Waterlog Roger Deakin

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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 book celebrates 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.

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. **Journey Through Britain** John Hillaby 1995 First published 1968. John Hillaby recounts his famous walk from Land’s End to John O’Groats **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 **Haunts of the Black Masseur** Charles Sprawson 2012-08-29 In a masterful work of cultural history, Charles Sprawson, himself an obsession.al 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 is 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** 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 **Walking with Trees** Glennie Kindred 2019-06-21 In Walking with Trees, Glennie Kindred takes us on an intimate and profoundly connecting walk with thirteen of our native trees. She leads us into their worlds and opens our hearts to their wonders, their qualities and their potential to heal. This is a book about relationships and inter-relationships: our relationship with the trees, their relationships with each other and with the natural world around them, and the flow of our communal relationship, past and present, which affects us all as the web of life on
Earth. Glennie's passion for trees is infectious, and inspires us to look more closely, listen more intently and walk with trees more often. She shares her stories and encounters with trees and weaves together many ways to deepen our engagement with them, from growing them, harvesting and using them for medicine, food, and craftwork. She also encourages us to find our way into a more subtle and intuitive relationship with the trees, as part of our journey to heal our fractured relationship with the Earth. As with all of Glennie's books, the seasonal cycles and the Earth festivals are interwoven and provide further ways to deepen our journey with trees. This is a book about possibilities, for those who care for our environment. This is a book that reminds you of what you might have missed or forgotten, and reminds you of your power. This is a book of our time, where we recognise our deep interconnectivity with the trees, with all of life and with the Earth herself. It inspires us to open our arms and hearts wide, and joyfully embrace the changes. Illustrated with the author's exquisite pencil drawings.

This Land of Snow Anders Morley 2021-09-09 A passionate skier since he was a child, Anders Morley dreamed of going on a significant adventure, something bold and of his own design. And so one year in his early thirties, he decided to strap on cross-country skis to travel across Canada in the winter alone. This Land of Snow is about that journey and a man who must come to terms with what he has left behind, as well as how he wants to continue living after his trip is over. It is an honest, thoughtful, and humorous reckoning of an adventure filled with adrenalin and exuberance, as well as mistakes and danger. Along the way readers gain insight, both charming and fascinating, into Northern outdoor culture and modern-day wilderness living, the history of northern exploration and Nordic skiing, the right to roam movement, winter ecology, and more. Throughout, Morley’s clear, subtle, and self-deprecating voice speaks to a backwoods-genteel aesthetic that explores the dichotomy between wildness and refinement, language and personal story, journey and home.

Waterlogged Timothy Noakes 2012-05-01 “Drink as much as you can, even before you feel thirsty.” That’s been the mantra to athletes and coaches for the past three decades, and bottled water and sports drinks have flourished into billion-dollar industries in the same short time. The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH)—a potentially fatal condition. Dr. Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body’s need for water and how it uses the liquids it ingests. He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes’ extensive and since-confirmed studies. In Waterlogged, Noakes sets the record straight, exposing the myths surrounding dehydration and presenting up-to-date hydration guidelines for endurance sport and prolonged training activities. Enough with oversold sports drinks and obsessing over water consumption before, during, and after every workout, he says. Time for the facts—and the prevention of any more needless fatalities.

Floating Joe Minihane 2017-04-18 'Lovely, lively, passionate... a celebration of nature's ability to inspire healing and joy' Robert MacFarlane In the breaststrokes 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.

Holloway Robert Macfarlane 2014 A beautiful piece of nature writing, illustrated with spectacular etchings of woodland scenes.

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 “astonishing 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.”

