

## CABIN

**Cabin: How To Build A Retreat In The Wilderness And Learn To Live With Nature** (Thames & Hudson, out 17th August) by Will Jones documents how he gave up city life to move to rural Canada.



**Please Unsubscribe, Thanks! How To Take Back Our Time, Attention, And Purpose In A World Designed To Bury Us In Bullshit** (Simon & Schuster, out 31st August) by Julio Vincent Gambuto explores how to commit to a life you want.

keep them looking their best by removing finished flowers.  
2 It's tempting to cut back in autumn, but seedheads are food for birds. Leaving ground cover over the winter will also create habitats for wildlife and benefit your soil.  
3 September to November is the perfect time to plant daffodils, tulips, alliums and irises, ready for a riot of colour in the spring.

