

Get ready for action! Harness the sun's energy and try some inspiring activities with our cut-out-and-keep guide

SUMMER SIZZLERS!

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The mercury is rising and, we'd wager, so are your energy levels. Lusty breezes, the scent of barbecues and donning of flip-flops imbue us with an all-conquering sense of joie de vivre. But don't just settle for watching the World Cup or Wimbledon. Capitalise on your unquenchable desire to do stuff – grasp it with both hands, readers, with these inspiring summer adventures!

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IF YOU'RE PLANNING TO LIE RECUMBENT ON A HAMMOCK OR LOUNGER THIS SUMMER, MAKE SURE YOU HAVE AN INSPIRING READ IN YOUR PAWS

Born to Run

by Christopher McDougall (Profile, £8.99)

A journalist goes in search of the best endurance athletes in the world.

The Self-Sufficiency Bible

by Simon Dawson (Watkins Publishing, £16.99)

Plan to start living à la Tom and Barbara.



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The Happiness Project

by Gretchen Rubin (Harper Collins, £12.99)

A writer spends 12 months test-driving happiness research and wisdom.

Purple Citrus and Sweet Perfume

by Silvena Rowe (Hutchinson, £25)

Part Eastern-Med travelogue, part luscious cookery book.

The Virgin Gardener

by Laetitia Maklouf (Bloomsbury, £14.99)

Whether you want a window box of herbs or homegrown fruit and veg, take your first steps with this aspirational, jargon-free manual.

The Tent, the Bucket and Me

by Emma Kennedy (Ebury, £7.99)

We've all been there – hilarious tales of family holidaying.

The Way of the World

by Nicolas Bouvier (Eland, £12.99)

A wanderlust-fuelling classic, first published 40 years ago.

A Week at the Airport: A Heathrow Diary

by Alain de Botton (Profile, £8.99)

Philosophic musings from the author of *The Art of Travel*.

Wedlock

by Wendy Moore (Weidenfeld and Nicolson, £7.99)

Be inspired by the remarkable true story of a super-tough Georgian countess.

The Worst Date Ever

by Jane Bussmann (Pan, £7.99)

The real-life tale of how a writer wound up in war-torn Uganda.