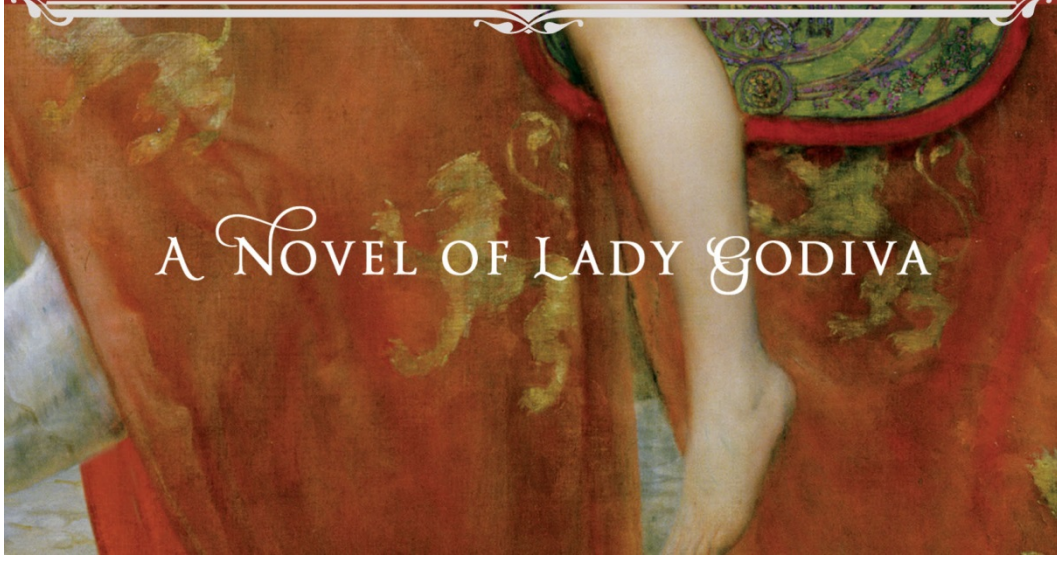


ELIZA REDGOLD  
NAKED



A NOVEL OF LADY GODIVA



## *Naked: A Novel of Lady Godiva*

*By Eliza Redgold*

### *Book Club Questions*

Here are some possible book club questions and delicious serving suggestions to choose from for NAKED: A Novel of Lady Godiva.

If you would like me to visit or to arrange a virtual visit via Skype, FaceTime or phone, just email me at [eliza@elizaredgold.com](mailto:eliza@elizaredgold.com)

Enjoy!

#### **Discussion Questions:**

- Would you ride naked? For love? For money? For true love? What 'cause' do you feel strongly enough about to ride naked?
- History has been hard on Lord Leofric. In most Godiva stories he is definitely the villain of the piece. Discuss the ways in which Leofric acted like a hero - were any of his actions less than heroic?
- What do you think Godiva's mother Morwen's life was like when she first married?
- How do you think today's social media would respond to the news of a naked ride through Coventry? Design a Facebook status or Tweet you would write as a villager that day.
- Aine is often portrayed making herbal remedies of sorts. In what ways do you use herbs to change your mood in your life?
- Discuss what you think village life was like after the famous ride? How would the different townsfolk tell the story?
- Godiva learned warfare skills from her father. Where do you think she learned her acrobatic horsemanship?

