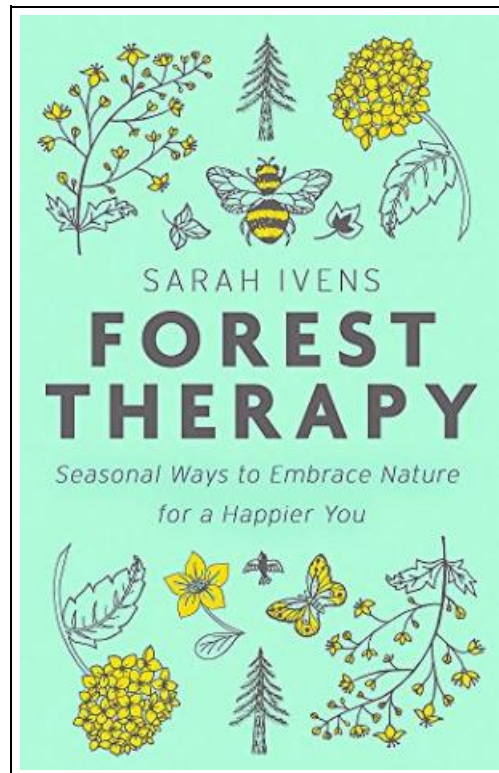


Forest Therapy: Seasonal Ways to Embrace Nature for a Happier You (Hardback)



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Reviews

Extensive information for ebook fans. It generally is not going to expense a lot of. I discovered this publication from my dad and i suggested this ebook to discover.

(Ivah West)

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Little, Brown Book Group, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. Who hasn t felt better after a walk in the woods, a picnic alfresco or a swim in the sea? There is something soul-soothingly simple and refreshing about being in nature, about making the most of the great outdoors, being mindful of Mother Nature s gifts and grabbing spring and summer - and those blue sky, brisk days of autumn and winter - with both hands. But sadly it is a skill we are losing. We are becoming creatures wrapped in walls and trapped by to-do lists, hibernating while the world sprouts, grows and changes.From a simple walk in the woods and countryside couples therapy to DIY natural beauty products and how to bring the outdoors to your home, Forest Therapy will provide seasonal tips to help you reconnect with nature. This book is not just for mountain climbers or white water rafters - it is for uninspired fathers wanting to reconnect their families, bookworms looking to shake off their cobwebs, cooped-up kids needing to let off steam, stressed-out professionals wanting to stop and smell the flowers and worn-down mums needing a rejuvenating boost. We all know getting outside is good for us. Our ancestors did it. We should too. This book will help you live your most unforgettable, fabulous alfresco life.



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