it is to abandon all thought and float home to the surface.

Meadowland John Lewis-Stempel 2015-03-26 WINNER OF THE THWAITES WAINWRIGHT PRIZE 2015 What really goes on in the long grass? Meadowland gives an unique and intimate account of an English meadowæ(tm)s life from January to December, together with its biography. In exquisite prose, John Lewis-Stempel records the passage of the seasons from cowslips in spring to the hay-cutting of summer and grazing in autumn, and includes the biographies of the animals that inhabit the grass and the soil beneath: the badger clan, the fox family, the rabbit warren, the skylark brood and the curlew pair, among others. Their births, lives, and deaths are stories that thread through the book from first page to last.

The Lido Guide Janet Wilkinson 2019-06-13 You say Lee-doh, We say Ly-doh From beautiful Art Deco lidos to humble, fiercely loved community pools, this is the definitive photographic guide to around 130 lidos in the UK and Channel Islands. Collected together for the first time, each entry details what makes the pool unique and what swimming there is like, as well as providing information about refreshments, accessibility and much more. This guide is organised geographically and includes information on how to find the lidos, it also suggests other nearby pools so you can plan your own lido road trips.

Life at Walnut Tree Farm Rufus Deakin 2019-05-02 The story, mainly in pictures, but also in words, of the rebuilding of the 16th-century Suffolk farmhouse that the environmentalist Roger Deakin lived in from the early 1970s until his death in 2006.

The Third Thing Ralph Kiggell 2013 “In this book, masterly woodcuts spread across the pages to guide us visually through the many aspects of that cycle of water described in words. Layers of translucent colour suggest the movement of water across swimmers, human and animal. There are driving shafts of rain, frozen crystals, rivers which support teeming life on boats, clouds heavy with impending downpours. All derive from D.H. Lawrence’s wonder at the unknowable third thing that, with an oxygen atom and two of hydrogen, completes the mystery of water ... Ralph Kiggell has chosen a wide sweep of writing as inspiration for his imagery to convey the variety of ways in which water provides life and is life for all on earth”--Old Style Press website, viewed March 2, 2015.

Haunts of the Black Masseur Charles Sprawson 2012-08-29 In a masterful work of cultural history, Charles Sprawson, himself an obsessional swimmer and fluent diver, explores the meaning that different cultures have attached to water, and the search for the springs of classical antiquity. In nineteenth-century England bathing was thought to be an instrument of social and moral reform, while in Germany and America swimming came to signify escape. For the Japanese the swimmer became an expression of samurai pride and nationalism. Sprawson gives us fascinating glimpses of the great swimming heroes: Byron leaping dramatically into the surf at Shelley’s beach funeral; Rupert Brooke swimming naked with Virginia Woolf, the dark water “smelling of mint and mud”; Hart Crane swallow-diving to his death in the Bay of Mexico; Edgar Allan Poe’s lone and mysterious river-swims; Leander, Webb, Weissmuller, and a host of others. Informed by the literature of Swinburne, Goethe, Scott Fitzgerald, and Yukio Mishima; the films of Riefenstahl and Vigo; the Hollywood “swimming musicals” of the 1930s; and delving in and out of Olympic history, *Haunts of the Black Masseur* is an enthralling assessment of man—body submerged, self-absorbed. It is quite simply the best celebration of swimming ever written, even as it explores aspects of culture in a heretofore unimagined way.

The Swimmer

The Tail of Emily Windsnap Liz Kessler 2010-05-11 A young girl learns she's half mermaid and plunges into a scheme to reunite with her father in this entrancing, satisfying tale that beckons readers far below the waves. For as long as she can remember, twelve-year-old Emily Windsnap has lived on a boat. And, oddly enough, for just as long, her mother has seemed anxious to keep Emily away from the water. But when Mom finally agrees to let her take swimming lessons, Emily makes a startling discovery -- about her own identity, the mysterious father she's never met, and the thrilling possibilities and perils shimmering deep below the water's surface. With a sure sense of suspense and richly imaginative details, first-time author Liz Kessler lures us into a glorious undersea world where mermaids study shipwrecks at school and Neptune rules with an iron trident -- an enchanting fantasy about family secrets, loyal friendship, and the convention-defying power of love.