- Godiva was totally devoted to the people of Coventry. In which modern social structures do we find such devoted caretakers?
- Was Edmund a villain, or simply a maladjusted young man due to his childhood experiences?
- Discuss the relationship between Aine and Godiva. Does it remind you of any relationships in your life?
- Saxon noblewomen were peace weavers or in old Anglo-Saxon *fripwebba*. These women were known to marry a man from an opposing tribe to establish peace or end war. What is your view? Would you be a peace weaver?
- How is the term "double edged sword" relevant today?
- Discuss the crafts and craftsmanship you catch glimpses of throughout *Naked*. How are these practised today?
- Godiva picks up her mother's tapestry to complete it. What family heirlooms do you have that you treasure? Which ancestors do they bring to mind?
- Make daisy chains from "day's eyes" at your meeting.
- Which smells and sounds would help orientate you if you were walking blindfolded through the local mall?
- What symbology do the horses provide in *Naked*?
- What character traits do you think Godiva and Leofric will want for their child?
- What music would you suggest for a modern soundtrack for the battle scene?
- How do you think the Danes would tell the tale of Godiva and Leofric?
- Explore *Beowulf* during your book club meeting - discuss.
- Godiva grew up knowing legends of other great peace warriors - what stories do we tell today which would be the equivalent? What legends or tales do you tell your children - what messages do you think they receive?
- Talk about a time you were betrayed by a friend. How is that relationship today? Do you think Godiva will find it in herself to forgive those who betrayed her?

## *Naked: A Novel of Lady Godiva*

### **Serving Suggestions**

Here are some delicacies of the day that you might like to serve up at your book club meeting.

#### *Honey Cakes*

At weddings in Godiva's time it was the custom for guests to bake flat honey cakes and pile them one on top of the other. From this comes the tradition of a tiered wedding cake. Try this delicious honey cake recipe or ask guests to bring their own version of a flat, round honey cake and pile them on top of each other. Sandwich together with honey frosting if desired.

- 250g clear honey, plus about 2 tbsp extra to glaze
- 225g unsalted butter
- 100g brown sugar
- 3 large eggs, beaten
- 300g all purpose/self-raising flour

Heat the oven to fan 140C/ conventional 160C/gas 3. Grease and line two 20cm round cake tins. Cut the butter into pieces and drop into a medium pan with the honey and sugar. Melt slowly over a low heat. When the mixture looks quite liquid, increase the heat under the pan and boil for about one minute. Leave to cool for 15-20 minutes, to prevent the eggs cooking when they are mixed. Beat the eggs into the melted honey mixture using a wooden spoon. Sift the flour into a large bowl and pour in the egg and honey mixture, beating until you have a smooth, quite runny batter. Pour the mixture into two flat, round tins and bake for 40-50 minutes until the cake is well-risen, golden brown and springs back when pressed. Turn the cake out on a wire rack. Warm 2 tbsp honey in a small pan and brush over the top of the cake to give a sticky glaze, then leave to cool. Keeps for 4-5 days wrapped, in an airtight tin.

#### *Mead or Honey Wine*

Mead is an old alcoholic beverage made of fermented honey and water. Spices, fruits and grains are added. A version of mead drunk by Godiva is oxymel. This health cup included 'mother' apple cider vinegar with honey mead. Versions of this health drink, both alcoholic and non-alcoholic are still to be found today.

If you're feeling adventurous and want to make your own mead, visit:

<http://www.stormthecastle.com/mead/index.htm>

Alternatively you can source mead online:

US:

<http://www.hiddenlegendwinery.com/our-meads/>

<http://www.meadmakers.org/meadmakers.htm>

UK:

<http://www.gosnells.co.uk/>

<http://www.lindisfarne-mead.co.uk/>

<http://www.cornishmead.co.uk/>

Canada:

<http://www.winesofcanada.com/mead.html>

Australia:

<http://www.honeywine.com.au/>

### ***Herbal Tisane***



Aine made Godiva many cups of herbal tisanes in *Naked*. Serve a tisane of herb tea. To prepare a tisane, use 1-2 cups of herbs of your choice (fresh or dry) with 3-6 cups of water. Boil over stove for 10 minutes and strain. Add lemon juice if desired or add honey to sweeten.



## About the Author

Hello, my name is Eliza Redgold. It's the Gaelic meaning of my full name, Dr Elizabeth Reid Boyd. I'm an author and academic.

I writes fiction (as Eliza Redgold) and non-fiction (as Elizabeth Reid Boyd).

There are some exciting new releases coming in 2017. Out in March is [The Secrets of Mindful Beauty](#) to be published by Skyhorse Publishing, New York. These revolutionary techniques in anti-ageing and self-care will change how you look and how you feel - forever.

