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Your Guide to Forest Bathing: Experience the Healing Power of Nature (Paperback)

By M. Amos Clifford

Conari Press,U.S., United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Forest bathing is a gentle, meditative practice of connecting with nature. Simply being present, with all of our senses, in a forest or other wild area, can produce mental, emotional, and physical health benefits. It is a simple, accessible antidote to our nature-starved lives and can inspire us to become advocates for healing our relationships with the more-than human world. This book is both an invitation to take up the practice of forest bathing and an inspiration to connect with nature as a way to help heal both the planet and humanity. Forest Therapy is a research-based framework for supporting healing and wellness through immersion in forests and other natural environments. In Japan, forest bathing is known as shinrin-yoku. Studies there have demonstrated a wide variety of health benefits, especially in the cardiovascular and immune systems, and for stabilizing and improving mood and cognition. In Your Guide to Forest Bathing, Amos Clifford draws on four decades of wilderness experience to introduce readers to the medicine of being in the forest. Learn about the roots of the practice, how to deepen your relationship to nature, and how...



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