The Great Swim Gavin Mortimer 2009-05-26 The dramatic story of the four courageous female swimmers who captivated the world in the summer of 1926. Despite the tensions of a world still recovering from World War I, during the summer of 1926, the story that enthralled the public revolved around four young American swimmers-Gertrude Ederle, Mille Gade, Lillian Cannon, and Clarabelle Barrett-who battled the weather, each other, and considerable odds to become the first woman to conquer the brutal waters of the English Channel. The popular East Coast tabloids from New York to Boston engaged in rivalries nearly as competitive as the swimmers themselves; each backed a favorite and made certain their girl-in bathing attire-was plastered across their daily editions. Just as Seabiscuit, the little horse with the big heart, would bring the nation to a near standstill when he battled his rival War Admiral in 1938, this quartet of women held the attention of millions of people on both sides of the Atlantic for an entire summer. Gavin Mortimer uses primary sources, diaries, interviews with relatives, and contemporary reports to paint an unforgettable portrait of a competition that changed the way the world looked at women, both in sport and society. More than an underdog story, *The Great Swim* is a tale of perseverance, strength, and sheer force of will. A portrait of an era that is as evocative as Cinderella Man, this is a memorable story of America and Americans in the 1920s.

The Rings of Saturn W. G. Sebald 2016-11-08 "The book is like a dream you want to last forever" (Roberta Silman, The New York Times Book Review), now with a gorgeous new cover by the famed designer Peter Mendelsund The Rings of Saturn—with its curious archive of photographs—records a walking tour of the eastern coast of England. A few of the things which cross the path and mind of its narrator (who both is and is not Sebald) are lonely eccentrics, Sir Thomas Browne's skull, a matchstick model of the Temple of Jerusalem, recession-hit seaside towns, wooded hills, Joseph Conrad, Rembrandt's "Anatomy Lesson," the natural history of the herring, the massive bombings of WWII, the dowager Empress Tzu Hsi, and the silk industry in Norwich. W.G. Sebald's The Emigrants (New Directions, 1996) was hailed by Susan Sontag as an "astounding masterpiece perfect while being unlike any book one has ever read." It was "one of the great books of the last few years," noted Michael Ondaatje, who now acclaims The Rings of Saturn "an even more inventive work than its predecessor, The Emigrants." **Swimming Studies** Leanne Shapton 2012-07-05 Winner of the 2012 National Book Critics Circle Award, *Autobiography Swimming Studies* is a brilliantly original, meditative memoir that explores the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager to enjoying pools and beaches around the world as an adult, Leanne Shapton offers a fascinating glimpse into the private, often solitary, realm of swimming. Her spare and elegant writing reveals an intimate narrative of suburban adolescence, spent underwater in a

discipline that continues to inspire Shapton’s work as an artist and author. Her illustrations throughout the book offer an intuitive perspective on the landscapes and imagery of the sport. Shapton’s emphasis is on the smaller moments of athletic pursuit rather than its triumphs. For the accomplished athlete, aspiring amateur, or habitual practitioner, this remarkable work of written and visual sketches propels the reader through a beautifully personal and universally appealing exercise in reflection.

Wild Swimming Italy Michele Tameni 2014-04-23 The Wild Swimming series travels to Italy to explore freshwater lakes, mountain and lagoons. Dip in to the emerald-green plunge pools of Sicily and swim at river beaches in Campania. Discover the secret hot springs of Tuscany and amazing waterfalls of the Dolomiti. Explore the hidden shores of Lake Como and Garda. Perfect for family explorers or romantic adventurers, this stunning travel book combines beautiful photography with all the practical information you'll need to get off the beaten track, including maps, directions, grid references and walk-in times, and recommendations for canoe trips, campsites and tavernas.

