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Title:	Author:	Description:
A Race too Far	Chris Eakin	The true story of the tragic round-the-world yacht race - now the subject of The Mercy, starring Colin Firth and Rachel Weisz In 1968, the Sunday Times organised the Golden Globe race—an incredible test of endurance never before attempted—a round the world yacht race that must be completed single-handed and non-stop. Of the nine sailors who started the race, four realised the madness of the undertaking and pulled out within weeks. The remaining five each have their own remarkable story. Chay Blyth, fresh from rowing the Atlantic with John Ridgway, had no sailing experience but managed to sail round the Cape of Good Hope before retiring. Nigel Tetley sank while in the lead with 1,100 nautical miles to go, surviving but dying in tragic circumstances two years later. Donald Crowhurst began showing signs of mental illness and tried to fake a round the world voyage. His boat was discovered adrift in an apparent suicide, but his body was never found. Bernard Moitessier abandoned the race and carried on to Tahiti, where he settled and fathered a child despite having a wife and family in Paris. Robin Knox-
Left For Dead: 30 Years on - the Race is Finally Over	Nick Ward	The world-famous Fastnet Race takes yachts from the Isle of Wight to the Fastnet Rock off the southwest coast of Ireland and back. The 1979 race began in perfect conditions, but was soon engulfed by the deadliest storm in the history of modern sailing. By the time it passed, the havoc caused was immeasurable, and fifteen sailors had lost their lives. It had been Nick Ward's childhood ambition to sail in the Fastnet Race, and being asked to join the crew of the 30-foot yacht Grimalkin was a dream come true. But then the storm hit. Grimalkin was capsized again and again. With the skipper lost overboard, after hours of struggle three of the crew decided to abandon the boat for the liferaft. Nick and another crewmember, both unconscious, were left on the beleaguered yacht in the middle of the Irish Sea. Both were presumed dead. Gerry died a few hours later, and Nick was left to face the storm alone.
One Hundred Days: The Memoirs of the Falklands Battle Group Commander	Admiral Sandy Woodward	On 5 April 1982, three days after Argentina invaded the Falkland Islands, British armed forces were ordered to sail 8,000 miles to the South Atlantic. It soon became obvious they were sailing to war. But with no advantage in the air or on land and the vast distances involved, many felt that victory was at best unlikely – and at worst, impossible. As Battle Group Commander, Admiral Sandy Woodward was the man in charge on the frontline. In this acclaimed account, he takes us from day 1 to day 100 of the conflict; through the tragic losses of ships and men to the defeat of the Argentinian Navy and the retaking of the islands.
Marine A: The truth about the murder conviction Kindle Edition	Alexander Blackman	For the first time, a blistering, highly charged account from the man known as 'Marine A' who was at the centre of the controversial murder of a wounded Taliban fighter. His case led to an unprecedented wave of public support which raised over £800,000 to fund his appeal.
SAS: Rogue Heroes – the Authorized Wartime History	Ben MacIntyre	In the summer of 1941, at the height of the war in the Western Desert, a bored and eccentric young officer, David Stirling, came up with a plan that was radical and entirely against the rules: a small undercover unit that would inflict mayhem behind enemy lines. Despite intense opposition, Winston Churchill personally gave Stirling permission to recruit the toughest, brightest and most ruthless soldiers he could find. So began the most celebrated and mysterious military organisation in the world: the SAS. Now, 75 years later, the SAS has finally decided to tell its astonishing story. It has opened its secret archives for the first time, granting historian Ben Macintyre full access to a treasure trove of unseen reports, memos, diaries, letters, maps and photographs, as well as free rein to interview surviving Originals and those who knew them.
The Long Way	Bernard Moitessier	The Long Way is Bernard Moitessier's own incredible story of his participation in the first Golden Globe Race, a solo, non-stop circumnavigation rounding the three great Capes of Good Hope, Leeuwin, and the Horn. For seven months, the veteran seafarer battled storms, doldrums, gear-failures, knock-downs, as well as overwhelming fatigue and loneliness. Then, nearing the finish, Moitessier pulled out of the race and sailed on for another three months before ending his 37,455-mile journey in Tahiti. Not once had he touched land.

