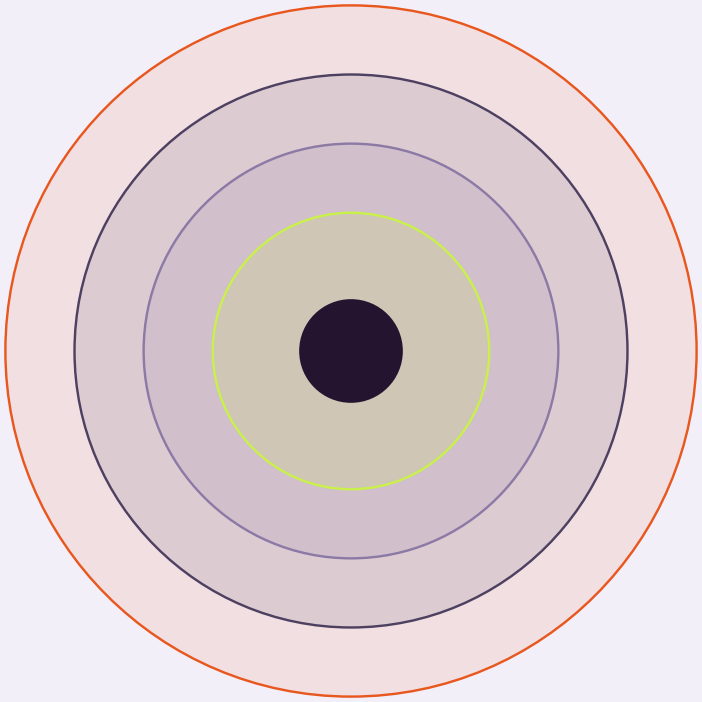


Raising Hare: A Memoir

A reading of the book by Chloe Dalton (2024)

1. ACTION BOOK

CONTENTS

Inside this edition

The book in a minute 3

The takeaways 4

Your action book 6

Before you go 7

PART TWO · THE ACTION BOOK

The setup checklist 9

Sit out at dusk once a week 10

Write down three things after each sit 11

Watch before you step in 12

ABOUT THIS EDITION

This is HourLife's reading of Raising Hare: A Memoir, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Chloe Dalton is a British foreign policy specialist who spent years as a political adviser in London. During the pandemic she retreated to her country home, a restored barn in the English countryside, and found a young leveret lying alone on a track. She took it in, and set herself a hard rule: help it survive without turning it into a pet, so no name, as little handling as possible, and no shutting it in beyond the briefest spells. The hare grew up free to come and go through a flap made for it. Between those scenes Dalton draws on natural history, folklore, poetry and the history of hunting to show how badly people have understood hares, and how a slower, more watchful life changed her.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

You can help a wild animal without owning it, if you decide early what you will not do.

Dalton set herself limits from the start. She did not name the hare, tried not to touch it, and kept it shut in only briefly. Those rules are what kept the rescue from becoming ownership.

2 HOURLIFE TAKEAWAY

A name is the first step towards a pet.

Dalton chose not to name the leveret, because a name would have made it hers. It stays the hare. That small refusal keeps her attention, and ours, on the animal rather than on the person caring for it.

3 HOURLIFE TAKEAWAY

Sometimes the most useful help starts with waiting.

Dalton did not pick the leveret up at once. When she came back hours later it was still there, alone, and only then did she take it in. Mother hares leave their young alone for most of the day, so a lone leveret is not always an orphan.

4 HOURLIFE TAKEAWAY

Fit your life around the animal, not the animal around your life.

The house changed more than the hare did. Dalton hare-proofed her home, gave up her garden plants and had a flap made so the hare could come and go. Respect showed up as a list of small household changes.

5 HOURLIFE TAKEAWAY

A hare is not a big rabbit, and the difference matters.

Hares and rabbits share an order but not a way of life. Leverets are born furred and with their eyes open, in a shallow dip in the open rather than a burrow, and hares are not domesticated. Knowing what an animal actually is comes before knowing how to help it.

6 HOURLIFE TAKEAWAY

Letting something be free means living with not knowing where it is.

As the hare grew, it came and went through its flap on its own schedule, and Dalton had to accept not knowing where it was. In HourLife's reading, care without control is the hard part of the book.

7 HOURLIFE TAKEAWAY

Slow down and the land you live on starts to show itself.

Dalton had lived by flights and deadlines. Following a crepuscular animal pulled her into dawn and dusk, the seasons, and the fields and hedgerows around the barn. The book is partly about what that attention did to her.

8 HOURLIFE TAKEAWAY

What a culture believes about an animal shapes what it allows to be done to it.

Dalton reads myth, poetry and the history of hunting, including William Cowper, the 18th-century poet who kept hares. Hares have been omens, jokes, prey and sport. She sets those stories against the animal she actually lived beside.

9 HOURLIFE TAKEAWAY

A wild animal's trust is given on its own terms, or not at all.

The hare was never trained or handled into closeness. Over months it chose when to come near and when to stay away. The book treats that choice as the whole point, and refuses to turn it into a pet story.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Choose a sit spot
- [ ] Save your local wildlife rescue's number
- [ ] List five wild neighbours
- [ ] Leave one corner alone
- [ ] Read an older account of an animal

KEEP UP DAILY

- ◯ Sit out at dusk once a week
- ◯ Write down three things after each sit
- ◯ Watch before you step in

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Choose a sit spot

Pick one place outdoors you can reach in five minutes: a bench, a back step, a gap by a hedge.

Go back to the same spot each time, so you start to notice what changes.

MY VERSION

DONE ON

- [ ] SETUP 2

Save your local wildlife rescue's number

Look up the nearest wildlife rescue or vet that takes wild animals and save the number in your phone.

Read their advice on found baby animals: often it is to watch from a distance before you touch anything.

MY VERSION

DONE ON

- [ ] SETUP 3

List five wild neighbours

Write down five wild animals that live within a mile of your home, using a local wildlife trust or a records site.

Next to each, note when it is most active.

MY VERSION

DONE ON

- [ ] SETUP 4

Leave one corner alone

Pick a patch of garden, a strip of yard or a window box and stop tidying it this season.

Let the grass grow long and see what moves in.

MY VERSION

DONE ON

- [ ] SETUP 5

Read an older account of an animal

Dalton read widely about hares, poetry and history included.

Read William Cowper's account of the hares he kept, or an old natural history of a species near you, and note what has changed in how we see it.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Sit out at dusk once a week

Spend 15 minutes at your sit spot around sunset with your phone away.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Write down three things after each sit

One thing you saw, one thing you heard, and one thing that has changed since last time.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Watch before you step in

When you feel the urge to fix something, an animal or a person, wait and watch for a few minutes first.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

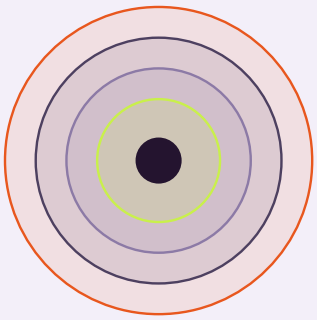
MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Give a wild thing room, and it may choose to come back.

HOURLIFE NOTE AFTER CHLOE DALTON