**Water in England** Dorothy Hartley 1964

**Lords of the Fly** Monte Burke 2020-09-01 From the bestselling author of Saban, 4th and Goal, and Sowbelly comes the thrilling, untold story of the quest for the world record tarpon on a fly rod—a tale that reveals as much about Man as it does about the fish. In the late 1970s and early 1980s, something unique happened in the quiet little town on the west coast of Florida known as Homosassa. The best fly anglers in the world—Lefty Kreh, Stu Apte, Ted Williams, Tom Evans, Billy Pate and others—all gathered together to chase the same Holy Grail: The world record for the world’s most glamorous and sought-after fly rod species, the tarpon. The anglers would meet each morning for breakfast. They would compete out on the water during the day, eat dinner together at night, socialize and party. Some harder than others. The world record fell nearly every year. But records weren’t the only things that were broken. Hooks, lines, rods, reels, hearts and marriages didn’t survive, either. The egos involved made the atmosphere electric. The difficulty of the quest made it legitimate. The drugs and romantic entanglements that were swept in with the tide would finally make it all veer out of control.

**Leap In** Alexandra Heminsley 2017-07-04 At once inspiring, hilarious, and honest, the new book from Alexandra Heminsley chronicles her endeavor to tackle a whole new element, and the ensuing challenges and joys of open water swimming. “It’s a meditative act,” they said. But it was far from meditative for Alexandra Heminsley when yet another wave slammed into her face. It was survival. When she laced up her shoes in Running Like a Girl, all she had to do to become a runner was to get out there and run. But swimming was something else entirely. The water was all-consuming, confusing her every move, sabotaging every breath. Determined, Alexandra would learn to adapt, find new strengths, and learn to work with the water. She does not want to stand on the beach looking at the sea any longer. She wants to leap in. In doing so she will learn not just how to accept herself, but how to accept what lay beyond. Soon, she will be able to see water, anywhere in the world and sense not fear but adventure. She will dive into water as she hopes to dive into life. And it has nothing to do with being “sporty” or being the correct shape for a swimsuit. Open water swimming is currently one of the fastest growing sports in the world, and marathon swimming is the only sport in the world of fishing and will never happen again. It was a collision of the top anglers and the top species of fish which would lead to smashed lives for nearly all involved, man and fish alike. In Lords of the Fly, Burke, an obsessed tarpon fly angler himself, delves into this incredible moment. He examines the growing popularity of the tarpon, an amazing fish has been around for 50 million years, can live to 80 years old and can grow to 300 pounds in weight. It is a massive, leaping, bullet train of a fish. When hooked in shallow water, it produces “immediate unreality,” as the late poet and tarpon obsessive, Richard Brautigan, once described it. Burke also chronicles the heartbreaking destruction that exists as a result—brought on by greed, environmental degradation and the shenanigans of a notorious Miami gangster—and how all of it has shaped our contemporary fishery. Filled with larger-than-life characters and vivid prose, Lords of the Fly is not only a must read for anglers of all stripes, but also for those interested in the desperate yearning of the human condition.
where men and women do not race in separate categories. The water welcomes all who are willing and prepared to take part, and as Alexandra shows in her wondrous and funny book, not knowing how to do something is not necessarily a weakness—strength lies within the desire to learn. The time is now to leap in, and revel in what you thought was beyond you, discovering that it was only ever you holding you back. 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 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.

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 Stile Press website, viewed March 2, 2015.

This Luminous Coast Jules Pretty 2015-06-04 Over the course of a year, Jules Pretty walked along the shoreline of East Anglia in southeastern England, eventually exploring four hundred miles on foot (and another hundred miles by boat). It is a coast and a culture that is about to be lost—not yet, perhaps, but soon—to rising tides and industrial sprawl. This Luminous Coast takes the reader with him on his journey over land and water; over sea walls of dried grass, beside stretched fields of golden crops, alongside white sails gliding across the intricate lacework of invisible creeks and estuaries, under vast skies that are home to curlews and redshanks and the outpourings of skylarks. East Anglia’s coastline is as much a human landscape as it is a natural one, and Pretty is equally perceptive about the region’s cultural heritage and its "industrial wild": fishing villages and the modern seaside resorts, family farms and oil refineries, pleasure piers and concrete seawalls, cozy pubs and military installations. Through words and photographs, Pretty interweaves stories of the land and sea with people past and present. He is a passionate and sensitive guide to a region in transition, under stress, and perhaps even doomed, as finely attuned to its history as he is to its unique sensory world.