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Rum, Bum and Baccy - True tales of a sailor in the 1960s and 70s	Bernie Howard	Former Waltham Forest resident Bernie Howard describes his life in the navy in his memoirs, Rum, Bum and Baccy. From being chased along a beach by a pack of wolves in Mombasa to being told to get lost by film star Jack Palance, Bernie Howard's mates loved hearing his stories about his time in the Navy so much that he decided to put them all in a book. Rum, Bum and Baccy is a collection of short stories about Bernie's life as a sailor in the Royal and Merchant navies in the 1960s and 1970s, beginning with his training at HMS Ganges in Ipswich as a 15-year-old in 1962.
The Royal Navy Officer's Pocket Book	Brian Lavery	The Handbook has been compiled and edited by Brian Lavery, who provides commentary and an introduction. Sections include: the Officer's Aid Memoire containing notes of the training course at one of the officer training schools; Notes for medical officers and treatment of battle casualties afloat; Notes for captains on taking command of their first ship; Notes for commanding officers; Notes on the handling and safety of ships and notes on dealing with disobedience and mutiny. While suffused with nostalgia and charm, the various contents of this book are an authentic presentation of matters of training, authority and deportment in the wartime navy. The book is sure to appeal not only to those who served in the war or had a relative who was in the officer class, but also to anyone who wants to gain a greater understanding of the day-to-day administration of the wartime navy.
The Last Cambridge Spy: John Cairncross, Bletchley Codebreaker and Soviet Double Agent	Christopher Smith	John Cairncross was among the most damaging spies of the twentieth century. A member of the infamous Cambridge Ring of Five, he leaked highly sensitive documents from Bletchley Park, MI6 and the Treasury to the Soviet Union including the first atomic secrets and raw decrypts from Enigma and Tunny that influenced the outcome of the Battle of Kursk. In 2014, Cairncross appeared as a secondary, though key, character in the biopic of Alan Turing's life, The Imitation Game. While the other members of the Cambridge Ring of Five have been the subject of extensive biographical study, Cairncross has largely been overlooked by both academic and popular writers. Despite clear interest, he has remained a mystery until now.
Waterways Guide 1: Grand Union, Oxford & the South East:	Collins Maps	Waterways covered in this guide – Chelmer & Blackwater Navigation, Grand Union Canal, Lee & Stort Navigations, River Medway, Oxford Canal, River Thames.
Waterways Guide 2: Severn, Avon & Birmingham:	Collins Maps	Covered in this guide are the River Avon; Birmingham Canal Navigations (Main Line); Droitwich Canals; Gloucester & Sharpness Canal and the River Severn; Staffordshire & Worcestershire Canal; Stourbridge and Dudley Canals; Stratford-on-Avon Canal; Stroudwater Navigation and Thames & Severn Canal; and the Worcester & Birmingham Canal.
Waterways Guide 3: Birmingham & the Heart of England:	Collins Maps	Covered in this guide are: Ashby Canal; Birmingham Canal Navigations (Main Line); Birmingham & Fazeley Canal; Coventry Canal; Erewash Canal; Grand Union Canal (Main Line, Leicester Section and the River Soar); Oxford Canal, North; Staffordshire & Worcestershire Canal, North; Stratford-on-Avon Canal, North; Worcester & Birmingham Canal, North; and the Trent & Mersey Canal.
Waterways Guide 4: Four Counties & the Welsh Canals:	Collins Maps	Covered in this guide are: Caldon Canal, Llangollen Canal, Monmouthshire & Brecon Canal, Neath & Tennant and Swansea Canals, Montgomery Canal, Shropshire Union Canal, Staffordshire & Worcestershire Canal, Trent & Mersey Canal, River Weaver.
Waterways Guide 5: North West & the Pennines:	Collins Maps	Covered in this guide are: Aire & Calder Navigation, Bridgewater Canal, Calder & Hebble Navigation, Huddersfield Narrow Canal, Huddersfield Broad Canal, Lancaster Canal, Leeds & Liverpool Canal, Macclesfield Canal, Manchester Bolton & Bury Canal, Peak Forest and Ashton Canals, Rochdale Canal, Sankey Canal and Trent & Mersey Canal.

