

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 Alvarez

As Alvarez swims in the ponds he considers how it feels when you begin to miss that person

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you used to be able 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.

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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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Al Alvarez, Pondlife: A Swimmer's Journal Albert Alvarez (A or Al Alvarez) is known mainly as
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journal, which deals with his daily routine of swimming in the Hampstead and Highgate ponds.

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.

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.

'To write about suicide . to transform the subject into something beautiful - this is the foreboding task that Alvarez set for himself . he has succeeded.' The New York Times

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From the moment I watched a documentary of Chris Bonington and Tom Patey climb the perpendicular flanks of the Old Man of Hoy I knew that my life would not be complete until I had followed in their footholds. That was in 1983 when I was thirteen. Within months I was tackling my first crags and dreaming of standing atop Europe's tallest sea stack with the Atlantic pounding 450 feet below. Those dreams went dark at nineteen when I learned I was going blind. I hung up my harness for twenty years and tried to ignore the twinge of desire I felt every time The Old Man appeared on TV.' Middle aged, by now a family man, crime novelist and occasional radio personality, Red Szell's life nonetheless felt incomplete. He was still climbing, but only indoors until he shared his old, unforgotten, dream with his buddies, Matthew and Andres, and it became obvious that an attempt had to be made. With the help of mountain guides Martin Moran and Nick Carter, and adventure cameraman Keith Partridge, supported by family and an ever growing following, Red set out to confront the Orcadian giant.

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.

Al Alvarez touched down in Las Vegas one hot day in 1981, a dedicated amateur poker player but a stranger to the town and its crazy ways. For three mesmerizing weeks he witnessed some of the monster high-stakes games that could only have happened in Vegas and talked to the extraordinary characters who dominated them--road gamblers and local professionals who won and lost fortunes on a regular basis. Set over the course of one tournament, The Biggest Game in Town is both a chronicle of the World Series of Poker--the first ever written--and a portrait of the hustlers, madmen, and geniuses who ruled the high-stakes game in America. It is a brilliant insight into poker's appeal as a hobby, an addiction, and a way of life, and into the skewed psychology of master players and fearless gamblers. With a new introduction by the author, Alvarez's classic account is "the greatest dissection of high-stakes Vegas poker and the madness that surrounds it ever written" (TimeOut [UK]).

Over 3,200 entries An essential guide to authors and their works that focuses on the general canon of British literature from the fifteenth century to the present. There is also some coverage of non-fiction such as biographies, memoirs, and science, as well as inclusion of major American and Commonwealth writers. This online-exclusive new edition adds 60,000 new words, including over 50 new entries dealing with authors who have risen to prominence in the last five years, as well as fully updating the entries that currently exist. Each entry provides details of a writer's nationality and birth/death dates, followed by a listing of their titles arranged chronologically by date of publication.

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This book explores the artistic routines and inspirations of amateur and professional musicians, fine artists and literary authors experiencing midlife. Based on ethnographic insight, it argues that creativity is driven by the pursuit of a 'mezzanine' in-between state where the anarchy of possibility is an antidote to the realities of middle age.

In a world of the future, people exist in a perpetual state of rehearsing evacuations, and one man's rehearsal involves leaving his parents behind. A firespotter knows all too well that where there's smoke, there's fire - but fails to spot the blaze that consumes half her family. Then there's the Custer impersonator who takes his role in a re-enactment too literally, and too far. And the massage therapist struggling to help a veteran whose biggest regret is tattooed across his back. With award-winning reportage, memoir, fiction and photography, Granta has illuminated the most complex issues of modern life through the refractory light of literature. Feel the sting of betrayal via new writing by Ben Marcus, Janine di Giovanni, Samantha Harvey, Colin Robinson, Jennifer Vanderbes, Callan Wink, John Burnside, Andre Aciman and more.

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.

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