

Nature Therapy Resources

Your Guide to Forest Bathing, by M. Amos Clifford

Healing Trees, a Pocket Guide to Forest Bathing, by Ben Page

Creating Ephemeral Woodland Art for a Deeper Nature Connections, by Brenda Spitzer

The Nature Principle, by Richard Louv

Forest Bathing, How Trees Can Help You Find Health and Happiness, by Dr. Qing Li

The Outdoor Adventurer's Guide to Forest Bathing, by Suzanne Bartlett Hackenmiller

The Joy of Forest Bathing, by Melanie Choukas Bradley

The Secret Life of Trees, by Peter Wohlleben

The Nature Fix, by Florence Williams

The Biophilia Effect, by Clemens G. Arvay

The Nature Principle, by Richard Louv

Braiding Sweetgrass, by Robin Wall Kimmerer

Gathering Moss, by Robin Wall Kimmerer

Laws' Guide to Nature Journaling, by John Muir Laws

Forest Unseen, by David George Haskell

The Spell of the Sensuous, by David Abram

Forest Bathing with Your Dog, by Nadine Mazzola

This Outside Life, Finding God in the Heart of Nature, by Laurie Kehler

The Sound of a Wild Snail Eating, by Elisabeth Tova Bailey

How to Be More Tree, Essential Life Lessons for Perennial Happiness, by Liz Marvin

By Willoway Brook, Exploring the Landscape of Prayer, by Cindy Crosby

The Tallgrass Prairie, An Introduction, by Cindy Crosby