Landmarks Robert Macfarlane 2015-03-05 SHORTLISTED FOR THE SAMUEL JOHNSON PRIZE 2015 SHORTLISTED FOR THE WAINWRIGHT PRIZE 2016 Landmarks is Robert Macfarlane's joyous meditation on words, landscape and the relationship between the two. Words are grained into our landscapes, and landscapes are grained into our words. Landmarks is about the power of language to shape our sense of place. It is a field guide to the literature of nature, and a glossary containing thousands of remarkable words used in England, Scotland, Ireland and Wales to describe land, nature and weather. Travelling from Cumbria to the Cairngorms, and exploring the landscapes of Roger Deakin, J. A. Baker, Nan Shepherd and others, Robert Macfarlane shows that language, well used, is a keen way of knowing landscape, and a vital means of coming to love it. Praise for Robert Macfarlane: 'He has a poet's eye and a prose style that will make many a novelist burn with envy' John Banville, Observer "I'll read anything Macfarlane writes" David Mitchell, Independent 'Every movement needs stars. In [Macfarlane] we surely have one, burning brighter with each book.' Telegraph '[Macfarlane] is a godfather of a cultural moment' Sunday Times *Underland: A Deep Time Journey* Robert Macfarlane 2019-06-04 National Bestseller • New York Times “100 Notable Books of the Year” • NPR “Favorite Books of 2019” • Guardian “100 Best Books of the 21st Century” • Winner of the National Outdoor Book Award From the best-selling, award-winning author of *Landmarks* and *The Old Ways*, a haunting voyage into the planet’s past and future. Hailed as “the great nature writer of this generation” (Wall Street Journal), Robert Macfarlane is the celebrated author of books about the intersections of the human and the natural realms. In *Underland*, he delivers his masterpiece: an epic exploration of the Earth’s underworlds as they exist in myth, literature, memory, and the land itself. In this highly anticipated sequel to his international bestseller *The Old Ways*, Macfarlane takes us on an extraordinary journey into our relationship with darkness, burial, and what lies beneath the surface of both place and mind. Traveling through “deep time”—the dizzying expanses of geologic time that stretch away from the present—he moves from the birth of the universe to a post-human future, from the prehistoric art of Norwegian sea caves to the blue depths of the Greenland ice cap, from Bronze Age funeral chambers to the catacomb labyrinth below Paris, and from the underground fungal networks through which trees communicate to a deep-sunk “hiding place” where nuclear waste will be stored for 100,000 years to come. Woven through Macfarlane’s own travels are the unforgettable stories of descents into the underland made across history by explorers, artists, cavers, divers, mourners, dreamers, and murderers, all of whom have been drawn for different reasons to seek what Cormac McCarthy calls “the awful darkness within the world.” Global in its geography and written with great lyricism and power, *Underland* speaks powerfully to our present moment. Taking a deep-time view of our planet, Macfarlane here asks a vital and unsettling question: “Are we being good ancestors to the future Earth?” *Underland* marks a new turn in Macfarlane’s long-term mapping of the relations of landscape and the human heart. From its remarkable opening pages to its deeply moving conclusion, it is a journey into wonder, loss, fear, and hope. At once ancient and urgent, this is a book that will change the way you see the world.

Notes from Walnut Tree Farm Roger Deakin 2008 From the author of the acclaimed and much-loved Waterlogand Wildwood. For the last six years of his life, Roger Deakin kept notebooks in which he wrote his daily thoughts, impressions, feelings and observations. Discursive, personal and often impassioned, they reveal the way he saw the world, whether it be observing the teeming ecosystem that was Walnut Tree Farm, thinking about the wider environment, walking in his fields or on Mellis Common, or quietly contemplating his past and present life. Notes From Walnut Tree Farmcollects the very best of these writings, capturing Roger's extraordinary, restless curiosity into the natural and human worlds, his love of literature and music, his knack for making unusual and apposite connections, and of course his distinct and subversive charm and humour. Together they cohere to present a passionate, engaged and - in spite of the worst pressures of contemporary life - optimistic view of our changing world.

