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KEY=EAT - CIERRA BRADSHAW

GO SLOW ITALY

SPECIAL LOCAL PLACES TO EAT, STAY AND SAVOR

New York Review of Books Italy, the birthplace of the Slow movement and the home of Slow Food, is a natural as the second destination in our new Slow series. Alastair Sawday has handpicked forty-six exceptional places to stay—places where attention is lavished on some of the most important things in life: convivial meals, community, a respect for the environment, and a celebration of regional distinctiveness. From the mountainous north, through cypressdotted Tuscany, and on down to the gutsy, colorful south, you'll discover innkeepers and cooks that have an unmatched passion for Slow Travel and Slow Food, and whose hospitality embody their commitment to the finest accommodations and food. Go Slow Italy celebrates fascinating people, fine architecture, history, landscape, and real food.

GO SLOW FRANCE

Alastair Sawday France is blessed with great food and a richness of scenery and rural living that is hard to beat. Can you imagine the French en route to the office, drinking coffee in takeaway cups on the hoof, eating pot noodles at their desk for lunch or flying off for weekend city-break boozing in Prague? Non! - the Slow ethos is celebrated in France. Wander down to the boulangerie in the morning for freshly baked baguettes; buy veg from the local market: eat stunning food at a family run restaurant. Farming organically and sourcing food locally are traditions that, for some folk, have never stopped. Go Slow France celebrates fascinating people, fine architecture, history, landscape and real food. You will find places of ravishing beauty, of vast age, where you can eat like emperors. We celebrate the endearing eccentricities of these really special places to stay, and the vivacious hospitality of their owners. Visit them and you will drink wine from their own vineyards, eat vegetables from their own potagers and bread and patisseries from their own kitchens. Bon Voyage!

SUFFOLK (SLOW TRAVEL)

Bradt Travel Guides This new second edition of Suffolk, part of Bradt's distinctive Slow series of regional UK guides, remains the only full-blown standalone guide to this gentle but beguiling county. Written by expert local author Laurence Mitchell, this is the guide of choice for anyone wanting to get under the skin of the region and discover what makes it tick. This new edition offers a very personal view of the county, providing up-to-date information on the best places to visit, stay and eat, covering not just popular sights but focusing also on those places beyond the usual tourist trail. Suffolk's popularity as a destination is not waning, and events such as the Latitude festival in July or the Aldeburgh Music Festival at Britten's Snape Maltings, not to mention the use of the RSPB's Minsmere Reserve as a base for BBC's Springwatch, are all helping to keep the county's profile raised. Southwold, Aldeburgh, Orford, Walberswick and Dunwich are all covered, as is the great variety of landscapes, from undulating farmland and sandy heaths to extensive forests such as Rendlesham and Thetford in the Brecks, important nature reserves and the soft, dreamy coastal landscapes of river estuaries, remote marshes, reed-beds, beaches, shingle banks, sand spits and dunes. Also included are Constable Country and the Stour valley, Bury St Edmunds, Framlingham, Bungay, Beccles and Halesworth, plus information on Suffolk's wealth of medieval churches and its Anglo-Saxon heritage, notably the royal ceremonial burial site at Sutton Hoo and the reconstructed Anglo-Saxon village at West Stow. Bradt's Suffolk makes a virtue of being selective and pointing the reader to the cream of the area. It is organised into locales to encourage 'stay put' tourism, with the opportunity to explore each locale thoroughly. There are also plenty of options for car-free travel: walking, cycling, river boats and local buses and trains. Written in an entertaining style, and offering a personal narrative, authoritative information and interesting anecdotes, Bradt's Suffolk is the ideal companion with which to discover this charming corner of England.

