

Twice Built, Twice Broken

Spotify / Apple Podcasts upload checklist · 56 chapters · by Aysin Djemil

Upload each MP3 below to Spotify for Podcasters as a separate episode in track order. The ID3 tags (title, track #, album, cover art) are already embedded — Spotify will read them automatically. Once published, the same RSS feed can be submitted to Apple Podcasts and Amazon Music for free.

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27	A Day with Mark	7:46	27-a-day-with-mark.mp3	9.3 MB
28	Deals, Disputes, and a Dash of Faith	6:13	28-deals-disputes-and-a-dash-of-faith.mp3	7.5 MB
29	A Tale of Two Sons	8:35	29-a-tale-of-two-sons.mp3	10.3 MB
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31	Tax Issues And Exit	2:31	31-tax-issues-and-exit.mp3	3.3 MB
32	From Sellers Remorse to a Legacy	6:15	32-from-sellers-remorse-to-a-legacy.mp3	7.6 MB

33	Rocking the Cradle, Shaking the Ground	22:01	33-rocking-the-cradle-shaking-the-ground.m	25.7 MB
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41	Collateral Damage of Broken Trust	11:58	41-collateral-damage-of-broken-trust.mp3	14.1 MB
42	The Last Will	14:49	42-the-last-will.mp3	17.4 MB
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45	The Day Everything Stopped	37:38	45-the-day-everything-stopped.mp3	43.5 MB
46	Gold, Grit, and Greasepaint	1:06:43	46-gold-grit-and-greasepaint.mp3	76.9 MB
47	When the Law Breaks You	44:48	47-when-the-law-breaks-you.mp3	51.7 MB
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49	Because they needed me	17:28	49-because-they-needed-me.mp3	20.4 MB
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Total runtime: 15h 52m · **Audiobook ZIP:** <https://twice-built.preview.emergentagent.com/api/book/audiobook.zip>

Per-episode details

Copy-paste the title and description into Spotify for Podcasters when you publish each episode.

Episode 00 — Disclaimer

Track: 0/56 · **Duration:** 0:47 · **File:** 00-disclaimer.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/00-disclaimer.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/0>

Suggested description:

Disclaimer: This memoir is a personal account of my life, told from my perspective and based on my own memories, reflections, and interpretations of events. I have made every effort to be truthful and authentic in recounting my experiences. The people mentioned in this book are referred to by their real names.

Episode 01 — Introduction

Track: 1/56 · **Duration:** 1:49 · **File:** 01-introduction.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/01-introduction.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/1>

Suggested description:

Introduction: I didn't set out to write a book. At first, this was just a way to make sense of the wreckage—of everything I'd built, everything I'd lost, and the pieces I was still clinging to. I wanted to give shape to the chaos. I wanted the judge who branded me a fraudster to see me.

Episode 02 — The Beginning The Bundle The Brawl and The Broken Nose

Track: 2/56 · **Duration:** 6:30 · **File:** 02-the-beginning-the-bundle-the-brawl-and-the-broken-.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/02-the-beginning-the-bundle-the-brawl-and-the-broken-.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/2>

Suggested description:

I was born into a household where hard work wasn't just expected—it was stitched into the very fabric of who we were. My parents ran a small clothing factory. It was loud, chaotic, and full of effort.

Episode 03 — Love and Ambition

Track: 3/56 · **Duration:** 15:11 · **File:** 03-love-and-ambition.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/03-love-and-ambition.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/3>

Suggested description:

Love and Ambition During my time at college, that's when I met Sally—brilliant, determined, full of energy and a wicked sense of humour. She was working at a bank while studying business and banking, juggling both with an ease that made it all look effortless. I remember the first day of class like it was yesterday.

Episode 04 — Building a Legacy

Track: 4/56 · **Duration:** 57:02 · **File:** 04-building-a-legacy.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/04-building-a-legacy.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/4>

Suggested description:

Building a Legacy In our first year of marriage, we were living in Orpington, settling into the rhythm of weekday routines—Sally working in banking and me at my parents' factory. But the weekends were where the real energy of our lives pulsed. Saturdays started early.