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Waterways Guide 6: Nottingham, York & the North East:	Collins Maps	Covered in this guide are: Aire & Calder Navigation; Chesterfield Canal; River Derwent and the Pocklington Canal; Fosdyke & Witham Navigations; Grantham Canal; River Ouse, River Ure and Ripon Canal; Selby Canal; South Yorkshire Navigations; and River Trent.
Waterways Guide 7: River Thames and Southern Waterways:	Collins Maps	Waterways covered in this guide – Basingstoke Canal, Bridgwater & Taunton Canal, Grand Western Canal, Exeter Ship Canal, Kennet & Avon Canal, River Thames, Wey & Godalming Navigations.
Waterways Guide: Norfolk Broads:	Collins Maps	Covered in this guide are the canals and waterways of the Broads National Park, including the Norfolk and Suffolk Broads and the Rivers Ant, Bure, Thurne, Wensum, Yare, Chet and Waveney.
Godforsaken Sea - Racing the World's most dangerous waters	Derek Lundy	27,000 miles, three and a half to five months alone at sea, chilling casualty rates, the unrelenting strain of handling 60-foot boats day and night, the absolute certainty of weather and waves that could destroy them. On 3 November 1996 sixteen sailors set out from the Bay of Biscay to embark on the Vendee Globe - a single-handed yacht race through the world's most treacherous and isolated seas. Of the sixteen starters only six completed the course, six others withdrew or were disqualified, three were plucked from sinking boats and one disappeared without trace. This is a book about the sea: how we are drawn to it and how it repels us and about why these men and women risk everything to embark on such a perilous journey.
Cochrane - The story of Britannia's Sea Wolf	Donald Thomas	The life of Thomas, Lord Cochrane, later 10th Earl of Dundonald, was more extraordinary than that of Nelson, more far fetched than that of Hornblower or Patrick O'Brien's Jack Aubrey. Born the son of an eccentric and indigent Scottish peer, he entered the Royal Navy in 1793. In a series of outstanding and heroic actions, often against seemingly overwhelming odds, he made his name fighting Napoleon's navy as one of the most dashing and daring frigate captains of his day, before embarking on a career as a mercenary admiral.
Full Circle	Ellen MacArthur	Ellen MacArthur writes honestly about the trials of fame after coming second in the Vendee Globe in 2001; about the frustrations in missing the record for the West-East transatlantic crossing by just 75 minutes in 2004; the dramatic capsize and dismasting she experienced prior to her record attempt, and then the ultimate triumph of her spectacular, record-breaking, non-stop solo circumnavigation of the globe in 2004-5, sharing every painful and exciting moment of her 71 days alone at sea. And of course she tells of the fateful trip to South Georgia in 2005 which caused her to decide to leave competitive sailing behind for ever and focus all her ambition and energy towards a new and much bigger race.
Taking on the World	Ellen MacArthur	When Ellen MacArthur became the youngest person ever to complete yachting's most gruelling race, the Vendée Globe, she also assured herself of a place in sporting history as the fastest woman ever to circumnavigate the globe. As the world watched the images of her disasters and triumphs aboard her boat, MacArthur swiftly entered that pantheon of sportsmen and women whose emotional life we came to share over and above their achievements in their chosen field. We strove against the elements with her, we suffered with her when disaster loomed—and, finally, we could all take vicarious pleasure in her ultimate triumph. But Ellen MacArthur never forgot that she had made a choice. She was chasing a dream. To give it any less than her all would have been to let down everyone who believed in her and anyone for whom fate had denied the opportunity to realize their own ambitions. She knew she could never give up. This is her story so far: how, from her childhood in landlocked Derbyshire, she made it to the startline of the 2000/2001 Vendee Globe. And, told in full for the first time, it's the story of the race that

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On Her Majesty's Nuclear Service	Eric Thompson	Eric Thompson is a career nuclear submarine officer who served from the first days of the Polaris missile boats until after the end of the Cold War. He joined the Navy in the last days of Empire, made his first sorties in World War II type submarines and ended up as the top engineer in charge of the navy's nuclear power plants. Along the way, he helped develop all manner of kit, from guided torpedoes to the Trident ballistic missile system. In this vivid personal account of his submarine operations, he reveals what it was like to literally have your finger on the nuclear button.