TAKE THE SLOW ROAD: FRANCE

INSPIRATIONAL JOURNEYS ROUND FRANCE BY CAMPER VAN AND MOTORHOME

Bloomsbury Publishing The ultimate guide to the very best scenic and fun routes for camper vans and motorhomes around the mountains, valleys and vineyards of beautiful France. Forget hurrying. Forget putting your foot down and racing through sweeping bends. Forget the blur of a life lived too fast. This is a look at taking life slowly. It's about taking the time to enjoy journeys and places for their own sake. It's about stopping and putting the kettle on. Stopping to take a picture. Stopping to enjoy stopping. How are you going to do it? In a camper van or a motorhome, of course. In this book we define the best driving routes around France for camper vans and motorhomes. We show you the coolest places to stay, what to see, what to do and explain why it's special. We meander around France on the most breathtaking roads, chugging up mountain passes and pootling along the coast. We show you stuff that's fun, often free. We include the best drives for different kinds of drivers; for walkers, wine-quaffers, climbers and skiers. We include the steepest, the bendiest, the most picturesque and most interesting. And you don't even have to own a camper van or motorhome - we'll tell you the many places you can rent one to take you on the journey. All of this is interspersed with beautiful photos, handy maps and quirky travel writing from the king of camper vans and motorhomes, Martin Dorey. So if all you want to do is flick through it on a cold day and plan your next outing, you'll be transported (albeit slowly) to vineyards, beaches, mountains and highways that make you want to turn the key and go, go, go!

OSTERIE AND LOCANDE D'ITALIA

A GUIDE TO TRADITIONAL PLACES TO EAT AND STAY IN ITALY

Slow Food International A comprehensive region-by-region guide to the most interesting and typical small restaurants, inns and hotels of Italy. From the Alps to the Adriatic, from cheese fondue and white truffles to Neapolitan pizza and Sorrento lemons, the Italian peninsula comprises an incredible diversity of climates, cultures, and cuisines. In this special guide, the experts at Slow Food identify the best local places to eat and stay, providing over 2,000 profiles of traditional taverns, bed and breakfast inns, agritourism farms, and hotels. Now available in English, and for the first time in one volume, this no-nonsense travel planner is an indispensable companion for anyone contemplating a culinary or cultural trip to Italy. Written by Italians for Italians, Osterie & Locande d'Italia is aimed at the discerning traveler who needs all the basic information (prices, accommodations, addresses), but also wants inside information on places that are off the beaten track and that reflect the most authentic face of Italy's regional character and cuisines.

GO SLOW ENGLAND

New York Review of Books Forty-eight of the loveliest places to stay throughout England are celebrated in this lushly photographed guide to "slow" food, places, and lodgings which have been chosen with environment in mind. In this guide, these ecological concerns translate into some of the most inspired settings and delicious food in England. There are cottages and castles surrounded by wild and rambling gardens or a bluebell wood, guestrooms tucked under the eaves, fitted with down comforters and luxurious bathrooms. You'll dine on home-baked bread and ice cream churned by hand; local meat, fish and produce; eggs laid by the chickens wandering across the lawn; fruit from the orchard across the way and libations from local breweries or vineyards. For each area of England there are dozens of recommendations for "slow" things to see and places to dine on artisanal, organic, homemade local food. There are supplementary listings of additional pubs and inns. Also with: maps of the seven areas of England, useful websites, how to travel to the special places, and information about "How to be Slow."

BEST PLACES TO STAY IN FLORIDA

Houghton Mifflin Harcourt The most comprehensive guide to outstanding, distinctive lodging options in Florida No fee accepted for inclusion It's a fact: travelers to Florida spend more on lodging than on any other aspect of their vacation. Many return home disappointed because their hotel was overpriced, was located across a busy highway from the beach, or was an hour's drive from Disney World. This completely revised and updated edition of BEST PLACES TO STAY IN FLORIDA provides thoughtful, detailed descriptions of a variety of accommodation options in Florida's six main regions: the Northeast Coast, the Panhandle, Central Florida and Disney World, the Southeast Coast, the Keys, and the Gulf Coast. The discerning, honest reviews in this book can help you find a lodging choice that suits your specific needs and tastes. * Beachside Hotels * Island Getaways * Victorian B&Bs * Resorts and Spas * Intimate Inns * Budget Finds

EAT WELL & KEEP MOVING 3RD EDITION

AN INTERDISCIPLINARY ELEMENTARY CURRICULUM FOR NUTRITION AND PHYSICAL ACTIVITY

Human Kinetics Eat Well & Keep Moving, Third Edition, includes thoroughly updated nutrition and activity guidelines, multidisciplinary lessons for fourth and fifth graders, eight core Principles of Healthy Living, and a new Kid's Healthy Eating Plate to help kids make healthy food choices.