Episode 05 — Snow, Sax, and Second Chances

Track: 5/56 · **Duration:** 19:54 · **File:** 05-snow-sax-and-second-chances.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/05-snow-sax-and-second-chances.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/5>

Suggested description:

Snow, Sax, and Second Chances Our family was growing—and so were our ambitions. In 1987, Sally and I welcomed

our first son, Ben. Joy, fear, exhaustion—they all crashed over us in one unstoppable wave. We were everything new parents are supposed to be: elated, terrified, and completely out of our depth.

Episode 06 — The Hardest Battle

Track: 6/56 · **Duration:** 28:10 · **File:** 06-the-hardest-battle.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/06-the-hardest-battle.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/6>

Suggested description:

The Hardest Battle In late 1992, nearly a year after our blissful ski holiday, our lives took a devastating turn. Sally began showing strange symptoms—first a limp, then a growing unsteadiness in her movements. Soon, she struggled with coordination and felt numbness creeping through her limbs.

Episode 07 — A Game That Changed Everything

Track: 7/56 · **Duration:** 13:19 · **File:** 07-a-game-that-changed-everything.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/07-a-game-that-changed-everything.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/7>

Suggested description:

to. My Bio AGame That Changed Everything: After Sally passed away, football became Remie's escape—his anchor in a world that had suddenly lost all shape and certainty. He clung to it like a life raft, chasing the ball with the kind of intensity that only comes when you're running from pain.

Episode 08 — IFL

Track: 8/56 · **Duration:** 13:32 · **File:** 08-ifl.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/08-ifl.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/8>

Suggested description:

IFL I wanted to continue the work Sally and I had started, making it her legacy to complete an exercise video for the disabled. I mentioned this idea to Andrew over coffee and a fellow football coach who managed his son's team, just as I did.

Episode 09 — From Ashes to Desire: The Birth of Lipstick Films

Track: 9/56 · **Duration:** 32:18 · **File:** 09-from-ashes-to-desire-the-birth-of-lipstick-films.mp3

MP3 URL:

<https://twice-built.preview.emergentagent.com/api/book/download/audio/09-from-ashes-to-desire-the-birth-of-lipstick-films.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/9>

Suggested description:

From Ashes to Desire: The Birth of Lipstick Films Before Sally passed, during those raw, uncertain days in rehab, another shadow loomed—I'd fallen foul of the VAT office. Years earlier, I'd diverted funds earmarked for the government to help pay for her surgeries in the U.S.

Episode 10 — The Chameleon Dress

Track: 10/56 · **Duration:** 10:29 · **File:** 10-the-chameleon-dress.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/10-the-chameleon-dress.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/10>

Suggested description:

The Chameleon Dress A Journey of Creativity, Passion, and Frustration - Born After Dark In 1999, amidst the whirlwind of Lipstick Films and the relentless renovations at Old Road, something entirely different was quietly taking shape—late at night, long after the last VHS had been dubbed and the builders had packed up .

Episode 11 — Growth & Collapse

Track: 11/56 · **Duration:** 23:23 · **File:** 11-growth-collapse.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/11-growth-collapse.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/11>

Suggested description:

Growth & Collapse Leaving behind Andrew and IFL—and with them, my dream of producing an exercise video for the

elderly and disabled—felt strangely liberating.

Episode 12 — Keeping the team together

Track: 12/56 · **Duration:** 16:03 · **File:** 12-keeping-the-team-together.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/12-keeping-the-team-together.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/12>

Suggested description:

Keeping the Team Together The final days of primary school carried a strange electricity. There was laughter in the corridors, yes—but beneath it, something heavier. A sense that something meaningful was slipping away.

Episode 13 — Where There's a Will, There's a Way

Track: 13/56 · **Duration:** 22:23 · **File:** 13-where-there-s-a-will-there-s-a-way.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/13-where-there-s-a-will-there-s-a-way.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/13>

Suggested description:

Where There's a Will, There's a Way ! I first met Will back in 2001, when we had just set up Pistachios in the Park. He rode into the café on his bike, his dad, Kevin, and little brother following close behind.