The lonely sea and sky	Francis Chichester	Aged eighteen with a taste for adventure, Francis Chichester emigrated to New Zealand with ten pounds in his pocket. He tried his hand as a boxer, shepherd, lumberjack and gold prospector, before returning to England. Having qualified as a pilot, in 1929 he embarked on his most famous solo flight in the de Havilland Gipsy Moth from England to Australia. Shortly afterward, he would survive a near-death catastrophe in an attempt to fly solo around the world. Turning to sailing, he won the first single-handed transatlantic yacht race in Gipsy Moth III, despite having been diagnosed with cancer two years previously. In 1967, he became the first person to sail around the world solo from west to east via the great capes.
Royal Navy Type 45 Destroyer Manual: An insight into operating and maintaining the Royal Navy's largest and most powerful air defence destroyer ... Manual) (Haynes Owners' Workshop Manuals)	Haynes	The Type 45 Daring class is the largest and most powerful air defence destroyer class ever operated by the Royal Navy and the largest general purpose surface warship (excluding aircraft carriers and amphibious ships) to join the fleet since the Second World War cruisers. Author Jonathan Gates describes the development, trials and entry into Royal Navy service of the Type 45, the anatomy of the vessel, its propulsion system, radar command and control systems, weapons systems, and how the ship is operated at sea. Officially licensed Royal Navy product. The first modern warship to receive the Haynes Manual treatment. Author Jonathan Gates has been given unique access to the Type 45 Daring class by the Royal Navy. Author was on the design team for the Type 45. Fully illustrated with detailed photographs and technical drawings. Type 45 is the first British warship to be designed entirely using CAD.
Hard Choices: A Memoir	Hillary Rodham Clinton	In the aftermath of her 2008 presidential run, she expected to return to representing New York in the United States Senate. To her surprise, her formal rival for the Democratic Party nomination, newly elected President Barack Obama, asked her to serve in his administration as Secretary of State. This memoir is the story of the four extraordinary and historic years that followed, and the hard choices that she and her colleagues confronted.
The Girl with Seven Names: Escape from North Korea	Hyeonseo Lee	An extraordinary insight into life under one of the world's most ruthless and secretive dictatorships – and the story one woman's terrifying struggle to avoid capture/repatriation and guide her family to freedom. As a child growing up in North Korea, Hyeonseo Lee was one of millions trapped by a secretive and brutal communist regime. Her home on the border with China gave her some exposure to the world beyond the confines of the Hermit Kingdom and, as the famine of the 1990s struck, she began to wonder, question and to realise that she had been brainwashed her entire life. Given the repression, poverty and starvation she witnessed surely her country could not be, as she had been told "the best on the planet"? Aged seventeen, she decided to escape North Korea. She could not have imagined that it would be twelve years before she was reunited with her family.

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Dear Leader: North Korea's senior propagandist exposes shocking truths behind the regime	Jang Jin-Sung	Jang Jin-sung held one of the most senior ranks in North Korea's propaganda machine, helping tighten the regime's grip over its people. Among his tasks were developing the founding myth of North Korea, posing undercover as a South Korean intellectual and writing epic poems in support of the dictator, Kim Jong-il. Young and ambitious, his patriotic work secured him a bizarre audience with Kim Jong-il himself, thus granting him special status as one of the 'Admitted'. This meant special food provisions, a travel pass and immunity from prosecution and harm. He was privy to state secrets, including military and diplomatic policies, how the devastating 'Scrutiny' was effected, and the real position of one of the country's most powerful, elusive men, Im Tong-ok. Because he was praised by the Dear Leader himself, he had every reason to feel satisfied with his lot and safe.