SPECIAL PLACES TO STAY PORTUGAL

Sawday

WAITROSE FOOD ILLUSTRATED

SLOW TRAVEL DORSET

LOCAL, CHARACTERFUL GUIDES TO BRITAIN'S SPECIAL PLACES

Many of Dorset's attractions are well-hidden and known only to locals, who like to keep the county's treasures to themselves. *Slow Travel Dorset*, written by a native, takes you to those secret places and introduces you to some delightful Dorset locals, both living and dead. Practical information covers accommodation, eating and drinking, and travelling in this unspoilt region.

THE CLOUD IS DRIFTING SLOWLY ACROSS THE SKY

Xlibris Corporation Yes, the cloud is drifting slowly across the sky. My life is like that cloud, slowly drifting away. There's nothing I can do about it; as the Bible says, man is appointed once to die. Someday, I will cast no shadow, and the cloud will have slowly gone beyond the horizon. Yes, the cloud is slowly disappearing. The Bible tells us that our days are like a cloud that crosses the sky and slowly disappears. Today, I am going back to the place of my youth where the cloud first appeared. A certain amount of nervous anticipation began to funnel through my brain as the turnoff to my past approached. A beautiful multicolored leaf with its beautiful hues of green, gold, and red blew across my windshield. I do not need any more reminders that Father Time is slowly ticking away.

EAT & STAY SLIM

THE ROYAL PHRASEOLOGICAL ENGLISH-FRENCH, FRENCH-ENGLISH DICTIONARY

THEY SUCK, THEY BITE, THEY EAT, THEY KILL

THE PSYCHOLOGICAL MEANING OF SUPERNATURAL MONSTERS IN YOUNG ADULT FICTION

Scarecrow Press This book examines six different monsters that appear in YA fiction: vampires, shapeshifters, zombies, unicorns, angels, and demons. Beginning with a discussion of the meaning of monsters in cultures all over the world, subsequent chapters discuss the history and most important incarnations of the aforementioned monsters. Titles featuring the same kind of monsters are compared, and interviews with authors provide insight into why they wrote these titles and information on why they are important. The bibliography at the end of the volume includes a comprehensive list of titles featuring the various monsters.

BREAK THE FAT BARRIER--KEEP A DAILY FOOD DIARY

WEEKLY WEATHER AND CROP BULLETIN

STAYING YOUNG

HOW TO PREVENT, SLOW, OR REVERSE MORE THAN 60 SIGNS OF AGING

Rodale Books Presents a comprehensive list of proven tips for stalling or stopping the aging process including, anti-aging foods, easy exercises, skin care secrets, and mental workouts

SAUNDERS COMPREHENSIVE REVIEW FOR THE NCLEX-RN EXAMINATION

Elsevier Health Sciences Accompanying CD-ROM includes more than 4500 NCLEX examination-style review questions in quiz, study, or exam mode, a diagnostic pre-test, audio and video questions, and audio review summaries.

SLOW CORNWALL & THE ISLES OF SCILLY

LOCAL, CHARACTERFUL GUIDES TO BRITAIN'S SPECIAL PLACES

Bradt Travel Guides As much an entertaining armchair read as a practical guide, this is a personal, slow, tour of Cornwall. Experience crashing waves and glorious beaches, wild moorland and wooded valleys, and the quiet and hitherto unsung byways of the Cornish landscape. Take time to savour the outstanding cuisine and seek out the lively arts scene. Interviews with locals - from blacksmiths and bakers to artists and fishermen - paint an intimate picture of the people of the region. Kirsty Fergusson enriches your stay with her local knowledge on where to stay, eat and drink and what to see and do. Tips on where to paddle with the tide up wooded creeks to village pubs, on where to discover lost varieties of Cornish apples and on riding a bike from standing stones to swimming holes, provide an intimate picture of this popular tourist destination.

