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**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.

[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

*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.

**Sea Fever** Meg Clothier 2021-05-20 'What a fun book! Reading *Sea Fever* is enticing and intriguing, like watching floating treasure bob past your nose.' Tristram Gooley, author of *The Natural Navigator* Can you interpret the shipping forecast? Do you know your flotsam from your jetsam? Or who owns the foreshore? Can you tie a half-hitch - or would you rather splice the mainbrace? Full of charming illustrations and surprising facts, *Sea Fever* provides the answers to all these and more. Mixing advice on everything from seasickness to righting a capsized boat with arcane marine lore, recipes, history, dramatic stories of daring-do and guides to the wildlife we share our shores with, even the most experienced ocean-dweller will find something in these pages to surprise and delight.

[The Amur River](#) Colin Thubron 2021-09-16 'Thubron on top form. Richly detailed, immaculately written and full of insights and encounters that bring a complex corner of the world to life' Michael Palin \*As serialised on BBC Radio 4 Book of the Week\* \*\*A FINANCIAL TIMES, SUNDAY TELEGRAPH AND SPECTATOR BOOK OF THE YEAR\*\* \*\*ONE OF

THE DAILY TELEGRAPH'S BEST 75 BOOKS OF 2021\*\* A dramatic and ambitious new journey from our greatest travel writer that makes a perfect gift this Christmas. The Amur River is almost unknown. Yet it is the tenth longest river in the world, rising in the Mongolian mountains and flowing through Siberia to the Pacific to form the tense, highly fortified border between Russia and China. In his eightieth year, Colin Thubron takes a dramatic 3,000-mile long journey from the Amur's secret source to its giant mouth. Harassed by injury and by arrest from the local police, he makes his way along both the Russian and Chinese shores on horseback, on foot, by boat and via the Trans-Siberian Railway, talking to everyone he meets. By the time he reaches the river's desolate end, where Russia's nineteenth-century imperial dream petered out, a whole, pivotal world has come alive. The Amur River is a shining masterpiece by the acknowledged laureate of travel writing, an urgent lesson in history and the culmination of an astonishing career.

'Magnificent... Colin Thubron's observations on the relationship between Russia and China are full of insight, from which the world can benefit as it faces the challenges of the twenty-first century' Jung Chang

*Storyland: A New Mythology of Britain* Amy Jeffs 2021-09-02 A TIMES BESTSELLER, January 2022 A TIMES HISTORICAL FICTION BOOK OF THE YEAR SHORTLISTED FOR WATERSTONES BOOK OF THE YEAR A BBC HISTORY MAG BOOK OF THE YEAR A DAILY EXPRESS BOOK OF THE YEAR 'Expressive, bold and quite beautiful' The Lady '[a] delight of a book' Antonia Senior, The Times 'ravishingly lovely' The Times Ireland '[a] lively retelling of British myths' Apollo Magazine Soaked in mist and old magic, *Storyland* is a new illustrated mythology of Britain, set in its wildest landscapes. It begins between the Creation and Noah's Flood, follows the footsteps of the earliest generation of giants from an age when the children of Cain and the progeny of fallen angels walked the earth, to the founding of Britain, England, Wales and Scotland, the birth of Christ, the wars between Britons, Saxons and Vikings, and closes with the arrival of the Normans. These are retellings of medieval tales of legend, landscape and the yearning to belong, inhabited with characters

now half-remembered: Brutus, Albina, Scota, Arthur and Bladud among them. Told with narrative flair, embellished in stunning artworks and glossed with a rich and erudite commentary. We visit beautiful, sacred places that include prehistoric monuments like Stonehenge and Wayland's Smithy, spanning the length of Britain from the archipelago of Orkney to as far south as Cornwall; mountains and lakes such as Snowdon and Loch Etive and rivers including the Ness, the Soar and the story-silted Thames in a vivid, beautiful tale of our land steeped in myth. It illuminates a collective memory that still informs the identity and political ambition of these places. In *Storyland*, Jeffs reimagines these myths of homeland, exile and migration, kinship, loyalty, betrayal, love and loss in a landscape brimming with wonder.