Episode 14 — Wedding plans and Property empire

Track: 14/56 · **Duration:** 57:59 · **File:** 14-wedding-plans-and-property-empire.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/14-wedding-plans-and-property-empire.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/14>

Suggested description:

Wedding plans and Property empire With our wedding officially on the cards, Diane had her heart set on a full-blown white church wedding—complete with classic Rolls Royce transport to both the church and the reception venue.

Episode 15 — The Day I Didn't Believe My Sons

Track: 15/56 · **Duration:** 5:42 · **File:** 15-the-day-i-didn-t-believe-my-sons.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/15-the-day-i-didn-t-believe-my-sons.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/15>

Suggested description:

The Day I Didn't Believe My Sons After I finished writing this book, I handed it to my family with a strange mix of pride and dread. Every chapter felt like a wound reopened, every confession another layer of skin stripped back. It was all there—my failures, my victories, my weaknesses exposed without disguise.

Episode 16 — Cracks in the Foundation

Track: 16/56 · **Duration:** 13:20 · **File:** 16-cracks-in-the-foundation.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/16-cracks-in-the-foundation.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/16>

Suggested description:

Cracks in the Foundation From the outside, it looked like we had finally made it — a new house, a blended family, a fresh start. But behind the front door, the truth was harder to ignore. Old scars don't heal just because you change the scenery. And the deeper you bury the cracks, the louder they eventually roar.

Episode 17 — Dr. Tax and the Clean Slate

Track: 17/56 · **Duration:** 3:33 · **File:** 17-dr-tax-and-the-clean-slate.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/17-dr-tax-and-the-clean-slate.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/17>

Suggested description:

Dr. Tax and the Clean Slate After several years of operating Pistachios in the Park on a yearly licence at Manor House Gardens, I knew it was time to take the business to the next level.

Episode 18 — New Wheels, New Dreams

Track: 18/56 · **Duration:** 14:25 · **File:** 18-new-wheels-new-dreams.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/18-new-wheels-new-dreams.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/18>

Suggested description:

New Wheels, New Dreams Despite everything happening in the background of my life, new beginnings still found their way to my doorstep. Sometimes the excitement of something new offered a welcome distraction from the struggles at home.

Episode 19 — Cracks in the Wall, Blood on the Snow

Track: 19/56 · **Duration:** 6:05 · **File:** 19-cracks-in-the-wall-blood-on-the-snow.mp3

MP3 URL:

<https://twice-built.preview.emergentagent.com/api/book/download/audio/19-cracks-in-the-wall-blood-on-the-snow.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/19>

Suggested description:

Cracks in the Wall, Blood on the Snow The insurance company finally paid out. After months of stress and back-and-forth with Lidl's insurers, we received the compensation we were due. Now came the next hurdle: getting the place surveyed and starting repairs ourselves.

Episode 20 — Pink Wheels and Wooden Dreams

Track: 20/56 · **Duration:** 11:32 · **File:** 20-pink-wheels-and-wooden-dreams.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/20-pink-wheels-and-wooden-dreams.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/20>

Suggested description:

The catering trailer was gone. I was back in the café, focused on what I knew best—sales, customer service, and keeping the community spirit alive. Home life had settled into something comfortable. Diane was content.

Episode 21 — A Family in the Frame

Track: 21/56 · **Duration:** 4:13 · **File:** 21-a-family-in-the-frame.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/21-a-family-in-the-frame.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/21>

Suggested description:

A Family in the Frame With the café's new look complete, wooden toys neatly arranged on the shelves, our old-fashioned sweet shop stocked with traditional loose sweets, and our signature sandwiches and crêpes in demand, everything finally seemed to be coming together.

