

# Books of the Month

## Summer Nature Special

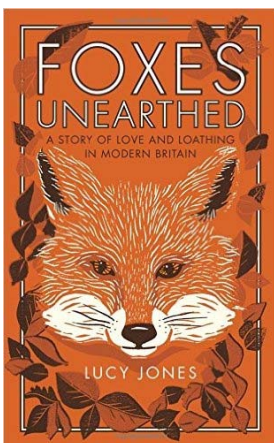
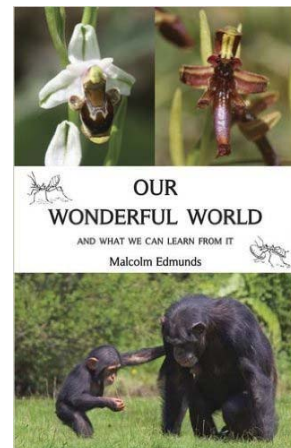
### August 2016



#### OUR WONDERFUL WORLD — And what we can learn from it Malcolm Edmunds £8.99

Malcolm Edmunds has been a life-long Quaker with a fascination for natural history. He studied zoology at Oxford and stayed on for his doctorate on defensive behaviour of sea-slugs. His 100 research publications include studies of sea slugs, mimetic butterflies, ant-mimicking spiders, praying mantids, hawkmoth caterpillars and mimetic hoverflies.

Many of his numerous articles for the Quaker journal *The Friend* are reprinted in this book where he explores animal behaviour and other features of the natural world and draws ethical lessons from them relevant for us humans.



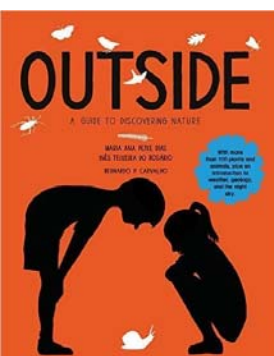
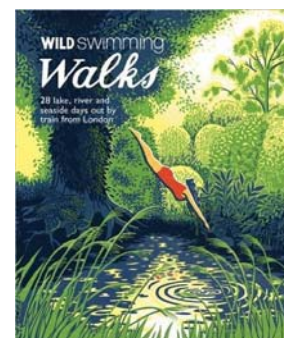
#### FOXES UNEARTHED — A Story of Love and Loathing in Modern Britain Lucy Jones £14.99

As one of the largest predators left in Britain, the fox is captivating: a comfortably familiar figure in our country landscapes; an intriguing flash of bright-eyed wildness in our towns. In *Foxes Unearthed* Lucy Jones investigates the truth about foxes in a media landscape that often carries complex agendas. Delving into fact, fiction, folklore and her own family history, Lucy travels the length of Britain to find out first-hand why these animals incite such passionate emotions, revealing our rich and complex relationship with one of our most loved - and most vilified - wild animals. This compelling narrative adds much-needed depth to the debate on foxes, asking what our attitudes towards the red fox say about us and, ultimately, about our relationship with the natural world.

#### WILD SWIMMING WALKS

##### Kenwood Ladies' Pond Association £14.99

Join the famous swimming ladies of Hampstead on their favourite countryside walks across southern and eastern England. These wild swimming walks - all accessible by train - lead to secret lakes, river meadows and sandy seaside beaches. *Wild Swimming Walks* is the perfect guide for city escapes without the car this summer. With walks from a few miles to a full day out, this book is ideal for families and the more serious adventurer too. A beautiful retro-styled book, with original illustrations and scenic photographs, the book also includes detailed instructions, maps and intriguing anecdotes. *Wild Swimming Walks* will be treasured by nature lovers, ramblers and wild swimmers alike.



#### OUTSIDE: A Guide to discovering Nature

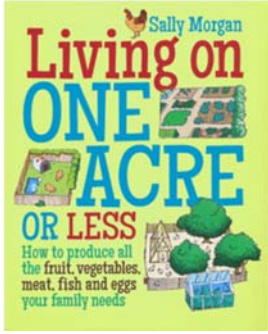
##### Maria Ana Peixe Dias, Inês Teixeira do Rosário, Bernardo P. Carvalho £18.99

Even if we live in the city, nature is still all around us: clouds and stars, trees and flowers, rocks and beaches, birds, reptiles or mammals. What are we waiting for? Let's jump off the couch and begin exploring! This book, which won the coveted Bologna Regazzi award, aims to arouse your curiosity about fauna, flora and other aspects of the natural world. It includes suggestions for activities and many illustrations to help the whole family get started, leave the house, and go out to discover – or simply admire – the amazing world that exists outdoors.

## LIVING ON ONE ACRE OR LESS

**Sally Morgan £17.99**

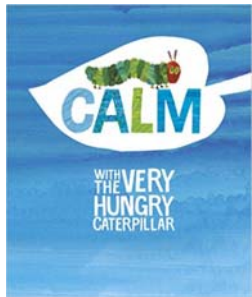
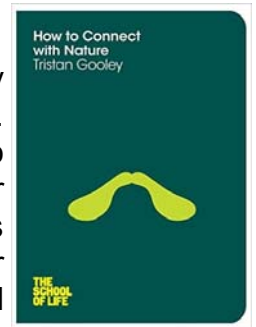
You can grow all the fruit and vegetables your family needs, raise animals for meat and eggs, keep fish and bees, and even produce firewood on a plot of land of just one acre or less alongside your work and family life. Whether you have a garden, a paddock or perhaps the corner of a field, Sally Morgan guides you through: How to lay out your plot including fencing and polytunnels or greenhouses; Managing soil fertility; Growing fruit and vegetables throughout the year; Keeping livestock: poultry, pigs, sheep and goats; Producing fish with aquaponics. Filled with practical advice, this book is essential reading for anyone who wants to be more self-sufficient and live a more sustainable life.



## HOW TO CONNECT WITH NATURE

**Tristan Gooley £7.99**

A deep knowledge of our natural environment is no longer a vital part of everyday survival, certainly for those of us living in cities and working in weatherproof offices. Unless we have an inherent love of the great outdoors, do we really need to connect with nature? Author Tristan Gooley believes that real connection, no matter how small, can enrich us as individuals, allowing us to see every living thing in its own intricate network. Offering a host of techniques, he helps us awaken our senses and deepen our understanding of nature's cycles, conflicts and relationships.



## CALM with the Very Hungry Caterpillar

**Eric Carle £6.99**

*When your monkey mind feels too jumpy... take a deep breath... to clear the cobwebs from your mind.* Featuring the beautiful, contemplative artwork of *The Very Hungry Caterpillar* creator Eric Carle, this little book will help guide you to relax and calm your monkey mind. "This beautifully illustrated and wonderfully written book helps children learn mindfulness as a life skill in a way they can build into their lives as a daily practice" Professor Willem Kuyken, Oxford University

Title	Quantity	Price
<b>Delivery costs:</b>	Orders under £5 <b>£1.80 delivery</b>	Orders between £5 - £10 <b>£3.30 delivery</b>
<b>Your</b>	Orders between £20 - £40 <b>£5.70 delivery</b>	Orders between £40 - £75 <b>£8.10 delivery</b>
	Orders between £10 - £20 <b>£4.20 delivery</b>	Orders above £75 <b>£10.50</b>
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<b>Additional Notes:</b>		
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