Things We Didn't Talk About When I Was a Girl: A Memoir Jeannie Vanasco 2019-10-01 A New York Times Editors’ Choice and Best Book of the Year at TIME, Esquire, Amazon, Kirkus, and Electric Literature Jeannie Vanasco has had the same nightmare since she was a teenager. It is always about him: one of her closest high school friends, a boy named Mark. A boy who raped her. When her nightmares worsen, Jeannie decides—after fourteen years of silence—to reach out to Mark. He agrees to talk on the record and meet in person. Jeannie details her friendship with Mark before and after the assault, asking the brave and urgent question: Is it possible for a woman to commit a terrible act? Jeannie interviews Mark, exploring how rape has impacted his life as well as her own. Unflinching and courageous, *Things We Didn’t Talk About When I Was a Girl* is part memoir, part true crime record, and part testament to the strength of female friendships—a recounting and reckoning that will inspire us to ask harder questions, push towards deeper understanding, and continue a necessary and long overdue conversation.

Wild Swim Kate Rew 2021-07-15 In this stunning and inspiring guide, Kate Rew, founder of the Outdoor Swimming Society, takes you on a wild journey across Britain, braving the elements to experience first-hand some of the country’s most awe-inspiring swim spots, from tidal pools in the Outer Hebrides to the white-sand beaches of the Isles of Scilly. Waterfalls, natural jacuzzis, sea caves, meandering rivers - every swim is described in loving detail, taking in not only the gleeful humour of each mini-adventure and the breathtaking beauty of the surroundings, but also practical information about how to find these remote spots. Featuring evocative photography from Dominick Tyler, this is a must-have book for serious swimmers and seaside paddlers alike, and is perfect for the outdoors enthusiast in your life.

Pondlife Al Alvarez 2013-02-14 The ponds of Hampstead Heath are small oases; fragments of wild nature nestled in the heart of north-west London. For the best part of his life Al Alvarez - poet, critic, novelist, rock-climber and poker player - has swum in them almost daily. An athlete in his youth, Alvarez, now in his eighties, chronicles what it is to grow old with humour and fierce honesty - from his relentlessly nagging ankle which makes daily life a struggle, to infuriating bureaucratic battles with the council to keep his disabled person's Blue Badge, the devastating effects of a stroke, and the salvation he finds in the three Ss - Swimming, Sex and Sleep. As Alvarez swims in the ponds he considers how it feels when you begin to miss that person you used to be - to miss yourself. Swimming is his own private form of protest against the onslaught of time; proof to others, and himself, that he's not yet beaten. By turns funny, poetic and indignant, *Pondlife* is a meditation on love, the importance of life's small pleasures and, above all, a lesson in not going gently in to that good night.

The Story of Swimming Susie Parr 2011 A new wave of passion has emerged for open water swimming, but it is a British tradition that has deep roots. Susie Parr takes a chronological look at the social history of swimming from the earliest Roman written accounts, stories of Viking invaders, medieval and Elizabethan literature, medicinal seabathing in 18th century and the rise of Georgian and Regency watering holes such as Brighton. She follows the line of literary swimmers from Shelley to Murdoch and charts the boom of the British seaside resort in a fascinating and hugely enjoyable journey.

I Found My Tribe Ruth Fitzmaurice 2018-03-06 A transformative, euphoric memoir about finding solace in the unexpected for readers of H is for Hawk, It's Not Yet Dark, and When Breath Becomes Air. Ruth's tribe are her lively children and her filmmaker and author husband Simon Fitzmaurice who has ALS and can only communicate with his eyes. Ruth's other "tribe" are the friends who gather at the cove in Greystones, Co. Wicklow, and regularly throw themselves into the freezing cold water, just for kicks. The Tragic Wives' Swimming Club, as they jokingly call themselves, meet to cope with the extreme challenges life puts in their way, not to mention the monster waves rolling over the horizon. Swimming is just one of the daily coping strategies as Ruth fights to preserve the strong but now silent connection with her husband. As she tells the story of their marriage, from diagnosis to their long-standing precarious situation, Ruth also charts her passion for swimming in the wild Irish Sea--culminating in a midnight swim under the full moon on her wedding anniversary. An invocation to all of us to love as hard as we can, and live even harder, I Found My Tribe is an urgent and uplifting letter to a husband, family, friends, the natural world, and the brightness of life.