Episode 22 — In the Army Now

Track: 22/56 · **Duration:** 16:31 · **File:** 22-in-the-army-now.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/22-in-the-army-now.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/22>

Suggested description:

In the Army Now (But Not Quite) In 2005, a year after our wedding, I took Diane and the family to Cyprus. It was her first time there, and we stayed at the Acapulco Hotel in Girne (Kyrenia).

Episode 23 — The Birth of a Local Franchise

Track: 23/56 · **Duration:** 14:44 · **File:** 23-the-birth-of-a-local-franchise.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/23-the-birth-of-a-local-franchise.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/23>

Suggested description:

The Birth of a 'Local Franchise eye SqUaeS Eac oan me cc an a a ne or The Birth of a Local Franchise By now, everything at the café was running smoothly.

Episode 24 — Frimley Lodge

Track: 24/56 · **Duration:** 3:31 · **File:** 24-frimley-lodge.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/24-frimley-lodge.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/24>

Suggested description:

Frimley Lodge & New Frontiers The momentum behind Pistachios in the Park showed no signs of slowing, with growing

interest from councils across the South East. One of the next to reach out was Surrey Heath Borough Council, who invited us to revitalise the underwhelming café at their flagship site—Frimley Lodge Park.

Episode 25 — Olympic Whispers and Royal Cheers

Track: 25/56 · **Duration:** 4:27 · **File:** 25-olympic-whispers-and-royal-cheers.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/25-olympic-whispers-and-royal-cheers.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/25>

Suggested description:

Olympic Whispers and Royal Cheers Meanwhile, back in East Greenwich, Elizabeth was making waves at her own Pistachios café. With the London 2012 Olympics looming and a surge of regeneration projects sweeping across the capital, she had her eye on an opportunity in Victoria Park, Tower Hamlets.

Episode 26 — Of Chimney Sweeps and Courtship

Track: 26/56 · **Duration:** 12:46 · **File:** 26-of-chimney-sweeps-and-courtship.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/26-of-chimney-sweeps-and-courtship.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/26>

Suggested description:

AY 8TH JANUARY — 12PM Sweeps and Courtship Our architectural partners, Baily and Garner, who had previously collaborated with us on the Banstead project, were now involved in a new café development at Palewell Common in East Sheen, right on the fringe of Richmond Park.

Episode 27 — A Day with Mark

Track: 27/56 · **Duration:** 7:46 · **File:** 27-a-day-with-mark.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/27-a-day-with-mark.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/27>

Suggested description:

A day with Mark: A few weeks after our Palewell café opened, I got a call from Mark Whitten, our relationship manager at NatWest. The bank had been watching our progress closely and were genuinely impressed.

Episode 28 — Deals, Disputes, and a Dash of Faith

Track: 28/56 · **Duration:** 6:13 · **File:** 28-deals-disputes-and-a-dash-of-faith.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/28-deals-disputes-and-a-dash-of-faith.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/28>

Suggested description:

Deals, Disputes, and a Dash of Faith New Challenges By 2012, our Pistachios in the Park network was firing on all cylinders—and new councils continued to come calling.

Episode 29 — A Tale of Two Sons

Track: 29/56 · **Duration:** 8:35 · **File:** 29-a-tale-of-two-sons.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/29-a-tale-of-two-sons.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/29>

Suggested description:

A Tale of Two Sons: Hope on King's Field By early 2012, the situation at home had become deeply troubled. eo was now living full-time with his dad, Phil, in Eastbourne. But what started as a new beginning quickly spiralled into something darker.

Episode 30 — From Guernsey Gales to Bognor Breezes

Track: 30/56 · **Duration:** 14:25 · **File:** 30-from-guernsey-gales-to-bognor-breezes.mp3

MP3 URL:

<https://twice-built.preview.emergentagent.com/api/book/download/audio/30-from-guernsey-gales-to-bognor-breezes.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/30>

Suggested description:

From Guernsey Gales to Bognor Breezes In 2011, the year the Royal Wedding captured the nation's imagination, we stumbled upon an intriguing article about Deutsche Bank in Guernsey.

