

Swell A Waterbiography The Sunday Times Sport Book Of The Year 2017

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.

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. The question didn't seem to be so much why we swim, as where and how we swim, and with whom. Also, where we fail to swim, water threatening to flood our lungs or the lungs of others, as well as where we rise and float. Ingrid Horrocks had few aspirations to swimming mastery, but she had always loved being in the water. She set out on a solo swimming journey, then abandoned it for a different kind of immersion altogether &— one which led her to more deeply examine relationships, our ecological crisis, and responsibilities to those around us. *Where We Swim* ranges from solitary swims in polluted rivers in Aotearoa New Zealand, to dips in pools in Arizona and the Peruvian Amazon, and in the ocean off Western Australia and the south coast of England. Part memoir, part travel and nature writing, this generous and absorbing book is about being a daughter, sister, partner, mother, and above all a human being living among other animals

on this watery planet.

These days, swimming may seem like an egalitarian pastime, open to anyone with a swimsuit, but this wasn't always the case. In the 19th century, swimming was almost exclusively the domain of men. Women were (barely) allowed to swim in the sea, but even into the 20th century they could be arrested if they dared dive into a lake. It wasn't until the 1930s that women were reluctantly granted equal access. This is the story of the swimming suffragettes who made that possible; women who took on the status quo, and won. Part social history, part memoir, Swell shines a light on these swimming suffragettes. It celebrates some amazing achievements, some ridiculous outfits and some fantastic swimmers who challenge the stereotypes of what women are capable of. It's also the story of how Jenny eventually came to be a keen swimmer herself. Swell is a joyful hymn to the sport and an exploration of why swimming attracts so many women. It is a book dedicated to our brilliant swimming foremothers who collectively made it possible for any woman to plunge in however and wherever we choose.

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 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.

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.

"On September 2, 2013, at the age of 64, Diana Nyad emerged onto the shores of Key West after completing a 110 mile, 53 hour, record-breaking swim through

shark-infested waters from Cuba to Florida. Her memoir shows why, at 64 she was able to achieve what she couldn't at 30 and how her repeated failures contributed to her success."--

Architecture critic and water baby Christopher Beanland takes a deep dive into the fashionable outdoor swimming scene with Lido, profiling the world's best pools with his trademark wit, wisdom and pop culture references. Stylish photography and interviews with fellow lido enthusiasts only further add gloss to Beanland's delightful new book.

A joyful celebration of amateur theatre This is the story of amateur dramatics in Britain. In a triumphant mix of memoir, social history, interviews and manifesto, Jenny Landreth opens our eyes to am-dram and shows us a vibrant world that is a crucial part of our culture. Starting with the Mystery Plays of the Middle Ages, we move, via Shakespeare, to the Georgian aristocrats who built opulent private theatres in their own homes, then to the halcyon days of radical lefties taking political theatre to the streets, and on to the present day. Along the way, we visit several thriving theatres - across the country, and beyond our shores - and meet a cast of characters who tell us about the joy amateur theatre brings them. And we follow the full arc of a production at the Midlands theatre where Jenny's parents met and she started out, from first auditions to last night party, with all the mishaps and forgotten lines that come in between. In Britain today there are millions of people involved, and amateur theatre takes many forms, from classic productions to panto, but also cutting-edge new work. Without it, there would be no professional theatre, no Judi Dench or Kenneth Branagh or Brenda Blethyn. Break a Leg is an emphatic celebration. It is also a rallying cry, a call to appreciate how amateur theatre enriches communities and many people's lives - and how, if you join in, it might just do the same for you. '[A] joyous celebration of amateur theatre; a triumphant mix of memoir, social history, interviews and manifesto... Break a Leg is an emphatic celebration and a rallying cry to appreciate how amateur theatre enriches communities and many people's lives'