### **Waterlog: A Swimmer's Journey Through Britain**

Roger Deakin 2022-04-26 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

### **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

**About Britain** Tim Cole 2021-06-10 In 1951, the Festival of Britain commissioned a series of short guides they dubbed 'handbooks for the explorer'. Their aim was to encourage readers to venture out beyond the capital and on to 'the roads and the by-roads' to see Britain as a 'living country'. Yet these thirteen guides did more than celebrate the rural splendour of this 'island nation': they also made much of Britain's industrial power and mid-century ambition - her thirst for new technologies, pride in manufacturing and passion for exciting new ways to travel by road, air and sea. Armed with these About Britain guides, historian Tim Cole takes to the roads to find out what has changed and what has remained the same over the 70 years since they were first published. From Oban to Torquay, Caernarvon to Cambridge, he explores the visible changes to our landscape, and the more subtle social and cultural shifts that lie beneath. In a starkly different era where travel has been transformed by the pandemic and many are journeying closer to home, About Britain is a warm and timely meditation on our changing relationship with the landscape, industry and transport. As he looks out on vineyards and apple orchards, power stations and slate mines, vast greenhouses and fulfilment centres for online goods, Cole provides an enchanting glimpse of twentieth and early twenty-first century Britain as seen from the

driver's seat.

**Journey Through Britain** John Hillaby 1995 First published 1968. John Hillaby recounts his famous walk from Land's End to John O'Groats  
**Dip** Andrew Fusek Peters 2014-05-01 In Dip, Andrew Fusek Peters describes an extraordinary year of wild swimming. He leads us to rivers, lakes, waterfalls and hidden pools, into untamed landscapes that have the potential to surprise and move us in unexpected ways. Following in the wake of great writers such as Richard Jefferies and Edward Thomas, Dip combines meditations on place, history and myth with sharp observation and a poet's eye. As he takes the plunge and immerses himself in the elements, Andrew also begins to surface from a deep depression, making Dip at once a personal journey and about the many ways in which wild water and nature can restore us to ourselves.

The Almanac Lia Leendertz 2021-09-02 \*THE ORIGINAL & BESTSELLING ALMANAC\* A perfect toolkit for connecting with the world around us and the year ahead as it unfolds - all in a compact and pocket size guide that just begs you to pick it up and browse. The Almanac: A seasonal guide to 2022 reinvents the tradition of the rural almanac for a new audience. It gives you the tools and inspiration you need to celebrate, mark and appreciate each month of the year in your own particular way. Divided into the 12 months, a set of tables each month gives it the feel and weight of a traditional almanac, providing practical information that gives access to the outdoors and the seasons, perfect for expeditions, meteor-spotting nights and beach holidays. There are also features on each month's unique nature, such as the meteor shower of the month, beehive behaviour, folklore, seasonal recipes and charts tracking moon phases and tides. You will find yourself referring to The Almanac all year long, revisiting it again and again, and looking forward to the next edition as the year draws to a close.

PRAISE FOR THE ALMANAC: 'The perfect companion to the seasons' - India Knight 'Indispensable' - Sir Bob Geldof 'This book is your bible' - The Independent 'An ideal stocking filler' - The English Garden 'I love this gem of a book' - Cerys Matthews

**The Third Thing** Nicolas McDowall 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.

**Notes from Walnut Tree Farm** Roger Deakin 2009 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, on Mellis Common or on his travels at home, or contemplating his past and his present life. Notes from Walnut Tree Farm collects the very best of these writings, capturing Roger's extraordinary, restless curiosity about 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.

