

'As I Walked Out One Morning' by Laurie Lee. Beautiful and evocative prose describing Laurie Lee's walk from Gloucestershire to London and then across Spain in the 1930s where he wandered, busking with his violin from the north coast of Spain to Cadis. A highly readable account of his remarkable journey. Available from Amazon at £5.30 new or 1p plus postage second hand. Also available at Swansea libraries.

The Complete Short Stories (Volume 1) by Somerset Maugham. A wide selection of interesting stories to read oneself to a peaceful /stress free sleep. The author leaps from China, Peru, to the South Seas, New York ,the South of France and Paris. Available from Amazon at about £5.

'A Month in the Country' by J. L. Carr. A short dense novel with the author's evocative descriptions of the English countryside. Two young men, survivors of the 1914/18 war return to normal life working on a project in a Yorkshire village where a slow healing process occurs after the horrors of war.