

## Pondlife A Swimmers Journal

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Al Alvarez, Pondlife: A Swimmer's Journal Albert Alvarez (A or Al Alvarez) is known mainly as a poetry critic, anthologist and novelist, but none of this would be apparent from this recent journal, which deals with his daily routine of swimming in the Hampstead and Highgate ponds.

~~Pondlife: A Swimmer's Journal: Amazon.co.uk: Alvarez, Al ...~~

Al Alvarez's swimmer's diary, describing his all-year-round swimming in the outdoor ponds on Hampstead Heath, north London, is a marvellous book. Even the title Pondlife is spot-on: unlaboured,...

~~Pondlife: A Swimmer's Journal by Al Alvarez - review ...~~

Pondlife: A Swimmer's Journal. by. Al Álvarez. 3.93 · Rating details · 118 ratings · 32 reviews. 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.

~~Pondlife: A Swimmer's Journal by Al Álvarez~~

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.

~~Pondlife: A Swimmer's Journal: Al Alvarez: Bloomsbury ...~~

Pondlife - A Swimmer's Journal Despite its title, Pondlife is not in the end a book about either swimming or London wildlife; although it is full of warmly realised descriptions of both. Poet and...

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Pondlife: A Swimmer's Journal Al Alvarez 'The water was chilly and sweet - cold enough to stay with me and make me shiver while I did some shopping later.'

~~Pondlife: A Swimmer's Journal | Al Alvarez | Granta Magazine~~

(He was six months old when his parents moved to Hampstead and he has swum in the ponds since he was 11.) It is, in other words, a journal of leave-taking as well as "a swimmer's journal", and...

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Pondlife begins in 2002 as a journal of the daily dips he takes, but becomes, over the course of the nine years that it covers, an agitated meditation on senescence and a pugnacious swipe at the...

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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 SUNDAY TIMES BESTSELLER 'An honest and fascinating account of the journey that Tom made from discovering he was a type 2 diabetic to doing something about it. This book will change lives.' Michael Mosley 'Two years ago I turned 50, weighed 22 stone and was heavily medicated for type 2 diabetes. I thought it would be all downhill from there. By radically changing my nutrition, cutting out sugar, and taking up exercise, I've changed my life and reversed my diabetes. I hope my story will inspire others to regain their health and happiness and discover the new lease of life I'm experiencing.' Tom Watson began to put on weight in his early twenties, having developed an appetite for fast food and cheap beer while studying at the University of Hull. As time progressed - and his penchant for anything sweet, fatty or fizzy persisted - he found himself adjusting his belt, loosening his collar and upsizing his wardrobe to XXL. He continued to pile on the pounds when he entered the world of politics as MP for West Bromwich East (despite short-lived flirtations with fad diets and fitness classes). By December 2014, his bathroom scales had tipped to 22 stone. After being diagnosed with type 2 diabetes in late 2015, he decided to take control of his diet and exercise. He started to feel better quickly and within a short time his long-term blood sugar levels were within normal range. By July 2018, he came off medication.

Text and photographs introduce ponds, and includes information on the plants found in ponds such as water lilies and cattails, and animals found in ponds such as fish, frogs, and ducks.

A collection of poems that provide a look at some of the animals, insects, and plants that are found in ponds, with accompanying information about each.

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.

Taking the Waters is a celebration of four unique swimming spots on Hampstead Heath: the Kenwood Ladies' Pond, the Highgate Men's Pond, the Mixed Bathing Pond, and the Parliament Hill Lido. People have swum at the ponds for over 200 years – from champion swimmers and world famous divers, to international film stars and hardy year round bathers – while the Lido is one of London's few remaining outdoor pools. Together they attract over a quarter of a million visits a year. How and why did they come to be and what stories do they have to tell? This book is an illustrated history full of personal memories, archive images and stunning modern photography.

Cadillac Couches is a picaresque road trip story charting the territory from the west to big city and back again. This is a quixotic tale set in the 90s of two twenty-something women questing to find love and purpose. Annie and her very own Sancho Panza sidekick, Isobel, get in her 1972 Volkswagon Beetle and race across the plains to get to Montreal where her real life fantasy man, Hawksley Workman, is doing a gig. Shes not the first girl to fall in love with a musician, but shes the only girl she knows who is attempting to bridge the great listener-performer divide. An enchanting first novel, this is a story about finding your own holy grail in life as well as learning how to make art out of wounds. The book comes with its own playlist/soundtrack.

A year-round guide to 68 of the best hikes, walks, and family outings in New Hampshire.

NEW YORK TIMES BESTSELLER □ From the Booker Prize-winning author of *Lincoln in the Bardo* and *Tenth of December* comes a literary master class on what makes great stories work and what they can tell us about ourselves—and our world today. **LONGLISTED FOR THE PEN/DIAMONSTEIN-SPIELVOGEL AWARD □ ONE OF THE BEST BOOKS OF THE YEAR:** *The Washington Post*, *NPR*, *Time*, *San Francisco Chronicle*, *Esquire*, *Milwaukee Journal Sentinel*, *Town & Country*, *The Rumpus*, *Electric Lit*, *Thrillist*, *BookPage* □ “[A] worship song to writers and readers.”—*Oprah Daily* For the last twenty years, George Saunders has been teaching a class on the Russian short story to his MFA students at Syracuse University. In *A Swim in a Pond in the Rain*, he shares a version of that class with us, offering some of what he and his students have discovered together over the years. Paired with iconic short stories by Chekhov, Turgenev, Tolstoy, and Gogol, the seven essays in this book are intended for anyone interested in how fiction works and why it's more relevant than ever in these turbulent times. In his introduction, Saunders writes, “We're going to enter seven fastidiously constructed scale models of the world, made for a specific purpose that our time maybe doesn't fully endorse but that these writers accepted implicitly as the aim of art—namely, to ask the big questions, questions like, How are we supposed to be living down here? What were we put here to accomplish? What should we value? What is truth, anyway, and how might we recognize it?” He approaches the stories technically yet accessibly, and through them explains how narrative functions; why we stay immersed in a story and why we resist it; and the bedrock virtues a writer must foster. The process of writing, Saunders reminds us, is a technical craft, but also a way of training oneself to see the world with new openness and curiosity. *A Swim in a Pond in the Rain* is a deep exploration not just of how great writing works but of how the mind itself works while reading, and of how the reading and writing of stories make genuine connection possible.

A water strider darts across a pond, its feet dimpling the surface tension; a giant water bug dives below, carrying his mate's eggs on his back; hidden among plant roots on the silty bottom, a dragonfly larva stalks unwary minnows. Barely skimming the surface, in the air above the pond, swarm mayflies with diaphanous wings. Take this walk around the pond with Gilbert Waldbauer and discover the most amazingly diverse inhabitants of the freshwater world. In his hallmark companionable style, Waldbauer introduces us to the aquatic insects that have colonized ponds, lakes, streams, and rivers, especially those in North America. Along the way we learn about the diverse forms these arthropods take, as well as their remarkable modes of life—how they have radiated into every imaginable niche in the water environment, and how they cope with the challenges such an environment poses to respiration, vision, thermoregulation, and reproduction. We encounter the caddis fly larva building its protective case and camouflaging it with stream detritus; green darner dragonflies mating midair in an acrobatic wheel formation; ants that have adapted to the tiny water environment within a pitcher plant; and insects whose adaptations to the aquatic lifestyle are furnishing biomaterials engineers with ideas for future applications in industry and consumer goods. While learning about the evolution, natural history, and ecology of these insects, readers also discover more than a little about the scientists who study them.

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