Leap In Alexandra Heminsley 2017-01-12 'Remarkable' Observer 'A joy to read' Daily Telegraph 'Soaringly beautiful' Sunday Times Magazine 'Genuine and persuasive' Guardian Alexandra Heminsley thought she could swim. She really did. It may have been because she could run. It may have been because she wanted to swim; or perhaps because she only ever did ten minutes of breaststroke at a time. But, as she learned one day while flailing around in the sea, she really couldn't. Believing that a life lived fully isn't one with the most money earned, the most stuff bought or the most races won, but one with the most experiences, experienced the most fully, she decided to conquer her fear of the water. From the ignominy of getting into a wetsuit to the triumph of swimming from Kefalonia to Ithaca, in becoming a swimmer, Alexandra learns to appreciate her body and still her mind. As it turns out, the water is never as frightening once you're in, and really, everything is better when you remember to exhale. What Hemmo's readers are saying: 'This book is funny, engaging, entertaining, informative, suspenseful, motivating, and inspiring... I've never read anything quite like it' - Nina on Goodreads, 5 stars 'Just like Running like a Girl, this was an absolute joy to read. A beautifully written story of swimming, family and being a woman' - Violet on Amazon, 5 stars 'Fantastic book... Entertaining - often laugh-out-loud funny - and full of really useful advice' - J. Edwards on Amazon, 5 stars 'A fabulous book that's beautifully written' - Nik on Goodreads, 5 stars 'I can't recommend this book enough! I absolutely love Alexandra Heminsley's writing, her attitude towards exercise and her passion for swimming' - Sarah on Goodreads, 5 stars 'an inspirational and encouraging read' - Stephanie on Goodreads, 5 stars 'the author's enthusiasm is contagious... one cannot help but yearn to join in. ... A thoroughly inspiring book with a likeable narrator unafraid to share her personal life' - Eleanor on Goodreads, 5 stars 'This is a delightful book, a pleasure to read... Unbelievably well written, it flows like the water she loves' - Bobby on Amazon, 5 stars

Floating Joe Minihane 2017-04-18 'Lovely, lively, passionate... a celebration of nature's ability to inspire healing and joy' Robert MacFarlane In the backstrokes of Roger Deakin's Waterlog, this is the story of one man's search for himself across the breadth of Britain's wild waters. Joe Minihane became obsessed with wild swimming and the way it soothed his anxiety, developing a new-found passion by following the example of naturalist Deakin in his own swimming memoir. While fighting the currents - sometimes treading water Minihane swims to explore, to forget, to find the path back to himself through nature, and in the water under an open sky he finally begins to find his peace. Floating is a remarkable memoir about a love of swimming and a deep appreciation for the British countryside: it captures Minihane's struggle to understand himself, and the healing properties of wild stretches of water. From Hampstead to Yorkshire, Dorset to Jura, the Isles of Scilly to Wales, Minihane uses Waterlog to trace his own path by diving right in.

Britain's Rare Flowers Peter Marren 2005 This is a new paperback edition of an acclaimed and beautiful Poyser title on the rare flowers of Britain. The book looks at the evolution of individual species and of plant communities, the threats (natural and anthropogenic) that have caused declines and extinctions in some plant populations, and the various conservation efforts which have been made to protect them and to encourage their numbers to grow. Written in a lively and jargon-free style, with numerous examples and anecdotes, and illustrated throughout with gorgeous colour photographs, this lovely, engaging and accessible book is a must for all wild flower enthusiasts. 'This is a heartwarming and inspiring book for anyone who loves wildflowers and values their place in our culture.' BBC Wildlife

Signs of Water Robert Boschman 2022-02-15 Water is more important than ever before. It is increasingly controversial in direct proportion to its scarcity, demand, neglect, and commodification. There is no place on the planet where water is not, or will not be, of critical concern. Signs of Water brings together scholars and experts from five continents in an interdisciplinary exploration of the theoretical approaches, social and political issues, and anthropogenic hazards surrounding water in the twenty-first century. From the kitchen taps of Detroit, Michigan to the water-harvesting infrastructure of Tokyo, from the Upper Xingu Basin of Brazil to the Sunda Deep of the Java Trench, these essays flow through time and place to uncover the many issues surrounding water today. Asking key theoretical questions, exposing threats to vital water systems, and proposing paths forward, Signs of Water brims with histories, ontologies, and political struggles. Bringing together local experiences to tell a global story, it centers water as history, as politics, and as a human right.