Episode 31 — Tax Issues And Exit

Track: 31/56 · **Duration:** 2:31 · **File:** 31-tax-issues-and-exit.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/31-tax-issues-and-exit.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/31>

Suggested description:

Tax Issues And Exit In 2012, I found myself locked in a battle with HMRC—a nightmare that blindsided me. My then-accountant, KN Kemal, had filed tax returns showing a profit under my name but using a completely different tax reference from the one Dr. Trevor Thomas had used previously.

Episode 32 — From Sellers Remorse to a Legacy

Track: 32/56 · **Duration:** 6:15 · **File:** 32-from-sellers-remorse-to-a-legacy.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/32-from-sellers-remorse-to-a-legacy.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/32>

Suggested description:

From Sellers Remorse to a Legacy Over the years, my ties to Lewisham grew deeper than I ever imagined. What began as running a café evolved into something far bigger when I was recognised as Lewisham Council's official caterer—a badge of honour that carried real weight.

Episode 33 — Rocking the Cradle, Shaking the Ground

Track: 33/56 · **Duration:** 22:01 · **File:** 33-rocking-the-cradle-shaking-the-ground.mp3

MP3 URL:

<https://twice-built.preview.emergentagent.com/api/book/download/audio/33-rocking-the-cradle-shaking-the-ground.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/33>

Suggested description:

Rocking the Cradle, Shaking the Ground In 2014, two significant opportunities emerged, each promising to expand our presence and deepen our community impact. The first came from Coram's Fields, a unique seven-acre children's sanctuary nestled in the heart of Bloomsbury, London.

Episode 34 — Jetton Park and the American Temptation

Track: 34/56 · **Duration:** 3:19 · **File:** 34-jetton-park-and-the-american-temptation.mp3

MP3 URL:

<https://twice-built.preview.emergentagent.com/api/book/download/audio/34-jetton-park-and-the-american-temptation.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/34>

Suggested description:

Jetton Park and the American Temptation It was the year 2015. I was knee-deep in the usual chaos of running multiple cafés, dealing with staff rotas, supplier delays, and the relentless, ticking rhythm of food orders piling up.

Episode 35 — The Cost of Gold and Green

Track: 35/56 · **Duration:** 17:59 · **File:** 35-the-cost-of-gold-and-green.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/35-the-cost-of-gold-and-green.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/35>

Suggested description:

The Cost of Gold and Green Since opening our café in Priory Park, we quickly sensed a chill beneath the surface charm of Reigate. On social media, a wave of simmering resentment rolled in.

Episode 36 — Plates in the air

Track: 36/56 · **Duration:** 10:05 · **File:** 36-plates-in-the-air.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/36-plates-in-the-air.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/36>

Suggested description:

Plates in the air 2015 came in like a tide—bringing new faces, bold moves, and cracks we wouldn't see clearly until much later. We'd had a surge of interest in taking over the Lady Neville café in Banstead. Nothing unusual about that. But among all the hopefuls, two names kept rising to the top—Javid and Mohamad.

Episode 37 — The Granddad Who Wasn't

Track: 37/56 · **Duration:** 9:17 · **File:** 37-the-granddad-who-wasn-t.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/37-the-granddad-who-wasn-t.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/37>

Suggested description:

The Granddad Who Wasn't September 2016 John Barratt was never the boys' grandfather in any official sense, but you'd never have known it.

Episode 38 — A Mint Tea Mirage

Track: 38/56 · **Duration:** 4:15 · **File:** 38-a-mint-tea-mirage.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/38-a-mint-tea-mirage.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/38>

Suggested description:

A Mint Tea Mirage Just before Ben and Alina were set to take over the café in Banstead, I knew what was coming—long hours, sleepless nights, no chance to catch their breath until the business found its feet. It would be months before they'd have time for a proper break. So, I planned one for them.