BEHAVIORAL AND PSYCHOSOCIAL ISSUES IN DIABETES

PROCEEDINGS OF THE NATIONAL CONFERENCE, MADISON, WISCONSIN, MAY 20-23, 1979

CHALLENGES AND NEW OPPORTUNITIES FOR TOURISM IN INLAND TERRITORIES: ECOCULTURAL RESOURCES AND SUSTAINABLE INITIATIVES

ECOCULTURAL RESOURCES AND SUSTAINABLE INITIATIVES

IGI Global Inland territories are currently of great interest in the tourism industry based on their natural and cultural resources, the surroundings and valuing of natural spaces, local traditions and cultures, ways of life, and the experiences of territories with authenticity. In this context, ecocultural resources are determining factors of development for the mobilization of economic and socio-cultural initiatives, promoting tourism and generating conditions of sustainability in inland territories. They are spaces of opportunity, maintaining resources and heritage with high preservation, enhancing new perceptions and forms of use, generating territorial cohesion, promoting self-esteem for local communities, and providing diverse and differentiated tourist experiences. The involvement of the community is decisive in valuing the destination, understanding local ecocultural realities, and developing the processes of preservation and service creation. It is considered a necessary approach for inclusion, protection, and aggregating the ecological and cultural binomial as a determinant for deeper knowledge of territorial realities and their specificities. Thus, sustainability and participation are crucial for the long-term future of inland tourism activities, with local governance assuming an important role in building tourism capacity, mobilizing resources, and streamlining entrepreneurial initiatives. *Challenges and New Opportunities for Tourism in Inland Territories: Ecocultural Resources and Sustainable Initiatives* provides knowledge on the trends for tourism in inland territories, territorial innovation, good governance practices, new projects in inland tourism, and other important aspects in the field. The topics covered include sustainability of local culture, cultural heritage, social responsibility, local governance, public policies, and innovation and tourism in inland territories. This book is essential for tourism management organizations, environmentalists, hotel managers, restaurateurs, tourism departments, practitioners, policymakers, public officials, researchers, academicians, and students interested in the innovative practices and initiatives in tourism with a specific focus on inland territories.

SITUATION AND OUTLOOK REPORT

CHINA

THREE DOGS AND A DANCER

Lulu.com An intimate and autobiographical account of a Dancer's journey from Newcastle-upon-Tyne to his travels in Europe. Accepted at the age of sixteen by the Royal Ballet School (London) he completed a three year dance course culminating in a performance at the Royal Opera House (Covent Garden). His professional career took him to Portugal, Sweden, Switzerland and back to London again. Stephen founded his own 'Focus on Dance' company, a performing and educational enterprise based in Bournemouth, England, touring the south and south-west of England. Then he took his dance to the streets of Europe. He has subsequently performed to street audiences in the major cities and towns of Switzerland, Germany, Austria, Holland, France and Italy. In 1989 he moved to Fiano, in northern Tuscany. Stephen Ward died in 2013. This book is his lasting testament. A tender, moving portrait and a tribute to dance, dogs, friends, nature - and to life itself!

TROUT ADVENTURES: NORTH AMERICA

A FLY ANGLER'S MISSION TO CATCH ALL TROUT SPECIES ON THE CONTINENT

Wilderness Adventures Press Author Bob Willis has documented decades of flyfishing for every salmonid species in North America in this intriguing new book. Willis' insatiable appetite for adventure keeps every trip interesting, down craggy dirt roads miles from anywhere. The author catches over 25 species and subspecies, including Apache & gila trout, arctic char, blueback trout, brooks, browns (landlocked and sea-run), bulls, aurora trout, Dollies, lakers, splake, steelhead, goldens, cutthroat (all subspecies), cuttbows, tigers, grayling, sunapee (they do exist), redband, whitefish and more. Every corner of North America is fished, from Iceland (part of it is considered North America) to Alaska and all fishy spots in between. Willis' personal writing style seeks to bring readers with him on each journey, waiting out cattle drives, changing flat tires, hooking surprise rod-bending fish, and up sheer mountainsides continent-wide. Detailed trip information is included at the end of each chapter to help you plan your trip. Whether you want to fish for the rare and common salmonids of North America or you enjoy a good flyfishing adventure, this is an exciting read and book.