Nelson: A Dream of Glory	John Sugden	Nelson: A Dream of Glory is the most comprehensive and thoroughly researched account ever written of Horatio Nelson's rise to international fame. Giving us the private as well as the public man, it combines ground-breaking scholarship with a brilliantly vivid and compelling style.
South Sea Vagabonds	John Wray	Johnny Wray's gripping and often hilarious account of his adventures around the South Pacific has inspired readers and changed lives since its first publication 75 years ago. Fired from his day job during the Great Depression, Johnny begged, borrowed and stole the materials to build his famous yacht Ngataki. With some mates for company and a sextant to steer by, he set sail for the palm-fringed atolls and islands of his dreams - to discover they really exist. But South Sea Vagabonds is much more than just a ripping yarn; it is a heartfelt hymn to the possibility of living a free life and truly being the master of one's own destiny.
The Aquariums of Pyongyang: Ten Years in the North Korean Gulag	Kang Chol-Hwan & Pierre Rigoulot	Kang Chol-Hwan is the first survivor of a North Korean concentration camp to escape the 'hermit kingdom' and tell his story to the world. This memoir reveals the human suffering in his camp, with its forced labour, frequent public executions and near-starvation rations. Kang eventually escaped to South Korea via China to give testimony to the hardships and atrocities that constitute the lives of the thousands of people still detained in the gulags today. Part horror story, part historical document, part memoir, part political tract, this story of one young man's personal suffering finally gives eye-witness proof to this neglected chapter of modern history.
My Silent War: The Autobiography of a Spy	Kim Philby	In the annals of espionage, one name towers above all others: that of H. A. R. "Kim" Philby, the ringleader of the legendary Cambridge spies. A member of the British establishment, Philby joined the Secret Intelligence Service in 1940, rose to the head of Soviet counterintelligence, and, as M16's liaison with the CIA and the FBI, betrayed every secret of Allied operations to the Russians, fatally compromising covert actions to roll back the Iron Curtain in the early years of the Cold War. Written from Moscow in 1967, My Silent War shook the world and introduced a new archetype in fiction: the unrepentant spy. It inspired John Le Carre's Smiley novels and the later espionage novels of Graham Greene. Kim Philby was history's most successful spy. He was also an exceptional writer who gave us the great iconic story of the Cold War and revolutionized, in the process, the art of espionage writing.
The Brink: President Reagan and the Nuclear War Scare of 1983	Marc Ambinder	Marc Ambinder explains the anxious period between the United States and the Soviet Union from 1982 to 1984, with the "Able Archer '83" war game at the center of the tension. With astonishing and clarifying new details, he recounts the scary series of the close encounters that tested the limits of ordinary humans and powerful leaders alike. Ambinder provides a comprehensive and chilling account of the nuclear command and control process, from intelligence warnings to the composition of the nuclear codes themselves. And he affords glimpses into the secret world of a preemptive electronic attack that scared the Soviet Union into action. Ambinder's account reads like a thriller, recounting the spy-versus-spy games that kept both countries--and the world--in check.

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Argentine Fight for the Falklands	Martin Middlebrook	This book provides new light on the way the Argentine forces were organized for war, the plans and reactions of the commanders, the sufferings of the soldiers and the shame and disillusionment of defeat. Martin Middlebrook is the only British historian to have been granted open access to the Argentines who planned and fought the Falklands War. It is essential reading for all who wish to understand the workings of military minds.
Matt on Brexit	Matt Pritchett	Brilliantly entertaining, award-winning Matt can lighten even the most troubling times, and find the perfect cartoon to make the nation smile.
Himalaya	Michael Palin	Having risen to the challenge of seas, poles, dhows and deserts, the highest mountains in the world were a natural target for Michael Palin. In a journey rarely, if ever, attempted before, in 6 months of hard travelling Palin takes on the full length of the Himalaya including the Khyber Pass, the hidden valleys of the Hindu Kush, ancient cities like Peshawar and Lahore, the mighty peaks of K2, Annapurna and Everest, the gorges of the Yangtze, the tribal lands of the Indo-Burmese border and the vast Brahmaputra delta in Bangladesh. Facing altitudes as high as 17,500 feet as well as some of the world's deepest gorges, Palin also passed through political flashpoints like Pakistan's remote north-west frontier, terrorist-torn Kashmir and the mountains of Nagaland, only recently open to visitors.