*Journeys to Impossible Places* Simon Reeve 2021-10-14 In *Journeys to Impossible Places*, best-selling author and presenter Simon Reeve reveals the inside story of his most astonishing adventures and experiences, around the planet and close to home. *Journeys to Impossible Places* continues the story Simon started in his phenomenal Sunday Times bestseller *Step by Step*, which traced the first decades of his life from depressed and unemployed teenager through to his early TV programmes. Now Simon takes us on the epic and thrilling adventures that followed, in beautiful, tricky and downright dangerous corners of the world, as he travelled

through the Tropics, to remote paradise islands, jungles dripping with heat and life, and on nerve-wracking secret missions. Simon shares what his unique experiences and encounters have taught him, and the deeper lessons he draws from joy and raw grief in his personal life, from desperate struggles with his own fertility and head health, from wise friends, fatherhood, inspiring villagers, brave fighters, his beloved dogs, and a thoughtful Indian sadhu. *Journeys to Impossible Places* inspires and encourages all of us to battle fear and negativity, and embrace life, risk, opportunities and the glory of our world.

**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.

**The Rings of Saturn** W.G. Sebald 2013-11-30 'Sebald is the Joyce of the 21st Century' The Times What begins as the record of W. G. Sebald's own journey on foot through coastal East Anglia, from Lowestoft to Bungay, becomes the conductor of evocations of people and cultures past and present. From Chateaubriand, Thomas Browne, Swinburne and Conrad, to fishing fleets, skulls and silkworms, the result is an intricately patterned and haunting book on the transience of all things human. 'A novel of ideas with a difference: it is nothing but ideas... Formally dexterous, fearlessly written (why

shouldn't an essay be a novel?), and unremittingly arcane; by the end I was in tears' Teju Cole, Guardian

**Water in England** Dorothy Hartley 1964

Swell Jenny Landreth 2017-07-03 A funny and bold account of how women fought their way into the water, and of what they did once they got there

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, lodes and marshes, even the ice-cold sea and come out of the water healthier.

**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

**Swim Wild** Jack Hudson 2018-04-19 Live a more creative, content and fulfilled life by reconnecting with nature. Brothers Jack, Calum and Robbie have been swimming together their whole lives, and have never lost the sense of wonder, excitement and relief that getting in open water brings. In this book, we learn about their swimming feats, from tackling the 145km River Eden to setting the world record for swimming in the Arctic. They take us through their preparation for these expeditions, including sourcing wild spots in the heart of sprawling cities in which to train. They document the challenges they encounter and the successes often achieved in the most unexpected ways. And with everything they've learned, they give tips for those wanting to take on their own aquatic foray, whether a beginner or a seasoned swimmer. This book will show people of all ages how they too can take part in open water swimming and reconnect with the natural world around them. Their experience will embolden readers to escape their status quo and build confidence and contentment by challenging themselves to try something new and reconsider their relationship with nature and the wild. At its core, this book will provide advice, reassurance and inspiration for anyone in search of something more joyful, peaceful and, ultimately, meaningful.

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.

**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.

**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.

*Humble by Nature* Kate Humble 2013-04-25 In 2007, after twenty years of living in London, Kate Humble and her husband Ludo decided it was time to leave city life behind them. Three years later, now the owner of a Welsh smallholding, Kate hears that a nearby farm is to be broken up and sold off. Another farm lost;

another opportunity for a young farmless farmer gone. Desperate to stop the sale, Kate contacts the council with an alternative plan - to keep the farm working and to run a rural skills and animal husbandry school alongside it. Against all odds, she succeeds. Here, in *Humble By Nature*, Kate shares with us a highly personal account of her journey from London town house to Welsh farm. Along the way we meet Bertie and Lawrence the donkeys, Myfanwy and Blackberry the pigs and goats Biscuit and Honey, not forgetting a dog called Badger and his unladylike sidekick Bella. And we are introduced to the tenant farmers Tim and Sarah, the locals who helped and some who didn't, and a whole host of newborn lambs. Full of the warmth and passion for the natural world that makes Kate such a sought after presenter, *Humble By Nature* is the story of two people prepared to follow their hearts and save a small part of Britain's farming heritage, whatever the consequences.