Episode 39 — Chairs on the M

Track: 39/56 · **Duration:** 4:47 · **File:** 39-chairs-on-the-m.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/39-chairs-on-the-m.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/39>

Suggested description:

Chairs on the M23 Four years we ran that café in Eastbourne's Princes Park. Four years of wind-whipped summers, soggy winters, countless flat whites and bacon rolls. It wasn't just a business—it was a rhythm, a life, a living thing.

Episode 40 — The Cost of Cake and Courtrooms

Track: 40/56 · **Duration:** 25:27 · **File:** 40-the-cost-of-cake-and-courtrooms.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/40-the-cost-of-cake-and-courtrooms.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/40>

Suggested description:

The Cost of Cake and Courtrooms Back in Redhill, Ben and Sarah were preparing to close a chapter of their lives—one last adventure awaited them elsewhere. They had poured their hearts into the café, built something meaningful, but the time had come to move on.

Episode 41 — Collateral Damage of Broken Trust

Track: 41/56 · **Duration:** 11:58 · **File:** 41-collateral-damage-of-broken-trust.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/41-collateral-damage-of-broken-trust.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/41>

Suggested description:

Collateral Damage of Broken Trust Over the past years, I had leveraged everything I could against the equity in my home. What started as sensible financial manoeuvring—funds raised for house renovations, wedding plans, buy-to-let schemes, and ambitious café build-outs—soon morphed into something far more slippery.

Episode 42 — The Last Will

Track: 42/56 · **Duration:** 14:49 · **File:** 42-the-last-will.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/42-the-last-will.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/42>

Suggested description:

The Last Will — and the Silencing of Barbara Parrington It was a still, bright August morning in Goole, East Yorkshire, the kind where even grief seems suspended in sunlight.

Episode 43 — Brexit, Banstead, and the Ties That Strain

Track: 43/56 · **Duration:** 15:21 · **File:** 43-brexit-banstead-and-the-ties-that-strain.mp3

MP3 URL:

<https://twice-built.preview.emergentagent.com/api/book/download/audio/43-brexit-banstead-and-the-ties-that-strain.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/43>

Suggested description:

Brexit, Banstead, and the Ties That Strain leaving the EU, the original withdrawal date was set for 29th March 2019. But beyond the politics and headlines, there was uncertainty everywhere—especially for foreign nationals living and working in the UK, and Brits scattered across Europe.

Episode 44 — The Crash, the Carnival, and the Quiet Return

Track: 44/56 · **Duration:** 12:26 · **File:** 44-the-crash-the-carnival-and-the-quiet-return.mp3

MP3 URL:

<https://twice-built.preview.emergentagent.com/api/book/download/audio/44-the-crash-the-carnival-and-the-quiet-return.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/44>

Suggested description:

We landed first in Barranquilla, where Katherine's family welcomed us like long-lost relatives. For two unforgettable days, we were swept into the rhythm of the city — long tables overflowing with flavour and laughter, strangers becoming family by the second glass of aguardiente.

Episode 45 — The Day Everything Stopped

Track: 45/56 · **Duration:** 37:38 · **File:** 45-the-day-everything-stopped.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/45-the-day-everything-stopped.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/45>

Suggested description:

The first Christmas in our new home was something out of a snow globe—magical, warm, glittering with the kind of hope that only December can bring.

Episode 46 — Gold, Grit, and Greasepaint

Track: 46/56 · **Duration:** 1:06:43 · **File:** 46-gold-grit-and-greasepaint.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/46-gold-grit-and-greasepaint.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/46>

Suggested description:

Two brand-new sites added to the Pistachios in the Park banner, cafés humming again, takeaway windows wide open. But the world beyond those counters was still gripped in a strange, stifling uncertainty. COVID hadn't loosened its hold—it just changed its face.

Episode 47 — When the Law Breaks You

Track: 47/56 · **Duration:** 44:48 · **File:** 47-when-the-law-breaks-you.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/47-when-the-law-breaks-you.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/47>

Suggested description:

When the Law Breaks You: 5 October 2021. The day had come at last: our hearing at the High Court—Sharn Panesar Ltd v Pistachios in the Park Ltd. I wasn't driving then. I couldn't—I was still on a ban. Even if I'd been fit to drive with my ruined hips, there was no way.