Sahara	Michael Palin	Michael Palin's epic voyages have seen him circumnavigate the globe, travel from the North to the South Pole and circle the countries of the Pacific Ocean, but this was perhaps the greatest challenge yet: to cross the vast and merciless Sahara desert. As the journey unfolds, the Sahara reveals not the emptiness of endless sand dunes, but a huge and diverse range of cultures and landscapes and a long history of commerce and conquest stretching from the time of the ancient Egyptians to the oil-rich Islamic republics of today.
The Falklands War – There and Back Again: The Story of Naval Party 8901	Mike Norman & Michael K. Jones	On 1 April 1982 Major Mike Norman, commander of Naval Party 8901, was looking forward to a peaceful yearlong tour of duty on the Falkland Islands. But events turned out differently, for the next day the Argentines invaded and he and his forty-three Royal Marines found themselves fighting for their lives.
Victory in the Falklands	Nicholas van der Bijl	The Hundred Days that saw the British response to General Galtiere of Argentina's invasion of the Falklands are for many British people the most remarkable of their lives. It describes the dark days of early April, the feverish response and forming of the Task Force, the anxieties and uncertainties, the naval and air battles that preceded the landings by 3 Commando Brigade and 5th Infantry Brigade. The extraordinary battles such as Goose Green, Mount Tumbledown, Wireless Ridge etc are narrated fully but succinctly. This is a very balanced overview of a never-to-be-repeated but triumphant chapter in British military history.
Next Stop Execution: The Autobiography of Oleg Gordievsky	Oleg Gordievsky	This book is essential reading for anyone interested in either espionage, the Cold War, or both. Written by a man who was brave enough to defy the dreaded KGB, it is a real page turner as the author gradually steps up his help to the West - and inevitably also increases the danger of his position, which ultimately threatens his life (the book's title is no exaggeration). He has deservedly received much praise for helping make the world safer.
West Winging It - My unforgettable time in the White House	Pat Cunnane	West Winging It pulls the drapes back on life in the White House, offering an insider's glimpse of what it's really like from the minutiae to the momentous - to work at 1600 Pennsylvania Avenue. This brilliant book provides a front-row seat to history as, for the first time, Millennials ran the country - a classic fish-out-of-the-water story, only these fish are trying to run the United States of America. With cameos from Barack Obama, Joe Biden and a colourful collection of characters in the form of staffers, Secret Service agents and slippery journalists - West Winging It is a truly unique take on one of the most unique offices in the world.

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Bumfuzzle - Just Out Looking For Pirates	Patrick Schulte	The story of a young couple who, without any prior sailing experience, decide one night over too many drinks that they are going to sail around the world. One year later they are bobbing around in the Bahamas on a thirty-five foot catamaran teaching themselves how to cross oceans in a small boat. Along their way they meet amazing people, visit locations only accessible by those on their own yachts, become television actors in Australia, minor celebrities in Puerto Rico, and generally have a great time of it all. They aren't your average cruisers by any stretch of the imagination, and run afoul of what most cruisers perceive to be "real" cruisers. But for four years they sailed around the world on their own terms. This is their story, and is essential reading for anybody who has ever had the dream sail around the world. This book just might push you over the edge, and the horizon.
