



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

Ruth Goodman

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The real Wolf Hall - a time traveller's guide to daily life in Tudor England The Tudor era encompasses some of the greatest changes in our history. But while we know about the historical dramas of the times - most notably in the court of Henry VIII - what was life really like for a commoner like you or me? To answer this question, the renowned "method historian" and historical advisor to the BBC Ruth Goodman has slept, washed and cooked as the Tudors did - so you don't have to! She is your expert guide to this fascinating era, drawing on years of practical historical study to show how our ancestors coped with everyday life, from how they slept to how they courted. Using a vast range of sources, she takes you back to the time when soot was used as toothpaste and the "upper crust" of bread was served to the wealthier members of the house. Exploring how the Tudors learnt, danced and even sat and stood according to the latest fashion, she reveals what it all felt, smelt and tasted like, from morning until night. 'Ruth is the queen of living history, long may she reign!' - Lucy Worsley

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