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# Don't even think of retiring..

... that's the message in a positive self-help book by Peter Carvell. He gives Fiona Gorman a few tips on how to age gracefully



Few of us face the prospect or reality of ageing with anything better than cheerful resignation. But Peter Carvell (pictured) believes that "the Third Act" – the phase of life that begins at 50 – should be embraced and enjoyed to the full. Peter, who has lived in Bourne Street for 10 years and in Belgravia for 30, has written a "self-help" book to dispel a few myths and guide people on how to make the most of their later years. Rather than entering an era of decay and despair, he believes men in their fifties "are probably reaching their peak", and the most relevant image for them is that of the alpha male of animals. With that in

mind, he has called his book *Silver Wolf*. Peter – an elegant and fit man who admits to owning a bus pass – hopes readers will "realise they are the luckiest generation ever to reach their fifties, as they have 20 or more years to enjoy their 'Third Act'". With the help of his book, he hopes they will create a Grand Plan, complete with detailed financial planning, to produce a new balance of work, learning and fun that will let them focus on, and achieve, their dreams. More than anything else, he wants readers to ditch the old idea of retiring; an unhealthy notion, he says, that is "barely 100 years old". The recent arrival

of the Age Discrimination Act has made that possible, as companies can no longer force employees to stop work. He says it is time to dispense with the attitude that prevailed when his parents reached their fifties, contemplating a retirement that lasted about four years. "My parents' generation believed that you weren't retired at 65 for no reason; it was because you were finished by then. If you believe that, you will become senile." If the timing of the book was determined, at least in part, by legislation, its catalyst was watching his parents, a headmistress and managing director, "do the archetypal thing".

"They stopped on a Friday night and on the Monday morning there was nothing. They had a lovely time for a few months, visiting National Trust buildings, having lunch and so on, but suddenly that was that," he says. "They had both had responsibility, both been needed – suddenly they were nothing. It was so depressing. I thought this is nonsense." Most people and companies have underestimated the effect of the Act, he says. Not only will older employees be able to work longer, even if they choose to do so part-time, but companies will not need to employ so many younger people, which may encourage them to remain in education longer. He has begun running seminars to tell companies about the changes they face. "It's a magic moment," says Peter. "The company wins by retaining people with all their contacts, experience and knowledge, without a five-day bill. Employees win because they are still part of the work life and bringing in money." *Silver Wolf* by Peter Carvell is published by Delancey Press at £9.99.

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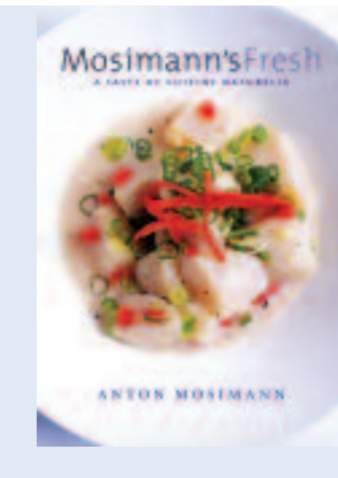
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A selection of books that have local relevance. All the books featured on these pages are available at Henry Stokes in Elizabeth Street



What do seriously rich people give each other for Christmas? A new yacht? Another diamond? Well, whatever their retail travails at this time of year, one book that will probably hit the spot for an entertaining holiday read for the rest of us is *The Rich: A New Study of the Species* by Belgravia writer and journalist William Davis. The author began his career on the *Financial Times*, and became financial editor of the *Evening Standard* and *The Guardian*; he edited *Punch* and launched *High Life* magazine. He then decided "it was time to make money instead of merely writing about it" and launched his own publishing company. He became a multi-millionaire. So he already knew quite a bit about his chosen subject but, through interviews and other sources, he has produced what he describes as a "study of human behaviour". His lively and witty profiles include Andrew Lloyd Webber, Elton John, Bill Gates, Rupert Murdoch and Tiger Woods. Perhaps this book is made for dreamers, but then, as Walt Disney

apparently said, "if you can dream it, you can do it". *The Rich: A New Study of the Species* by William Davis is published by Icon Books at £16.99. Although the *Time Out Shortlist* guide to London is aimed at the increasing number of city-break travellers to the capital, many Londoners could learn a lot from it too. Several well-loved Belgravia institutions make it into the 2007 guide. The eating and drinking shortlist, for example, cites Amaya in Halkin Street in its "best new" category, Baker & Spice in Elizabeth Street in the "best breakfast/brunch" section, along with the Blue Bar at the Berkeley for cocktails, and Hunan in Pimlico Road for "something different". The Boxwood Cafe at the Berkeley, Nahm, the Star Tavern and The Thomas Cubitt all get honourable mentions too. There's a calendar of events for the year, a list of day-out attractions, and an examination of the markets, river life and clubbing scene in the capital. This



all makes the pocket-sized guide as useful for residents as for visitors. The longest chapter looks at London section by section with clear maps of each area. There are also chapters on "neighbourhood London" and hotels. The annual guide – one of six new European books – aims to be right up to date. But perhaps the hopeful advice that "by the time you read this, the new Wembley Stadium should be open for business" will prove more relevant for the 2008 edition. *Time Out Shortlist: London 2007* is available at £6.99. It may feature only a couple of structures in Belgravia – The Grenadier pub in Wilton Row and the Wellington Arch at Hyde Park Corner – but *Spectacular Vernacular: London's 100 Most Extraordinary Buildings* provides such a delightful glimpse of some of the capital's best-loved buildings and hidden wonders that it hardly matters. The author reveals the history, architecture and fascinating secrets of each in a wonderfully accessible style,

making it an easy book to pick up, put down... and pick up again. *Spectacular Vernacular* by David Long is published by Sutton at £19.99. Swiss chef Anton Mosimann has put together a wonderful collection of his favourite recipes in *Mosimann's Fresh*. Fellow chef Heston Blumenthal describes Anton in the foreword as "a true visionary in the kitchen". Anton revisits some of the Cuisine Naturelle dishes that he created in 1982 – which proved that you didn't need butter or cream to produce great flavour. And he takes the reader on a culinary journey from Asia to the Americas and beyond. While many of the recipes are "food that is good for you", all are "good food" too. Anton, whose dining club is at 11B West Halkin Street, is not advocating "a joyless life of sensual deprivation". He says he "wanted to show how it is possible to eat healthily and, occasionally, indulgently". *Mosimann's Fresh* is published by HarperCollins at £25.

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