Jack's Dits: Tall tales from the mess	Paul White	With hundreds of men, tons of military paraphernalia, complicated machinery, technological equipment, weaponry stores and various other forms of kit, you could be assured that not every day was straightforward and undemanding. Equipment failed. People made mistakes. Accidents and mishaps occurred. Personalities and characters clashed. Add to this mix the activities of matelots on a 'run ashore' in those far-flung, unsavoury and questionable seaports. Include beer, spirits, wine, women and song into the equation and the resulting concoction is a wonderful hothouse for the creation of imaginative narrative. The goings-on, from both aboard and ashore, created astonishing accounts of events to be told at stand easy or after a watch; when the exaggerated telling's of the day's happenings would be shared in the mess square. This book is not one which simply and only harks back in nostalgic fashion to the past, Jack's Dits is an authentic validation, a historical record of royal naval social history; one told by the voices of those who served. It is a true and genuine recording of life during the Royal Navy's
The Andrew, Jack & Jenny: Royal Navy Nicknames, Origins & History	Paul White	The Royal Navy has the most entrenched tradition among the services for bestowing nicknames, names not only for each sailor but for places, equipment and actions. This book, The Andrew, Jack & Jenny, focuses primarily on the names given to each skin and essence the moment they became a matelot. Royal Naval nicknames are not chosen by the recipient, they are bestowed, irrevocably, by custom and tradition. Yet, each sailor soon becomes attached to their 'new' name, which grows into a large part of their identity, even influencing their character. It soon becomes the name which is spoken with pride in answer to the question "Who are you?"
The Pussers Cook Book: Traditional Royal Navy recipes	Paul White	The Pussers Cook Book contains the most popular and loved traditional dishes from the Royal Navy's Galleys. Woven between the recipes are facts and tidbits about the food, the cooks and general life aboard ship. Along with the recipes, this book aims to preserve a segment of British history that is fading, all too quickly, into the grey sea-mists of oblivion.
Up Spirits - A young drinker's memoir	Peter Broadbent	Until that fateful day in 1970 when the Royal Navy abolished the rum ration, the one thing that every Royal Navy sailor could rely on was that 'Up Spirits' would be piped at approximately 11:45 each day. 'Tot-time' was the cue for plenty of banter and lamp-swinging, but also for baffling negotiations as to who might have sippers, wets, gulpers, halfers, sandy bottoms, or their share of 'Queen's'.
A World of my own	Robin Knox-Johnson	On Friday 14 June 1968 Suhaili, a tiny ketch, slipped almost unnoticed out of Falmouth harbour steered by the solitary figure at her helm, Robin Knox-Johnston. Ten and a half months later Suhaili, paintwork peeling and rust streaked, her once white sails weathered and brown, her self-steering gone, her tiller arm jury rigged to the rudder head, came romping joyously back to Falmouth to a fantastic reception for Robin, who had become the first man to sail round the world non-stop single-handed.

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Knox-Johnston on Seamanship & Seafaring: Lessons & experiences from the 50 years since the start of his record breaking voyage	Robin Knox-Johnson	On 14th June 1968 Robin Knox-Johnston set sail from Falmouth to take part in the Sunday Times Golden Globe Race – the first, non-stop, single-handed sailing race around the world. He was an unknown 29-year old Merchant Navy Officer. Ten and a half months later he sailed back into Falmouth, the only finisher in the race and the first man to complete a non-stop solo circumnavigation. Since then he has had an illustrious sailing career, with 3 further circumnavigations, including the fastest circumnavigation and last racing solo round the world in 2007, aged 68. Few people have sailed as many miles as Robin. Now, 50 years since setting out in the Golden Globe Race, you can benefit from Robin's wealth of experience as he shares his thoughts on seamanship and seafaring in this new book, selected from his most provoking, insightful and perceptive writing from the pages of Yachting World magazine.
The Accidental Sailor	Rod Heikell	In 1976 Rod Heikell set off in Roulette, a 20 foot boat that should probably have never left the sheltered waters of the Solent, for the Mediterranean. Via the French Canals and Biscay he somehow got to the Mediterranean and sailed to Corsica, Italy and onto Greece. It records the near disasters and highs and lows of a voyage which shaped his life in ways he never imagined. He became the accidental sailor and has led to a life-long love of sailing and exploring the seas.
