



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,...

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