**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.

*Becoming Forrest* Rob Pope 2021-10-14 The remarkable true story of an unrivalled journey to recreate the greatest run in film history: 15,600 miles, five-times across the United States.

**I Found My Tribe** Ruth Fitzmaurice 2017-07-06 'I Found My Tribe is inspiring, humbling and a picture of what love really looks like' Marian Keyes 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. Ruth's tribe are her lively children and her filmmaker husband, Simon, who has Motor Neurone Disease 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. 'Fitzmaurice tells her story in sparkling prose that is as sinewy as her new sea-strengthened body, and as admirable and boundless as her spirit', Sunday Times 'Uplifting and life-affirming' Stylist

*The Gold Machine* Iain Sinclair 2021-09-02 A New Statesman Book of the Year, 2021 'Follow Iain Sinclair into the cloud jungles of Peru and emerge questioning all that seemed so solid and immutable.' Barry Miles 'The Gold Machine is a trip, a psychoactive expedition in compelling company.' TLS From the award-winning author of *The Last London* and *Lights Out for the Territory*, a journey in the footsteps of our ancestors. In *The Gold Machine*, Iain Sinclair and his daughter travel through Peru, guided by - and in reaction to - an ill-fated colonial expedition led by his great-grandfather, Arthur Sinclair. The incursions of Catholic bounty hunters and Adventist missionaries are contrasted with today's ecotourists and short-cut vision seekers. The family history of a displaced Scottish highlander fades into the brutal reality of a major land grab. The historic thirst for gold and the establishment of sprawling coffee plantations leave terrible wounds on virgin territory. What might once have been portrayed as an intrepid adventure is transformed into a shocking tale of the violated rights of indigenous people, secret dealings between London finance and Peruvian government, and the collusion of the church in colonial expansion. In Sinclair's haunting prose, no place escapes its past, and nor can we.

*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.

**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.

**Cry of the Kalahari** Delia Owens 2021-10-07 'A remarkable story beautifully told... Among such classics as Goodall's *In the Shadow of Man* and Fossey's *Gorillas in the Mist*' Chicago Tribune Carrying little more than a change of clothes and a pair of binoculars, two young Americans, Mark and Delia Owens, caught a plane to Africa, bought a thirdhand Land Rover, and drove deep into the Kalahari Desert. There they lived for seven years, in an unexplored area with no roads, no people, and no source of water for thousands of square miles. In this vast wilderness the Owens began their zoology research, working along animals that had never before been exposed to humans. An international bestseller on original release, *Cry of the Kalahari* is the story of the Owens's life with lions, brown hyenas, jackals, giraffes, and the many other creatures they came to know. It is also a gripping account of how they survived the dangers of living in one of the last and largest pristine areas on Earth. -----

'One of the best testimonials to the perseverance, idealism and general spunk of passionate animal students' Washington Post 'For anyone interested in animals or in real life adventure, this book is a must' Jane Goodall

**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.

*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.

**Haunts of the Black Masseur** Charles Sprawson 2009-10-06 A new re-issue of the cult swimming classic, a beautiful read filled with detailed description and powerful prose. WITH A NEW INTRODUCTION BY AMY LIPROT 'A luminously romantic history of swimming' Guardian *Haunts of the Black Masseur* is a dazzling introduction to the great swimming heroes, from Byron leaping into the surf at Shelley's funeral to Hart Crane diving to his death in the Bay of Mexico. Bursting with anecdotes, Charles Sprawson leads us into a watery world populated by lithe demi-gods – a world that has obsessed humans from the ancient Greeks and Romans, to Yeats, Woolf, Fitzgerald and Hockney. Original, enticing and dripping with references to literature, film, art and Olympic history, this cult swimming classic pays sparkling tribute to water and the cultural meanings we attach to it. 'This splendid and wholly original book is as zestful as a plunge in champagne' Iris Murdoch

**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.

**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 Beaford 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.

**The Mindful Art of Wild Swimming** Tessa Wardley 2017-09-15 *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.