WhatsOnStage.com

'Having been banned from pools all over London for health and safety reasons, I can only gaze longingly at the sumptuous array of London pools. London swimmers rejoice!' - Jo Brand London is a city built on water, and ideal for swimmers. Whether you are looking for an early morning dip on Hampstead Heath, want to join the Christmas Day Club at Hyde Park's Serpentine or are searching for a Lido in Tooting, wherever you are in the Capital, you are rarely more than a paddle away from somewhere to swim. Swimming London is a guide, celebration and history of the 50 best swimming spots in London. From the regal baths at the RAC club to the super-chic rooftop pools at the Berkeley Hotel and Shoreditch House; from the open-water havens at Ham Lake and even the River Thames, to the grand old lidos at London Fields and Parliament Hill there is something for the casual swimmer, the long-distance athlete and the family day out. Drawing on a lifetime of swimming in the Capital and filled with tips and stories from its watery history, Swimming London provides a unique perspective on the city. So whether you're in search of swim off the Tottenham Court Road, or looking for somewhere to stretch your limbs on a summer's afternoon, this is the ultimate swimmer's companion.

Water is one of the most pressing concerns of our time. This book argues for the importance of water as a cultural object, and as a source of complex meanings and practices in everyday life, embedded in the socio-economics of local water provision. Each chapter aims to capture one element of water's fluid existence in the world, as material object, cultural representation, as movement, as actor, as practice and as ritual. The book explores the interconnectedness of humans and non-humans, of nature and culture, and the complex entanglements of water in all its many forms; how water constitutes multiple differences and is implicated in relations of power, often invisible, but present nevertheless in the workings of daily life in all its rhythms

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and forms; and water's capacity to assemble a multiplicity of publics and constitute new socialities and connections. Cities, and their inhabitants, without water will die, and so will their cultures.

Combining personal reminiscence with reflections on the history of the place over the years and through the seasons, for the first time this collection brings together writers' impressions of the Pond.

This collection covers a wide range of contemporary toilet designs along with a valuable list of website links where additional information about each design can be sought.

A wealth of information on the wildlife, stories and history of the islands. For those wishing to visit in small boats or kayaks there are details of: Landings? Camping? Drinking water? Tidal information Oileain is a detailed guide to almost every Irish offshore island. The guide is comprehensive, describing over 300 islands, big and small, far out to sea and close in by the shore, inhabited and uninhabited. Oileain tells it as it is, rock by rock, good and bad, pleasant and otherwise. It concentrates on landings and access generally, then adds information on camping, drinking water, tides, history, climbing, birds, whales, dolphins, legends or anything else of interest. Oileain will, I hope, appeal to all who go to sea in small boats, divers and yachtsmen as well as kayakers. The sheer level of detail contained in Oileain must surely throw new light on places they thought they knew well. It is not a book about kayaking. It so happens that a practical way of getting to islands is by kayak, and that is how the author gets about. Scuba divers and RIBs get in close too. Yachtsmen get about better than most, and they too enjoy exploring intensively from a dinghy. With the increasing availability of ferries, boatless people will also enjoy Oileain. Offshore islands are the last wilderness in Ireland. Hillwaking is now so popular that there are few untrampled mainland hills. Ninety per cent of offshore islands are uninhabited outside of the first fortnight in August, and eighty per cent even then. You won't meet many other people, if any at all, out beyond an Irish surf line. It is a time of change though, and holiday homes are very much the coming thing in some offshore areas. Sea going will never stop being a great adventure. Therefore, offshore islands are still the preserve of the very few. Now is a golden era for exploration.