NAVY LIFE, READING AND WRITING FOR SUCCESS IN THE NAVY

WASHINGTON STATE WILDERNESS ACT OF 1983

HEARINGS BEFORE THE SUBCOMMITTEE ON PUBLIC LANDS AND RESERVED WATER OF THE COMMITTEE ON ENERGY AND NATURAL RESOURCES, UNITED STATES SENATE, NINETY-EIGHTH CONGRESS, FIRST SESSION, ON S. 837 ... 1984

SLOW TRAVEL THE COTSWOLDS

INCLUDING STRATFORD-UPON-AVON, OXFORD & BATH

Bradt Travel Guides In this new, thoroughly updated edition of Bradt's The Cotswolds (Slow Travel series), resident expert author Caroline Mills shares more of her favourite places in a region that remains as popular as ever. The area covered includes: the Cotswold AONB, the Cotswold escarpment, hills and valleys, the Wiltshire Cotswolds and the area known as the Four Shires, along with the lesser-known 'hidden' fringes of the Cotswolds. Also included are the three Cotswold 'gateways': Stratford-upon-Avon, Bath and Oxford. Caroline Mills has lived and worked in the region for over 40 years and writes in an entertaining and engaging first-person narrative combined with authoritative information. Organised in such a way to encourage you to slow down and make it easier to discover smaller areas in greater depth, the guide includes features such as interviews with locals who bring character to the region, activities to try with children, personally selected places to eat, drink and stay, coverage of the Arts & Crafts movement, and plenty of options for car-free travel: walking, cycling, river boats and local buses and trains. Cotswold Farm Park, home of Countryfile presenter Adam Henson, is also included. Featured within the guide are quirky events such as the Cheese-Rolling competition and Tetbury's Woolsack Races; numerous and distinguished breweries and micro-breweries, including the famous Hook Norton Brewery, Bath Ales, Uley Brewery and Stroud Brewery; Oxford University, the world's oldest, and the source of England's longest river, the Thames. The Cotswolds' rich and diverse man-made heritage includes many famous castles and country houses: Blenheim Palace, Sudeley Castle, Chavenage and Kelmscott; well-known abbeys such as Prinknash, Hailes; and gardens and estates including Painswick Rococo Garden, Westonbirt Arboretum and Highgrove. Roman history is covered, too, notably in Bath and Cirencester, together with the Fosse Way, one of the most important Roman roads in the country. The Cotswolds continues to endear itself to anyone who visits - its harmonious combination of quintessentially English villages, charming provincial market towns, interesting and appealing countryside and a wealth of local food-and-drink producers makes it an all-year-round destination, whether for a day trip, a quiet weekend away or a multi-week holiday. The region offers an incredible array of accommodation from unique country-house hotels to delightful farmhouse B&Bs on working farms, luxurious self-catering cottages to glamping and camping in secluded countryside. Visitors that have a particular passion or interest for gardens, the Arts & Crafts Movement, historic buildings, walking, horseriding or rural pursuits are well provided for within the Cotswolds.

NO HATCH TO MATCH

AGGRESSIVE STRATEGIES FOR FLY-FISHING BETWEEN HATCHES

Stackpole Books The bulk of fly-fishing literature is centered on matching the hatch, when in reality, on most waters, most of the time, there is no hatch to match. This eye-opening book provides a wide range of strategies for fishing resourcefully between the hatches. These include subtle techniques of presentation, such as micro-nymphing for inactive trout; aggressive strategies such as long-line nymphing with precision for active trout; using prospecting dry flies and streamers effectively; and a wealth of practical advice on reading the water. It includes chapters on seasonal movements of trout, temperature-induced feeding binges, beating the heat, dealing with dirty water, and targeting big, carnivorous trout. It will expand your repertoire and make you a more successful fly fisher.

AUTOIMMUNE PALEO COOKBOOK :TOP 30 AUTOIMMUNE PALEO RECIPES REVEALED!

Publisher s21017 The Autoimmune Paleo Diet is geared specifically for people like you with autoimmune diseases such as the following: • Type I diabetes • Celiac disease • Addison's disease • Graves' disease • Hashimoto's thyroiditis • Pernicious anemia • Reactive arthritis • Rheumatoid arthritis • Sjogren syndrome • Dermatomyositis • Multiple sclerosis • Myasthenia gravis • Systemic lupus erythematosus These health conditions are caused by a malfunctioning immune system. One way to handle your situation better is to be careful about what you eat. The Paleo Diet in general aims to recreate the peak health conditions of Paleolithic humans by copying what they eat. The Autoimmune Paleo Diet modifies the overall approach by restricting foods that trigger unpleasant immune responses. This ebook/cookbook provides useful information to help you know what to eat - so you can get the most pleasure and nutrition from food. Grab The book to discover more!