Episode 48 — Held Up by Kindness

Track: 48/56 · **Duration:** 17:32 · **File:** 48-held-up-by-kindness.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/48-held-up-by-kindness.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/48>

Suggested description:

She accused me of planning it all along—said I'd been scheming in the shadows, bidding my time, waiting for the perfect moment to walk away and leave her stranded. But if she'd only looked properly, really seen me, she'd have known the truth. It wasn't me who was plotting an exit. It was her.

Episode 49 — Because they needed me

Track: 49/56 · **Duration:** 17:28 · **File:** 49-because-they-needed-me.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/49-because-they-needed-me.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/49>

Suggested description:

Because they needed me: I didn't see it at first—the way dementia was creeping in around the edges of my dad's mind. He'd always been sharp. Stubborn. A man of rules and routines, who could plan a drive to Cyprus in his sleep. But those unsettling flickers of confusion started to show.

Episode 50 — Roses in Istanbul, Thorns at Home

Track: 50/56 · **Duration:** 19:16 · **File:** 50-roses-in-istanbul-thorns-at-home.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/50-roses-in-istanbul-thorns-at-home.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/50>

Suggested description:

Roses in Istanbul Thorns at Home: I hadn't officially moved in with Mum and Dad. I still kept my bed at Allan's place—my bolt-hole. My name stayed registered with the Sidcup GP. I was under Queen Mary's for my hip operation, and there was no way I wanted anything to do with North Middlesex hospital.

Episode 51 — Tell Your Mum I Love Her

Track: 51/56 · **Duration:** 31:13 · **File:** 51-tell-your-mum-i-love-her.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/51-tell-your-mum-i-love-her.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/51>

Suggested description:

Tell Your Mum I Love Her" When we finally got back from Istanbul, I was still buzzing, like I was carrying a little pocket of that city's energy around in my chest. I couldn't wait to share it all, to relive every moment as if telling it out loud might keep it alive just a bit longer.

Episode 52 — My Father's Grave, My Friends' Gift

Track: 52/56 · **Duration:** 28:04 · **File:** 52-my-father-s-grave-my-friends-gift.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/52-my-father-s-grave-my-friends-gift.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/52>

Suggested description:

My Father's Grave, My Friends' Gift I got to the hospital in record time, tyres squealing as I swung into a disabled bay, not caring if it was strictly mine to use. I killed the engine and sat there for half a second, heart hammering, trying to breathe. Then I pushed out of the car, hips screaming in protest.

Episode 53 — Downsize Me

Track: 53/56 · **Duration:** 57:41 · **File:** 53-downsize-me.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/53-downsize-me.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/53>

Suggested description:

Downsize Me: A Hip, A Hope, and a Hurry-Up Returning from Cyprus after burying my dad, the silence hit harder than the jet lag. Erman had flown back to Australia. Everyone else slipped quietly back into their daily lives. And I... I came back to a house that felt cold. Still. Hollow.

Episode 54 — Afterword

Track: 54/56 · **Duration:** 2:08 · **File:** 54-afterword.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/54-afterword.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/54>

Suggested description:

Afterword: So here we are. The last page. The end of this book—but not the end of the road. If you've made it this far, then you've walked beside me—through the wreckage and the rebuilds, through the love that lifted me and the betrayals that broke me.

Episode 55 — Epilogue

Track: 55/56 · **Duration:** 2:17 · **File:** 55-epilogue.mp3

MP3 URL: <https://twice-built.preview.emergentagent.com/api/book/download/audio/55-epilogue.mp3>

Cover: <https://twice-built.preview.emergentagent.com/api/book/chapter-cover/55>

Suggested description:

Epilogue: Twice Built, Twice Broken... Still Standing These are the truths I've gathered along the way—born from scars, rebuilt through failures, and carried as reminders for anyone who has had to start again. When the storms passed and the dust of broken ventures finally settled, I found myself in the quiet.