It's 1982 in Australia. THE MAN FROM SNOWY RIVER is a box office hit and Paul Hogan is on the TV. In a seaside suburb, housewife Theresa takes up swimming. She wants to get fit; she also wants a few precious minutes to herself. So at sunrise each day she strikes out past the waves. From the same beach, the widowed Marie swims. With her husband gone, bathing is the one constant in her new life. After finding herself in a desperate situation, 25-year-old Leanne only has herself to rely on. She became a nurse to help others, even as she resists help herself. Elaine has recently moved from England. Far from home and without her adult sons, her closest friend is a gin bottle. In the waters of Shelly Bay, these four women find each other. They will survive bluebottle stings and heartbreak; they will laugh so hard they swallow water, and they will plunge their tears into the ocean's salt. They will find solace and companionship, and learn that love takes many forms. Most of all, they will cherish their friendship, each and every day. 'A tender, heartwarming read' New Idea 'An upbeat story about suburban life and female solidarity' Spectrum 'A delightful novel about the power of female friendship' Sunday Age 'Reading this book was like snuggling beneath a warm beach towel after a bracing dip in the ocean.' - JOANNA NELL Praise for Sophie Green's THE INAUGURAL MEETING OF THE FAIRVALE LADIES BOOK CLUB 'Tender, intimate, heartwarming, fulfilling and Australian as a lamb roast and full-bodied shiraz' The Australian Women's Weekly

Includes BONUS extract from Sophie Green's new novel, Thursdays at Orange Blossom House

'Anyone wanting an example of never being beaten should look at the incredible Francis Benali.' Alan Shearer 'Honest, revealing story of a strong man who pushed his body to its limits and beyond on and off the pitch. Incredible read.' Henry Winter, The Times 'The iron man with

a will of steel and a heart of gold. Truly fran-tastic!' Jeff Stelling, Soccer Saturday Francis Benali is a Southampton Football Club legend and a celebrated charity endurance athlete, and he's ready to tell his story. Francis 'Franny' Benali played football for 20 years for Southampton FC in nearly 400 games, almost his entire career. His utter dedication to the club caused him to be a hero to Saints fans around the world. Written with the acclaimed Daily Mail sportswriter Matt Barlow, this book details Benali's humble beginnings and has countless tales involving players, managers, and matches detailing Benali's illustrious football career. But his story is much more than that. The intense commitment he had as a player found a new outlet in the world of endurance sport. Through Ironman triathlons and marathons, he has raised more than £1 million for Cancer Research UK. Benali's story shows us what can be achieved through dedication and commitment on and off the pitch. Through football and charity, he has made a positive difference in countless people's lives. His is truly an inspirational story.

In this "elegant meditation on modern-day emotion" (San Francisco Chronicle), best-selling, prize-winning author Will Boast reimagines the myth of Daphne and Apollo. Will Boast's long-anticipated first novel is an "outright marvelous debut [that] breathes fresh vigor into timeless questions of love and risk" (Laura van den Berg). Born with a rare condition in which she suffers degrees of paralysis when faced with intense emotion, Daphne has had few close friends and fewer lovers. Like her mythic namesake, one touch can freeze her. But when Daphne meets shy, charming Ollie, her well-honed defenses falter, and she's faced with a critical choice: cling to her protective isolation or risk the recklessness of real intimacy. Set against the backdrop of a San Francisco flush with money and pulsing with protest, Daphne is "an amiable exploration of how humans might come to manage their raucous hearts" (NewYorker.com).

My name is Liz, and I am the partner of an alcoholic. Coming Clean is a searingly honest memoir of loving an alcoholic – both through the heaviest drinking years and into recovery. When Liz Fraser's partner fell into a catastrophic vortex of depression and alcoholism, Liz found herself in a relentless hailstorm of lies, loneliness and fear, looking after their young child on her own, heartbroken, mentally shattered and with no idea what was happening or what to do. As she and her family moved between Cambridge, Venice and Oxford, she kept the often shocking truth entirely to herself for a long time, trying in vain to help her partner find a path to sobriety, until she herself finally broke from the trauma and started to speak out – only to find she was one of hundreds experiencing similar things, also living in silence and fear. Part diary, part travel journal and part love letter, Coming Clean is the true story of addiction of many kinds, mental collapse and heartbreak. Above all, it offers a voice of deep human compassion, strength and hope for recovery. I hope that in sharing this story it might change the way addiction is talked about and understood from both sides, encourage open, trusting and supportive dialogue between addicts and those their addiction affects, and provide some solace and help for those who need it – as I did.

