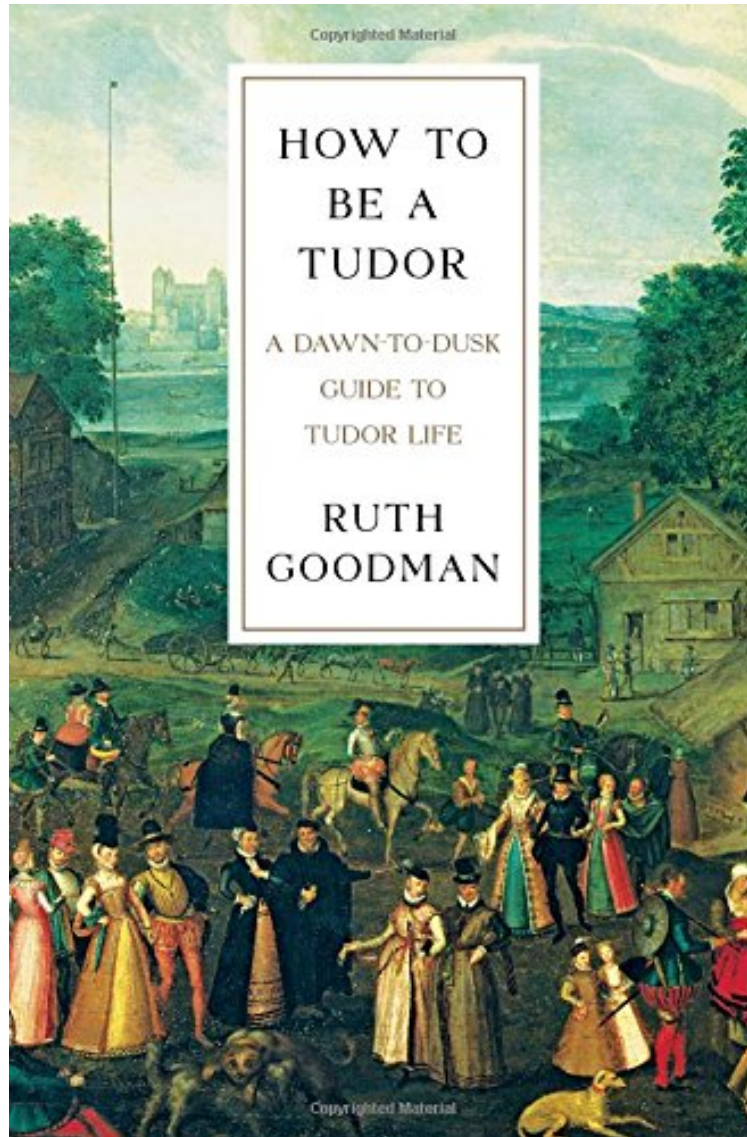


# How To Be a Tudor: A Dawn-to-Dusk Guide to Tudor Life

*Ruth Goodman*

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**Ruth Goodman : How To Be a Tudor: A Dawn-to-Dusk Guide to Tudor Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised How To Be a Tudor: A Dawn-to-Dusk Guide to Tudor Life:

0 of 0 people found the following review helpful. Fascinating and insightful!By JD MelndzI discovered Ruth Goodman through an interview she did with Radio West, and her fun personality made me think that this book

wouldn't be a dry, boring foray into history -- and it wasn't! Goodman has done a masterful job making this period of time utterly fascinating. If you're a fiction writer, like me, the information contained in this book will become invaluable to your craft. And if you're just interested in history, like me, this book will delight, surprise, and amuse you. There is so much about this Tudor age that I didn't know and am pleased to know now. Highly, highly recommend! 0 of 0 people found the following review helpful. Very enjoyable By gingblack@aol.com I really enjoyed this book. The writer has a wonderful style and clearly provided a well researched history. It is amazing that we know so little about the millions of people who lived in an era and so much about a few dozen famous people. Things never change. 0 of 0 people found the following review helpful. But what about childbirth? By Brooke Bailey I was totally besotted by "How to Be a Victorian," so I was disappointed that this book didn't have as broad a range of information... particularly on CHILDBIRTH! I'm still full of questions, especially after that Call the Midwife episode when Meg and Maeve try to orchestrate their child's birth with a Tudor birthing chair and other such oddities. I am one disappointed dork.

From an historian who advised on the BBC's *Wolf Hall*, an erudite romp through the intimate details of life in Tudor England. On the heels of her triumphant *How to Be a Victorian*, Ruth Goodman travels even further back in English history to the era closest to her heart, the dramatic period from the crowning of Henry VII to the death of Elizabeth I. Drawing on her own adventures living in re-created Tudor conditions, Goodman serves as our intrepid guide to sixteenth-century living. Proceeding from daybreak to bedtime, this charming, illustrative work celebrates the ordinary lives of those who labored through the era. From sounding the hue and cry to alert a village to danger to malting grain for homemade ale, from the gruesome sport of bear-baiting to cuckolding and cross-dressing the madcap habits and revealing intimacies of life in the time of Shakespeare are vividly rendered for the insatiably curious. 8 pages of color illustrations

Immersive, engrossing a reminder that while we believe we see the past from a detached, enlightened perspective, our view is often blinkered, and so is our notion of what constitutes human needs and nature. Its one thing to pay lip service to how much the Western family has changed over the past several centuries and another to witness someone recreating the way it once worked The revelatory truth behind the sumptuous gowns and palaces of *Wolf Hall* isn't how badly those kings and princesses smelled but just how hard everyone else was working in the rest of their world. - Laura Miller, *Slate* [Goodman's] enthusiasm is exhilarating and contagious; her writing is clear and clean, sharply observant of tactile details and what they reveal about 16th-century life Goodman approaches a plainspoken lyricism, a prosaic celebration of her ancestors and the world they made. - Kate Tuttle, *Boston Globe* Engagingly written and awash in the practicalities of life in the age, [How to Be a Tudor] presents a vivid, fascinating era of British history and reminds us that we're never as far from the past as we like to think. - Genevieve Valentine, *NPR.org* Goodman's latest foray into immersive history is a revelation This fascinating book shows us commoners at their patriotic Sunday afternoon archery practice and Henry VIII playing tennis in a crimson satin doublet, with evening prayers for all. Its the next best thing to being there. - Sarah Ferguson, *New York Times Book* An intimate look inside the 16th-century household. In this natural follow-up to *How to Be a Victorian* (2014), historian Goodman mines advice manuals, poems, letters, Shakespeare's plays, and even cookbooks to etch in captivating detail a portrait of life in Tudor and Elizabethan England. Fresh and illuminating history. - Kirkus s Ruth is the queen of living history, long may she reign! - Lucy Worsley, author of *The Art of the English Murder* A deeply researched and endlessly fascinating account of what it was like to live as a Tudor. The narrative is rich in period detail and based upon a thorough review of the contemporary sources, but what makes it unique is the fact that Goodman has put it all into practice sleeping, eating, washing and dressing like a Tudor. As a result, *How To Be a Tudor* is one of very few books which can justifiably claim to bring every aspect of this enduringly popular period dazzlingly to life. - Tracy Borman, author of *Thomas Cromwell* About the Author Ruth Goodman is the author of *How to Be a Victorian*. An historian of British social and domestic life, she has presented a number of BBC television series, including *Tudor Monastery Farm*. She served as a historical advisor on the BBC's miniseries *Wolf Hall*. She lives in England.