

"[A] lively exploration of what modern research has to say about the myriad health benefits of the great outdoors." —WALL STREET JOURNAL

*the*  
NATURE  
FIX



*Why Nature Makes Us Happier,  
Healthier, and More Creative*

FLORENCE WILLIAMS

Florence Williams

## The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative



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"Highly informative and remarkably entertaining. Delving into brand-new study, she uncovers the powers of the natural world to improve wellness, promote reflection and technology, and strengthen our relationships." ?ElleFrom forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the research behind nature's results on the mind. 12 illustrations As our modern lives shift dramatically indoors, these concepts?and the answers they yield?are even more urgent than ever.



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Get outside! It really is researched structured. Florence Williams immerses herself in the topic by subjecting herself to 1 research after another about the consequences of nature on individual well-becoming. She makes her particular knowledge universally approachable through clear-eyed and heartfelt storytelling. Great storytelling, a very easy read. We have to get outside, today we know why. Thoughtful very well researched, great information I'm learning a lot from this book about why I so long to maintain nature, and why Personally i think so grounded and energized when We get the chance, be it for a few hours on an area trail or recreation area, or away camping for the weekend, or on a hike. This reserve has helped confirm and validate that becoming in nature, in any type, is healing for all of us physically, emotionally and mentally. As our days grow busy w/ function and raising a family, and caring for our parents, this reserve helps remind us to slow down and recognize the beauty around us, breathe it in, allow quiet time, not only for stress relief but to improve our longevity and quality of life. Impeccably researched and thoughtfully written, *The Nature Fix* is a good read. I am content I came across it. Florence Williams addresses everything from "forest bathing" in Korea and Japan to biophilia (our preference to be amount character) to the hanging gardens in Singapore to the advantages of river rafting for soldiers experiencing PTSD. I loved every bit of the book I know a bit about the advantages of character on our mental and physical health, but I learned a lot more after reading this book. I would suggest this book for anyone who loves the outside or really wants to learn a little about why we are drawn towards nature.S. The natural globe has an awful great deal to recommend it and Florence Williams expertly helps us realize why. I've recommended it to many friends already. Nature is the environment for all humans I'm from Alaska. Actually makes youthink of stuff you havent thought of about nature, sounds and smells. This is an excellent read and got a couple of facts and research that were very interesting. The writer also does an excellent work of trying to keep her opinion out and sticks to specifics and results. She spent a great deal of the reserve complaining about having to live in the DC metro region. a bummer, but it includes a lot of interesting research It took me some time to finish the publication because I found it depressing. Enlightening finds. Interesting research. I cannot wait around to instill the like of character in my own grandson! The question the reader will need to answer is one of applicability: just how do \*I\* perform what the reserve suggests? Yes, she felt better from the encounters she undertook for the book's sake, but a lot of them weren't also in the U. An excellent book. This book really shows with a number of research how critical time outside in nature is critical to our well-being.. The subtitle of this book clarifies well what this book is approximately. The author needs to take her family members back again to Boulder, CO.should be read by teachers along with parents and anyone who cares about our environment, and the efeect electronics mobile phones and video games is having on our population world wide.. She will her homework fairly well" bent but all of the others had a "but not your geographical area!It ties nicely to the field of positive psychology using its explanation of the way the mind and body reap the benefits of exposure to nature. Great information. The reason it didn't get 5 stars is because is definitely that it links much to Darwinism/evolution. Must read for everyone! The writer takes current study in the ecopsychology field and explains it in a way that every day people can understand it., etc. It really is a little dried out, but which can be anticipated from a book that's summarizing research. I recommend this book for anyone that has an interest in have the surroundings affects people. Very good read Good research. According to it I'm doomed to be unhappy: for living in a town, for not having a good view, for devoid of hospitals built in pretty areas, for not having specific pine trees around (and so you can get migraines from any pine trees), for not being in Finland or another country that has a more reasonable work ethic, for rather being one which doesn't prosecute when a whole unit gang-rapes its female soldier, etc., etc. Individually not a fan of the entire reserve being

told as though the author is telling a tale. Overall I felt even more mired in hopelessness than inspiration. And I am not sure that the author doesn't feel the same. This book covers everything from noise of town vs nature to weather putting pictures of character around you has an effect on your stress amounts. This reserve has opened my eye to how nature could make my entire life better and lives of my friends and family. Actually, a few inconsistent chapters got a strong "just get outside! This belongs on the shelf for every person committed to intentional pursuit of good health." one. An excellent book. Works out our health depends upon it! Fascinating I couldn't put this publication down! We need to be more aware of how nature affects us and may improve our lives. This publication does apply to anyone, but I'd especially suggest it to educators, nature lovers, performers, parents, and anyone interested in holistic health. This content in this reserve is good. . Wonderfully eye opening! It makes me rethink what's most significant in life! The author did her homework, and her arguments are quite convincing. I am inspired to learn more books such as this and share the love of character with others! Wonderful reading material! Take me out of character, and I begin dying. I loved every bit of the book, and plan on obtaining outside everyday from today until the rest of my life. good book full of studies done in nature effects on all of us very easy read Good all around book. I loved this book from page one, learning about studies and experiments heading on around the globe finding out if character is a healer for all of us is simply wonderful.. Humans have been in nature and nothing at all else for an incredible number of years. Other things makes people crazy, and then kills them. It is time to go home!Leverage the individual body's biophilia and browse this outside! Gave me the right suggestions to incorporate more character in my life. The info that she evaluations from various scientific studies is absolutely fascinating. Yes, complaining about living in the DC metro area is definitely a sport and interest for many, but it doesn't help reading a book of a researcher who traveled the world upon this subject only mainly to stop on finding a local workaround solution herself. Some take away This book got 4 stars because it is fascinating and it has good advice for everyone. Great book explaining research for the everyday person. To accept Darwinism completely you need to acknowledge that everything and everyone originated from nothing..Good info very well presented Thoroughly enjoyed it!



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