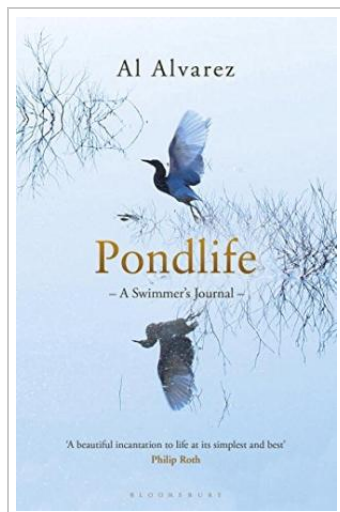




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Pondlife: A Swimmer s Journal (Paperback)

By Al Alvarez

Bloomsbury Publishing PLC, United Kingdom, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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,...

Reviews

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

-- **Dr. Marcos Grimes III**

A whole new e book with an all new point of view. It is one of the most incredible book i actually have go through. I am easily could possibly get a enjoyment of reading through a written book.

-- **Nathanael Treutel**