The story

Prince Harry's autobiography, Spare, has finally gone on sale.

In it, he writes about his struggles growing up as a member of the Royal Family.

Harry describes dealing with his mother's death, his anger with the media and the treatment of his wife, Meghan.

The Royal Family have said they will not comment.

Key words and phrases

from (the) horse's mouth
directly from the source
- If you don't believe me, talk to him and hear it straight from the horse's mouth.
- Janice is pregnant. I heard it directly from the horse's mouth.

flood
enter in large amounts
- My bedroom is flooded with sunlight every morning.
- Viewers flood TV channels with complaints when someone swears.

have (your) cake and eat it
try to gain two advantages from one thing
- I want to relax at home and go to the party. I guess I can't have my cake and eat it!
- He said he wants better transport services, but he won't pay more tax. He can't have his cake and eat it.