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 "coppicing" in Suffolk, swims beneath the walnut trees of the Haut-Languedoc, and hunts bushplums 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.
Devorgilla Days  
Kathleen Hart 2021-05-27  
AN INSPIRING STORY OF STARTING OVER 'We all need a Devorgilla Cottage somewhere in our hearts' - KIRSTY WARK 'Beautifully written' - ALEXANDER ARMSTRONG 'A magical and beautifully written memoir and so evocative of Wigtown and its landscape' - RUTH HOGAN

This is a story about uncovering the things that really matter, and discovering what makes us feel alive. It is a story about finding that inner strength and resilience, and never giving up hope. Eight years ago, Kathleen Hart was diagnosed with breast cancer. Further complications led to a protracted recovery and months spent in hospital, where Kathleen had to learn how to walk again. While recuperating, she came across a small whitewashed cottage for sale in Wigtown, Scotland. Driving hundreds of miles on nothing more than a few photographs and an inkling, she bought it that very same day, and named it Devorgilla after the formidable 13th century Scottish princess. Devorgilla Days is the story of how Kathleen left behind her old life to begin again in Scotland's book capital. From renovating her cottage to exploring the seemingly quiet, but actually bustling town, she encounters a whole community of book lovers, beekeepers, artists and writers - and Lobster Fishermen. Kathleen starts wild swimming, a ritual that brings peace and clarity to her mind as her body heals. And, with the support of her virtual worldwide community who know her as PoshPedlar on Instagram, she rebuilds her life again. Heartwarming and deeply moving, Devorgilla Days is an inspiring tale of one woman's remarkable journey, a celebration of community, and a call-to-arms for anyone who has ever dreamt of starting over.

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 practicer, this remarkable work of written and visual sketches propels the reader through a beautifully personal and universally appealing exercise in reflection.

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 good person 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.

**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.

**Turning** Jessica J. Lee 2017-05-16 ‘The water slips over me like cool silk. The intimacy of touch uninhibited, rising around my legs, over my waist, my breasts, up to my collarbone. When I throw back my head and relax, the lake runs into my ears. The sound of it is a muffled roar, the vibration of the body amplified by water, every sound felt as if in slow motion . . .’ Summer swimming . . . but Jessica Lee - Canadian, Chinese and British - 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 Lee, who grew up in Canada and lived in London, 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 their body’s strength, who knows what it is to allow oneself to abandon all thought and float home to the surface.

**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 Old Ways** Robert Macfarlane 2012-10-11 From the acclaimed author of The Wild Places and Underland, an exploration of walking and thinking In this exquisitely written book, Robert Macfarlane sets off from his Cambridge, England, home to follow the ancient tracks, holloways, drove roads, and sea paths that crisscross both the British landscape and its waters and territories beyond. The result is an immersive, enthralling exploration of the ghosts and voices that haunt old paths, of the stories...
our tracks keep and tell, and of pilgrimage and ritual. Told in Macfarlane’s distinctive voice, The Old Ways folds together natural history, cartography, geology, archaeology and literature. His walks take him from the chalk downs of England to the bird islands of the Scottish northwest, from Palestine to the sacred landscapes of Spain and the Himalayas. Along the way he crosses paths with walkers of many kinds—wanderers, pilgrims, guides, and artists. Above all this is a book about walking as a journey inward and the subtle ways we are shaped by the landscapes through which we move. Macfarlane discovers that paths offer not just a means of traversing space, but of feeling, knowing, and thinking.

Swim Lynn Sherr 2012-04-03 Explores the nature and appeal of swimming, from the history of the strokes to aspects of modern Olympic competition, as well as the author’s personal experiences and milestones in the sport.

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.

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 meadow’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.

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.

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.

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.

The Art of Resilience: Strategies for an Unbreakable Mind and Body Ross Edgley 2020-05-28 'Incredible individual, incredible book, incredible story.' CHRIS HEMSWORTH 'A hero who is as humble as he is resilient... testament to a “never give up” spirit!' BEAR GRYLLS 'From reading this book, the message that comes shining through is this: you can achieve anything.' ANT MIDDLETON

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 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.

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.

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 Farm collects 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.