Step By Step: The perfect gift for the adventurer in your life	Simon Reeve	Simon Reeve's memoir describes how he has journeyed across epic landscapes, dodged bullets on frontlines, walked through minefields and been detained for spying by the KGB. His travels have taken him across jungles, deserts, mountains and oceans, and to some of the most beautiful, dangerous and remote regions of the world. In this revelatory account of his life Simon gives the full story behind some of his favourite expeditions, and traces his own inspiring personal journey back to leaving school without qualifications, teetering on a bridge, and then overcoming his challenges by climbing to a 'Lost Valley' and changing his life ... step by step.
My Bloody Efforts: Life as a Rating in the Modern Royal Navy	Stephen Bridgman MBE	This book provides an insight into a remarkable naval career starting as a 16 year old Stoker on the final proper British aircraft carrier HMS Ark Royal in 1977, through the Falklands War, being selected for naval technician training and submarine service, submarine training, submarine patrols in the supposed post cold-war period, the Kosovo conflict, progression through the ranks, submarine refit and refueling through to the nuclear reactor accident onboard HMS Tireless. While there are countless accounts of naval life during wartime, this book tells the unique story of life as a British naval rating in the modern era, starting from the lowest level at a time of decline for the Royal Navy in the late 1970s, and paralleling the major political and military events of the 1980s and 1990s

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The Pentagon: A History: The Untold Story of the Wartime Race to Build the Pentagon--And to Restore It Sixty Years Later	Steve Vogel	The Pentagon's post-World War II history is told through its critical moments, including the troubled birth of the Department of Defense during the Cold War, the tense days of the Cuban Missile Crisis, and the tumultuous 1967 protest against the Vietnam War. The pivotal attack on September 11 is related with chilling new detail, as is the race to rebuild the damaged Pentagon, a restoration that echoed the spirit of its creation.
The Canal Guide	Stuart Fisher	This attractive guidebook shows off just how rich our waterways heritage is. Picking out Britain's 50 most beautiful and interesting canals, Stuart Fisher gives a lively background to the history, wildlife, pubs and nearby attractions of each waterway. Each of the 50 chapters also features a map, colour photographs and a handy info box.
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The Canals of Britain: The Comprehensive Guide	Stuart Fisher	Canals of Britain is a comprehensive and absorbing survey of the canal network of the British Isles - the first of its kind. It provides a fascinating insight into the linked up waterways as well as the isolated cuts and quiet waters which may not be fully navigable by larger craft. Infinitely varied, it passes picturesque open countryside, wild moorland, coastal harbours, historic industrial buildings, modern city centres, canalside public houses and abundant wildlife. Stuart Fisher looks at every aspect of the canals - their construction, rich history, stunning scenery, heritage, incredible engineering, impressive architecture and even their associated folklore, wildlife and art. Enticing photographs give a flavour of each place and places of interest close to the canals are included.
1983: The World at the Brink	Taylor Downing	1983 was a supremely dangerous year - even more dangerous than 1962, the year of the Cuban Missile Crisis. In the US, President Reagan massively increased defence spending, described the Soviet Union as an 'evil empire' and announced his 'Star Wars' programme, calling for a shield in space to defend the US from incoming missiles. Yuri Andropov, the paranoid Soviet leader, saw all this as signs of American aggression and convinced himself that the US really meant to attack the Soviet Union. He put the KGB on alert to look for signs of an imminent nuclear attack. When a Soviet fighter jet shot down Korean Air Lines flight KAL 007 after straying off course over a sensitive Soviet military area, President Reagan described it as a 'terrorist act' and 'a crime against humanity'. The temperature was rising fast. Then at the height of the tension, NATO began a war game called Able Archer 83. In this exercise, NATO requested permission to use the codes to launch nuclear weapons. The nervous Soviets convinced themselves this was no exercise but the real thing.

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The Liveaboard Guide	Tony Jones	The romantic dream of downsizing, giving up the rat race, and living life at 4mph on the inland waterways is proving more and more attractive. But for tens of thousands of people it is not just a romantic dream but an actual lifestyle. Tony Jones is one of those people. He has lived aboard his 50ft narrowboat for over 14 years and in this very practical book he documents what the liveaboard lifestyle is really like, focusing on the practical issues of day to day living for those who want to know what living on a boat actually entails, to see how to manage it for themselves.