In 2017 the first in my Ladies of Legend fiction series will be released as an audio book. Listen out for [NAKED: A Novel of Lady Godiva on Audible](#).

Also in progress is a non-fiction book about the spirit of fairy tales and how you can transform your life with a forgotten fairy tale philosophy.

Stay in touch with me on

*Twitter:* [@ElizaRedgold](#)

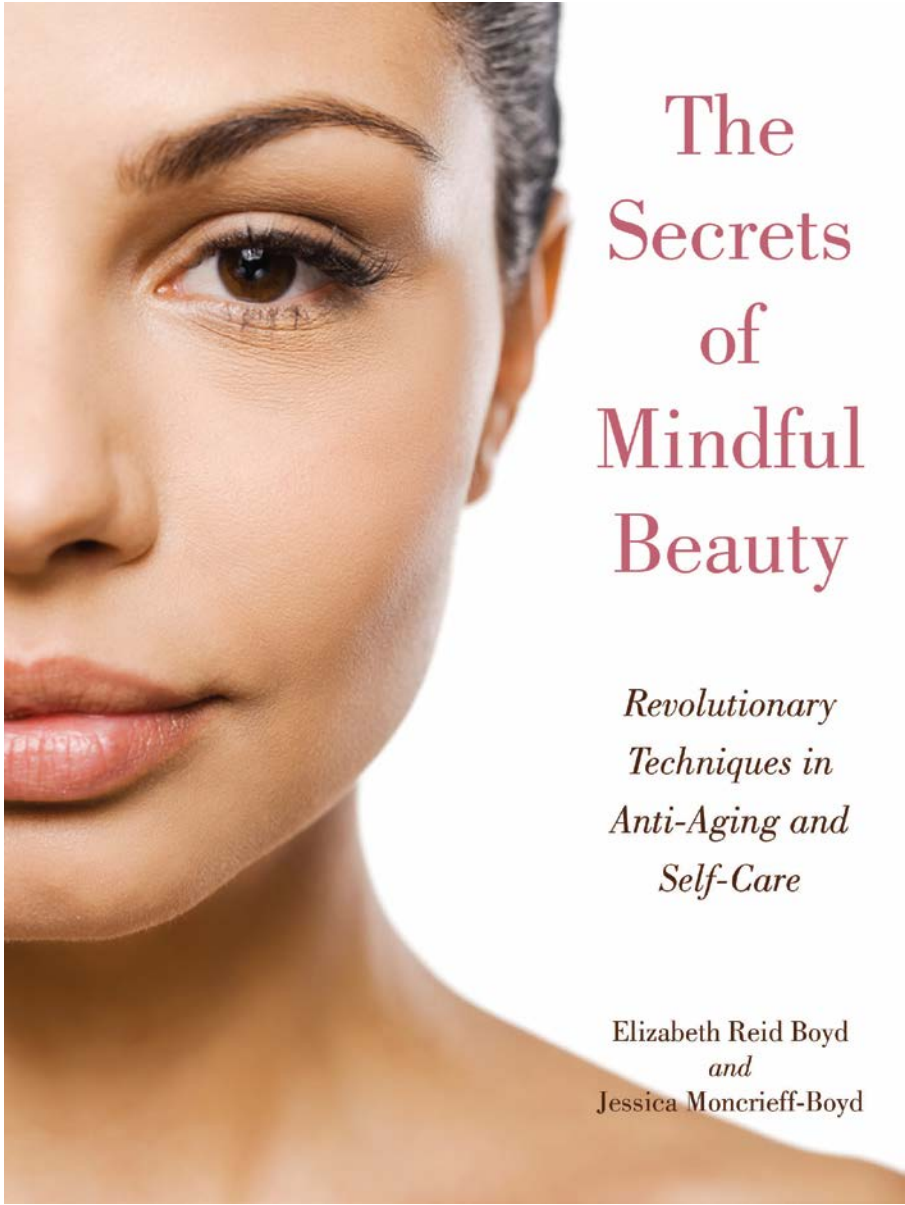
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