

## Postal Tape Service Catalogue 2011 - Lifestyle

No.	Author	Title	No. of Tapes	Synopsis
9923	ADIE, Kate	Into Danger: Risking Your Life for Work	9	Why do people do jobs that risk their lives?
9931	BIRD, John	How To Change Your Life in 7 Steps	2	
9800	BUZAN, Tony	Learning and Memory	1	
9919	CARTLAND, Barbara	Etiquette Handbook: A Guide to Good Behaviour from Boudoir to Boardroom	6	50 year old book of manners
9938	COE, Sebastian	The Winning Mind	5	What constitutes great leadership
9817A	COOPER, Derek	Snail Eggs and Samphire	10	Food journalism
9804A	COOPER, Jilly	Class	8	
9875A	CREAGAN, Edward T	Mayo Clinic on Healthy Aging	7	
9800	DE BONO, Edward	How to Change Ideas	1	
9934	DEL CONTE, Anna	Risotto with Nettles: A Memoir with Food	8	Bringer of Italian cuisine to England in 1949
9931	GOLEMAN, Daniel	Emotional Intelligence	2	Why it can matter more than IQ
9800	HARVEY-JONES, John	Managing to Survive: A Guide to Management through the 1990s	2	
9800	KEENAN, Kate	Management Guide to Motivating	1	
9938	KINGTON, Miles	How Shall I Tell the Dog?	3	Letters from dying man about his cancer
9937	LANCHESTER, John	Whoops! Why everyone owes everyone and no-one can pay	6	Explores modern culture of debt
9823	MACKIE, Mary	Cobwebs and Cream Teas & Dry Rot and Daffodils (National Trust)	4 / 5	
9853	MACKIE, Mary	Frogspawn and Floor Polish (National Trust)	5	

9871	MEZRICH, Ben	Bringing Down the House	6	
9890	PAXMAN, Jeremy	The English: A Portrait of a People	4	Abridged
9915	RAYNER, Jay	The Man Who Ate the World	6	Journey round restaurants in cities of the world
9931	SKYNNER, Robin & CLEESE, John	Families & How to Survive Them	2	Illustrated with comedy sketches
9890	STRUTHER, Jan	Try Anything Twice	5	Essays about postwar life of middle class woman