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Life through the lens of a visitor

Now and again it can be interesting to look beyond our daily routine and see our neighbourhood and our pace of life through the eyes of a visitor. And thanks to these evocative photos taken by Susana Hill we can do just that.



Talented: Photographer
Susana Hill

Susana was born in Harrogate but her family moved to La Zubia, a little village just outside Granada in southern Spain, when she was three. Last year, her older brother came to study in London and this summer Susana spent her holidays with him living in the small flat he'd found in East Finchley.

Village scenes

Her series of black and white studies of local life includes scenes from the High Road, Cherry Tree Wood and Highgate Wood, often capturing quiet and contemplative



Hand in hand in Highgate Wood. Photo Susana Hill

moments in the life of local people.

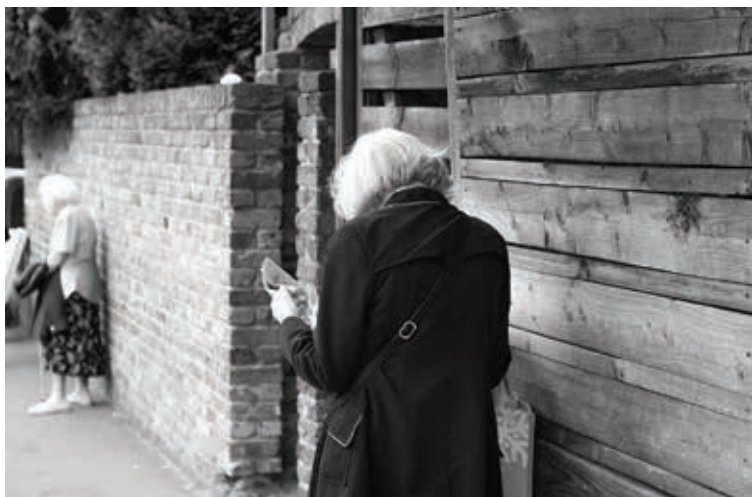
"There are some similarities with La Zubia," says Susana, 17. "Where I live is not far from the centre of Granada, just a brief bus ride away, and East Finchley is a village inside London, just nine stops on the tube from the centre."

"For a photographer it's an inspiring city in every sense and East Finchley has been the place that has connected me to it. Throughout my time here, I've been photographing its citizens, its life and its human relationships."

Photography has been Susana's hobby since she was 12 and she wants to make it her career. Next year, she plans to do a photography degree at Sunderland University and would then like to go freelance.



A gardener in Brim Hill. Photo Susana Hill



Waiting for the bus. Photo Susana Hill


How to avoid putting off those vital tasks

'I'm too busy', 'I don't know where to start' and 'I'm overwhelmed': according to local coach and professional organiser Juliet Landau-Pope, these are among the most common explanations that people give for avoiding vital tasks at home, at work or while studying.

But, as Juliet points out in her new book *What's Your Excuse for not Being More Productive?*, the key to boosting motivation is to shift your perspective. "If you're feeling stuck, consider whether you're stuck in a situation or rather in a story," she says.

Her new book explores these and lots of other excuses; it also contains practical strategies and motivational tips. Juliet explains how it grew out of her professional experience:





What's Your Excuse for not Being More Productive? is out now on Amazon, £7.99. For more information visit www.jlcoach.com.



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