We ask a celebrity a set of devilishly probing questions – and only accept THE definitive answer. This week it’s former Beirut hostage Terry Waite

The prized possession you value above all others... My iPad Pro. It’s a radio and phone, and I use it to write books. I’d be lost without it.

The biggest regret you wish you could amend... That I never learnt to play piano. My grandmother Annie was a piano teacher but she lived 20 miles away and we couldn’t afford a piano.

The temptation you wish you could resist... Fattening food. I can eat anything put before me – so I do!

The book that holds an everlasting resonance... The Memory Chalet by Tony Judt, a British social historian who suffered from motor neurone disease. He dictated it as he lay dying.

The priority activity if you were the Invisible Man for a day... I’d take it as myself.

The pet hate that makes your hackles rise... Building on the green belt without controlled planning.

The poem that touches your soul... The hymn The Day Thou Gavest, Lord. Is Ended reminds me of my father Tom, who often sang it to himself.

Right: War And Peace (1972), Above right: a piano. Far right: Styal in Cheshire

The person who has influenced you most... My friend Archbishop Desmond Tutu. He lives by the idea that love is stronger than hate.

The figure from history for whom you’d most like to buy a smile and a pint... Johann Sebastian Bach. I’d like to know why he was compelled to work so hard.

The piece of wisdom you would pass on to a child... Never be afraid to ask questions, and read widely so you’ll develop a critical eye.

The film you can watch time and time again... I love the BBC’s 1972 version of War And Peace, with Anthony Hopkins and Morag Hood. It brings Imperial Russia to life.

The unlikely interest that engages your curiosity... Cooking. I make a tasty shepherd’s pie and an even better fish pie. I find it very relaxing.

The philosophy that underpins your life... Love God and your neighbour as yourself.

The treasured item you lost and wish you could have again... The ability to walk long distances. It’s not been possible since I was in captivity in Beirut from 1987-1991, when the soles of my feet were beaten. I’m 78, so that’s a factor, too.

The unending quest that drives you on... For the homelessness charity Emmaus to have communities all over the world before I die. I’m its president and one of the founders.

The unfulfilled ambition that continues to haunt you... Losing weight. I’m shrinking in height – I used to be 6ft 7in but now I’m 6ft 6in – but expanding. I’m 20st when I should be 18st!

The song that means most to you... Elgar’s Enigma Variations. I used to try and recall the music when I was in captivity because it conjures up the spirit and uniqueness of England.

The event that altered the course of your life and character... Captivity changed my life. I know the fear of not knowing whether you’ll live to the end of the day.

The thing put before me – so I do!... The Warrington Male Voice Choir portable Emmaus at emmaus.org.uk. Please support Emmaus at emmaus.org.uk. It’s a very special place for himself and for others.

The unfulfilled ambition that continues to haunt you... Losing weight. I’m shrinking in height – I used to be 6ft 7in but now I’m 6ft 6in – but expanding. I’m 20st when I should be 18st!

The way you want to be remembered... Did he did his best to make the world a better place for himself and for others.

The Plug... Out Of The Silence, my collection of poems and reflections, is published by SPCK priced £9.99 and illustrated by Jenny Coles. Please support Emmaus at emmaus.org.uk.

As told to Rob McGibbon

‘Captivity changed my life. I know the fear of not knowing whether you’ll live to the end of the day’

Steve Carell is Gru in Despicable Me 3 – in cinemas Friday.

1967 – Sunshine Tomorrow, a new album with unheard material from The Beach Boys, is out the same day. And The Wind In The Willows opens at the London Palladium on Thursday.

NEXT WEEK

- As Wimbledon hits 140, Sue Barker’s favourite memories
- How to make the most of British strawberries
- PLUS Britain’s best TV listings