Waterlog Roger Deakin 2011-05-31 Roger Deakin set out in 1996 to swim through the British Isles. The result a uniquely personal view of an island race and a people with a deep affinity for water. From the sea, from rock pools, from rivers and streams, tarns, lakes, lochs, ponds, lidos, swimming pools and spas, from fens, dykes, moats, aqueducts, waterfalls, flooded quarries, even canals, Deakin gains a fascinating perspective on modern Britain. Detained by water bailiffs in Winchester, intercepted in the Hebrides, he discovers just how much of an outsider the native swimmer is to his landlocked, fully-dressed fellow citizens. Encompassing cultural history, autobiography, travel writing and natural history, Waterlog is a personal journey, a bold assertion of the native swimmer's right to roam, and an unforgettable celebration of the magic of water. *Journey Through Britain* John Hillaby 1995 First published 1968. John Hillaby recounts his famous walk from Land's End to John O'Groats *The Mindful Art of Wild Swimming* Tessa Wardley 2017-09-15 "Tessa Wardley is a keen and knowledgeable guide" - Times Literary Supplement *The Mindful Art of Wild Swimming* explores how swimming in rivers, lakes, and seas is the very epitome of conscious living. Zen-seeker Tessa Wardley reconnects the physical and spiritual cycles of life to the changing seasons and flow of wild waters worldwide and leads the reader on to a mindful journey through the natural world. With expert insight and personal anecdote, she shares a sparkling clarity on why our relationship with open water is so fundamental to pure wellbeing, and reveals how wild swimming can be the ultimate Zen meditation.

Roger Deakins 2021-09 Portraits and landscapes from the cinematographer famed for his work with Sam Mendes and the Coen brothers This is the first monograph by the legendary Oscar-winning cinematographer Sir Roger Deakins (born 1949), best known for his collaborations with directors such as the Coen brothers, Sam Mendes and Denis Villeneuve. It includes previously unpublished black-and-white photographs spanning five decades, from 1971 to the present. After graduating from college Deakins spent a year photographing life in rural North Devon, in Southwest England, on a commission for the Beaufort Arts Centre; these images are gathered here for the first time and attest to a keenly ironic English sensibility, while also documenting a vanished postwar Britain. A second suite of images expresses Deakins' love of the seaside. Traveling for his cinematic work has allowed Deakins to photograph landscapes all over the world; in this third group of images, that same irony remains evident.

Possum Living Dolly Freed 2010-01-12 In 1978, at the age of eighteen and with a seventh-grade education, Dolly Freed wrote *Possum Living*, chronicling the five years she and her father lived off the land on a half-acre lot outside of Philadelphia. *Waterlog* Roger Deakin 1999 Inspired by John Cheever's classic short story, "The Swimmer," Roger Deakin set out from his moat in Suffolk to swim through the British Isles. The result of his journey is a maverick work of observation and imagination. "From the Trade Paperback edition.

Swimming Roger Deakin 2017-06-08 Is there anything quite so exhilarating as swimming in wild water? This is a joyful swimming tour of Britain, a frog's-eye view of the country's best bathing holes – the rivers, rock pools, lakes, ponds, lochs and sea that define a watery island. Charming, funny, inspiring, an assertion of the native swimmer's right to roam, a celebration of the magic of water – this book will indeed

make you want to strip off and leap in. Selected from the book Waterlog by Roger Deakin VINTAGE MINIS: GREAT MINDS. BIG IDEAS. LITTLE

BOOKS. A series of short books by the world's greatest writers on the experiences that make us human Also in the Vintage Minis series: Eating by Nigella Lawson Liberty by Virginia Woolf Summer by Laurie Lee Desire by Haruki Murakami