Sailing Ten Years and 20,000 Miles In Search of Surf and Self

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.

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.

The *Tao of Survival* focuses on real-world, core survival skills that can save your life anytime and anyplace, in any emergency situation. It delves into fundamental concepts that most survival books don't cover, including how to deal with fear, developing mind/body skills, and fully engaging your senses to be aware of your surroundings. James Morgan Ayres has worked as a consultant for various U.S. government agencies and private corporations, founded four companies, and lived and worked all over the world. He's written seven books, taught seminars on the tao of survival and related subjects, and has been a student and teacher of Asian thought, martial arts, healing, and meditation for more than forty years. He currently lives in Southern California.

The British journalist explores self-healing in wild waters across the UK—from Yorkshire to Jura and Wales—in this “genuine and refreshing nature memoir” (Kirkus Reviews). Following the example of naturalist Roger Deakin in his classic memoir *Waterlog*, journalist Joe Minihane becomes obsessed with wild swimming and its restorative qualities. Putting one arm over the other, sometimes resting on his back, he begins to confront his personal demons while rekindling old friendships and forging new ones. Through Minihane's thoughtful description, the act of swimming becomes both strange and beautiful as the wild water puts him in touch with nature and himself. From Hampstead to Yorkshire, from Dorset to Jura, from the Isles of Scilly to Wales, *Floating* is a love letter to different wild stretches of water. But it also captures Minihane's struggle to understand his life and move forward. Steeped in the anti-authoritarian and naturalistic spirit of Roger Deakin, Minihane celebrates the joy of taking time out to feel better.

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. A funny and bold account of how women fought their way into the water, and of what they did once they got there

Just days into motherhood, a woman begins dying. Fast and without warning. On return from near-death, Tanya Shadrack vows to stop sleepwalking through life. To take more risks, like the characters in the fairy tales she loved as a small girl, before loss and fear had her retreat into routine and daydreams. Around the care of young children, she starts to play with the shape and scale of her days: to stray from the path, get lost in the woods, make bargains with strangers. As she moves beyond her respectable roles as worker, wife and mother in a small town, Tanya learns what it takes - and costs - to break the spell of longing for love, approval, safety, rescue.

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.

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 witty and brilliant autobiography from legendary, beloved and groundbreaking journalist Katharine Whitehorn. 'A book to treasure for its wit, honesty, good sense and warm laughter' DAILY TELEGRAPH Q: A mother's place? A: In the wrong. Much loved for her frankness and humour, Katharine Whitehorn was a legendary journalist who pioneered the first of the personal columns. She told us how it really was. She was funny - and smart. SELECTIVE MEMORY, her autobiography, is about childhood, motherhood, marriage and of course her pioneering work on Fleet Street. Praise for Katharine Whitehorn: 'Everyone grabbed the Observer to read her column on a Sunday morning' JILLY COOPER 'Wise, witty, mischievous' JAY RAYNER 'A meteor: clever, funny, compassionate, insightful, beautiful' RACHEL COOKE *** 'A heroic outsider - a pleasure to read.' - TheGuardian 'Pat is a wonderful one-off...and this is the story of why that is.' - John Murray, Chief Sports Correspondent, BBC Radio 5 Live 'Unusually vibrant and elegant with heroic doses of humour, insight and self-effacement, this is an absolute must-read for the football connoisseur.' - Omid Djalili 'Honest, raw, revealing and very funny. How to live a life and career to the full. Insightful book about the most successful outsider inside football ever...' - Henry Winter, Chief Football writer, The Times 'The biggest influence of my professional career both on and off the pitch.' - Graeme Le Saux "I grew up captivated by Pat Nevin the player. As a man he taught me even more about the beauty of the game. One of football's great mavericks, and Chelsea's greatest players. And he can spin a

