

## The Middle Ages Unlocked: A Guide to Life in Medieval England, 1050–1300

Gillian Polack BA MA PhD, Katrin Kania BA PhD



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To our modern minds, the Middle Ages seem to mix the well-known and familiar with wildly alien concepts and circumstances. The Middle Ages Unlocked provides an invaluable introduction to this complex and dynamic period in England. Exploring a wide range of topics from law, religion and education to landscape, art and magic, between the eleventh and early fourteenth centuries, the structures, institutions and circumstances that formed the basis for daily life and society are revealed. Drawing on their expertise in history and archaeology, Dr Gillian Polack and Dr Katrin Kania look at the tangible aspects of daily life – ranging from the raw materials used for crafts, clothing and jewellery to housing and food – in order to bring the Middle Ages to life. The Middle Ages Unlocked dispels modern assumptions about this period to uncover the complex tapestry of medieval England and the people who lived there.

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