

## How To Stay Sane Philippa Perry

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### How To Stay Sane Philippa

and since then she's written How to Stay Sane and The Book You Wish Your Parents Had Read - and Your Children Will Be Glad That You Did. Philippa talks to Michael Berkeley about her 30-year ...

### Private Passions

Michael Rosen and Dr Laura Wright talk small talk with psychotherapist and writer Philippa Perry, author of How to Stay Sane. Get your gears turning with hundreds of puzzles, with new ones added ...

### Word of Mouth

In Thirteen Days, however, he is the unseen but lone sane voice in a Kremlin apparently hell-bent on nuclear confrontation. If nothing else, such an about-turn in character confirms that 20 years ...

### Enemy At The Gates

It's the ultimate lockdown fantasy. Walking the entire coastline of the UK and Quintin Lake is the man who did it, all 6,835 miles, over 454 days, sleeping in his one man tent with only the ...

### The man who walked and photographed the entire UK coastline, Quintin Lake talks about The Perimeter

"Really? He says. "I've just been for a walk, fresh air and exercise. Try that." Sorry, there seem to be some issues. Please try again later. Submitting ...

### Opinion: Janet Christie's Mum's the Word - A year on, are we nearly there yet?

"I used a lot of stuff that actually happened, had them going to London, and then getting mixed up in a strange set of affairs which ended up with one of them getting killed, one of them staying ...

### How Nazi Mona Lisa thriller theft plot led back to Scottish author Peter May's own home

The author revealed that he had penned a passage involving the unorthodox Edinburgh detective in bed with a woman in one of his early novels - but his editor insisted that the scene was cut and ...

### **Ian Rankin: Rebus sex ban was publisher's idea**

"An awful lot of people had been looking forward to visiting bookshops: they play a central role in keeping people sane," said Brett Wolstencroft ... While such sales have been vital in helping ...

### **The experts were right: Brexit is doing economic damage to the UK**

Red Amaryllis offers an unforgettable, heart-wrenching story of struggle and adversity underpinned by one ordinary woman's extraordinary calling. Centred on a David Vs Goliath historical court ...

### **MUST-READ OF THE WEEK: RED AMARYLLIS BY DENISE E. JACOBS**

The Scottish Gallery in Edinburgh, which has represented Morrison for more than 60 years, said there had been an "overwhelming response" from throughout the UK after "Eye of the Storm" was shown ...

### **Edinburgh gallery says television documentary has sparked fresh interest in landscape artist**

The final batch of celebrities will enter the famous Bake Off tent this week, as Celebrity Bake Off 2021 returns for another week in aid of Stand Up To Cancer. Taking on the challenge this week is ...

### **The Great Celebrity Bake Off 2021 line-up: Full list of celebrities confirmed for Stand Up to Cancer special**

Welsh, 48, was fatally shot at in the face his flat in the West End of Edinburgh on April 17 2019. Sean Orman, 30, has pleaded not guilty to all 15 charges against him, including murder, attempted ...

### **Bradley Welsh trial: Detectives were told of murder plot weeks before victim was shot in the face**

STOCKHOLM (Reuters) - Sweden will postpone a planned easing of some COVID restrictions until at least May 3, but tougher measures to get to grips with a surge in new infections are not needed at the ...

### **Third wave scuppers Sweden's plans to ease some COVID rules**

MADRID (Reuters) - Spain has decided to extend AstraZeneca's COVID-19 vaccination to essential workers over 65 years old to protect a small group of people who have not yet retired, the health ...

### **Spain will use AstraZeneca vaccine for essential workers over 65**

Like most families, we had a black and white TV, so the full impact of Bowie on me only became apparent when I saw Ziggy in magazines, or on posters advertising his 1973 album Aladdin Sane.

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