mean tune too." - Sam Matterface "I used to walk miles to see Pat Nevin play football and I'd do the same now to read his thoughts. Always challenging, always entertaining." - Lord Sebastian Coe Pat Nevin never wanted to be a professional footballer. His future was clear, he'd become a teacher like his brothers. There was only one problem with this - Pat was far too good to avoid attention. Raised in Glasgow's East End, Pat loved the game, playing for hours and obsessively following Celtic. But as he grew up, he also loved Joy Division, wearing his Indie 'gloom boom' coat and going on marches - hardly typical footballer behaviour! Placed firmly in the 80s and 90s, before the advent of the Premier League, and often with racism and violence present, Pat Nevin writes with honesty, insight and wry humour. We are transported vividly to Chelsea and Everton, and colourfully diverted by John Peel, Morrissey and nights out at the Hacienda. The Accidental Footballer is a different kind of football memoir. Capturing all the joys of professional football as well as its contradictions and conflicts, it's about being defined by your actions, not your job, and is the perfect reminder of how life can throw you the most extraordinary surprises, when you least expect it.

In 1927, Mercedes Gleitze became the first British woman to swim the English Channel, transforming her from a humble working-class typist into one of the most iconic sportswomen of her age. Fiercely independent and with no financial backing, Mercedes was at the forefront in the struggle to break through the existing prejudices against women taking part in sport. Over a ten-year period and a large number of pioneering, record-setting swims around the world, she achieved celebrity status, helped make Rolex famous, and was regularly in the spotlight of the worldwide press. While pursuing her dream she led by example, showing that women deserved recognition for their sporting achievements – though she herself was very modest about her success, barely talking about it even to her own children. Here, Mercedes' daughter documents the remarkable story of her early life and subsequent swimming career, using Mercedes' personal records and pictures, recollections from acquaintances and newspaper articles of the time.

From the first recorded dip into what's now the driest spot on earth to the recreational swimmers in your local pool, humans have been getting wet for 10,000 years. And for most of modern history, swimming has caused a ripple that touches us all. Splash! dives into Egypt, winds through ancient Greece and Rome, flows mostly underground through the Dark and Middle Ages (at least in Europe), and then re-emerges in the wake of the Renaissance before taking its final lap at the modern Olympic Games. Along the way, it kicks away the idea that swimming is just about speed or great feats of aquatic endurance, revealing how its history spans religion, fashion, architecture, public health, colonialism, segregation, sexism, sexiness, guts, glory and much, much more. As refreshing as jumping into a pool on a hot summer's day, Splash! sweeps across the whole of humankind's swimming history with an irrepressible enthusiasm that will make you crave your next dip.

SHORTLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR 2017 A funny and bold account of how women fought their way into the water, and of what they did once they got there These days, swimming may seem like the most egalitarian of pastimes, open to anyone with a swimsuit – but this wasn't always the case. In the 19th century, swimming was exclusively the domain of men, and access to pools was a luxury limited by class. Women were (barely) allowed to swim in the sea, as long as no men were around, but even into the 20th century they could be arrested and fined if they dared dive into a lake. It wasn't until the 1930s that women were finally, and reluctantly, granted equal access. This is the story of the women who made that possible, a thank-you to the fearless 'swimming suffragettes' who took on the status quo, fought for equal access, and won. Part social history, part memoir, Swell uncovers a world of secret swimming in the face of these exclusions and shines a light on the

'swimming suffragettes'. It celebrates some amazing achievements, some ridiculous outfits and some fantastic swimmers who challenge the stereotypes of what women are capable of. It's also the story of how Jenny eventually came to be a keen swimmer herself. Swell is a joyful hymn to the sport and an exploration of why swimming attracts so many women. Ultimately, it is a book dedicated to our brilliant swimming foremothers who collectively made it possible for any woman to plunge in with alacrity, anywhere we choose.