REMOTE AREAS DEVELOPMENT MANUAL

TOURISTS, TOURISM AND THE GOOD LIFE

Routledge Examines the linkages between tourists, tourism and positive psychology. This book is of interest to those who study and practise tourism as well as scholars in a range of disciplines such as psychology, business and sociology.

PUBLIC HEALTH REPORTS

THE ART OF CITY MAKING

Routledge City-making is an art, not a formula. The skills required to re-enchant the city are far wider than the conventional ones like architecture, engineering and land-use planning. There is no simplistic, ten-point plan, but strong principles can help send good city-making on its way. The vision for 21st century cities must be to be the most imaginative cities for the world rather than in the world. This one change of word - from 'in' to 'for' - gives city-making an ethical foundation and value base. It helps cities become places of solidarity where the relations between the individual, the group, outsiders to the city and the planet are in better alignment. Following the widespread success of *The Creative City*, this new book, aided by international case studies, explains how to reassess urban potential so that cities can strengthen their identity and adapt to the changing global terms of trade and mass migration. It explores the deeper fault-lines, paradoxes and strategic dilemmas that make creating the 'good city' so difficult.

HEALTH COUNSELING: A MICROSKILLS APPROACH FOR COUNSELORS, EDUCATORS, AND SCHOOL NURSES

Jones & Bartlett Publishers Health Counseling: A Microskills Approach for Counselors, Educators, and School Nurses, Second Edition teaches the basic skills of health counseling to non-professionally trained counselors. Merging theory and practice with specific applications to common health problems, this reader-friendly text provides a sound theoretical framework for the practice of health counseling and allows students to practice, review, and apply the information presented. The text follows Ivey's Microskills Model, which breaks counseling down into discrete skills that can be mastered individually and then applied collectively. Healthy People Objectives throughout the chapters link the content with the nation's leading health problems.

ORVIS GUIDE TO PROSPECTING FOR TROUT, NEW AND REVISED

HOW TO CATCH FISH WHEN THERE'S NO HATCH TO MATCH

Rowman & Littlefield In this comprehensive and readable guide, Tom Rosenbauer shares his vast knowledge of fly fishing when there is no hatch. Written for both the novice and the seasoned angler, *The Orvis Guide to Prospecting for Trout, New and Revised* explores how trout live and feed, and how to make them strike, with a thoroughly updated text that addresses state-of-the-art approaches, and all new color photography. There is expert advice on how to fish with dry flies, wet flies, nymphs, and streamers—supported by many detailed illustrations and photos. This is the guide no trout fisherman should be without.

TODD, THE CEDAR COVE CHRONICLES BOOK ONE

Lulu.com "In 1943, ten year old Todd Jansan and his family live on a tobacco farm in the small community of Cedar Cove, North Carolina . The closest neighbor is a cruel man who punishes his children by holding them over a well, [threatening] to drop them to their deaths. When their neighbor becomes more involved in their lives, the Jansans face things they never imagined."--Back cover

TODD

Cynthia Ulmer Todd is a southern novel about family love, faith and endurance. In 1943, ten year old Todd Jansan lives with his family on a North Carolina tobacco farm. The Jansan's neighbor, Horace Hammond is a cruel man who punishes his children by holding them over a well. The Jansans have to deal with his cruelty and with the mystery surrounding Todd's uncle who is off at war.

DECEPTION AND FRAUD IN THE DIET INDUSTRY

HEARING BEFORE THE SUBCOMMITTEE ON REGULATION, BUSINESS OPPORTUNITIES, AND ENERGY OF THE COMMITTEE ON SMALL BUSINESS, HOUSE OF REPRESENTATIVES, ONE HUNDRED FIRST CONGRESS, SECOND SESSION, WASHINGTON, DC, MARCH 26, 1990

WHAT GOES ON TOUR STAYS ON TOUR

GREAT TALES FROM MY RUGBY TRAVELS

Simon and Schuster Renowned English rugby player Brian Moore recalls his mischievous misadventures on tour, and provides hard-won tips to avoid trouble.