Why do so many of us feel drawn to water? Researchers around the globe are increasingly intrigued by our psychological response to blue space: oceans, rivers, lakes, canals and waterfalls. Research is showing that they are good for us, inducing a positive mood and reducing negative feelings. Many people naturally gravitate towards the nearest blue space for their regular walks. There is an innate soothing quality that water brings, whether it's crashing waves, the gentle lapping beat of the water's edge or the reflections we see... Water brings on a meditative, 'blue mind' state. Dr Catherine Kelly uses the study of Blue Mind, a term coined by Dr Wallace Nichols, which explores the study of water and why it makes us happy, to explore and understand the importance of blue space (water environments) and their therapeutic benefits. Looking at the most up-to-date research and evidence that supports its importance for our wellbeing, she suggests how we can all integrate blue mind practices into our lives, providing examples and exercises that anyone can use to enhance their mental health.

A unique and moving real-life story of the extraordinary bond between a young teacher and a penguin, this book will delight readers who loved *Marley & Me*, *Dewey the Library Cat*, *The Good Good Pig*, and any book by Jon Katz. In 1975, twenty-three-year-old Englishman Tom Michell follows his wanderlust to Argentina, where he becomes assistant master at a prestigious boarding school. But Michell's adventures really begin when, on a weekend in Uruguay, he rescues a penguin covered in oil from an ocean spill, cleans the bird up, and attempts to return him to the sea. The penguin refuses to leave his rescuer's side. "That was the moment at which he became my penguin, and whatever the future held, we'd face it together," says Michell in this charming memoir. Michell names the penguin Juan Salvador ("John Saved"), but Juan Salvador, as it turns out, is the one who saves Michell. After Michell smuggles the bird back to Argentina and into his campus apartment, word spreads about the young Englishman's unusual roommate. Juan Salvador is suddenly the center of attention—as mascot of the rugby team, confidant to the dorm housekeeper, co-host of Michell's parties, and an unprecedented swimming coach to a shy boy. Even through the collapse of the Perónist government and amid the country's economic and political strife, Juan Salvador brings joy to everyone around him—especially Michell, who considers the affectionate animal a *compadre* and kindred spirit. Witty and heartwarming, *The Penguin Lessons* is a classic in the making, a story that is both absurd and wonderful, exactly like Juan Salvador. Praise for *The Penguin Lessons* "I loved this book, and you will, too! It's as charming, heartwarming, and surprising as a penguin on a roof terrace. What's more, *The Penguin Lessons* teaches an important truth: that a single act of compassion can be repaid a thousand-fold."—Sy Montgomery, author of *The Good Good Pig* and the National Book Award finalist *The Soul of an Octopus* "[Tom Michell's] tone suits the material perfectly. . . . You believe every word. . . . No fool, this penguin. No fools, these publishers, who have unleashed such a delightful and

charming book just in time for Christmas.”—Daily Mail (U.K.) “Heart-warming is a wholly inadequate phrase to describe this captivating story that is pure delight from beginning to end.”—The Bookseller (U.K.)

Summer 1867: four-year-old Daisy Belle is about to make her debut at the Lambeth Baths in London. Her father, swimming professor Jeffrey Belle, is introducing his Family of Frogs - and Daisy is the star attraction. By the end of that day, she has only one ambition in life: she will be the greatest female swimmer in the world. She will race down the Thames, float in a whale tank, and challenge a man to a 70-foot high dive. And then she will set sail for America to swim across New York Harbour. But Victorian women weren't supposed to swim, and Daisy Belle will have to fight every stroke of the way if she wants her dreams to come true. Inspired by the careers of Victorian champions Agnes Beckwith and Annie Luker, Daisy Belle is a story of courage and survival and a tribute to the swimmers of yesteryear. ‘An incredibly evocative read. Daisy is a character that you cannot help but like’ –ShortBookandScribes ‘A love letter to a forgotten golden age of swimming... To read Davies' descriptions of water and its locations is transportive’ – The Outdoor Swimming Society ‘Daisy Belle highlights the histories and achievements of Victorian athletic lady-swimmers .. and reflects upon the history of swimming in London’ – Camden New Journal

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