
The Secret Therapy Of Trees Harness The Healing E

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2020-02-11

KHAN SANTOS

Secrets of the Apple Tree Penguin

National Book Award Winner, PEN America Award Winner, and New York Times Bestseller! Perfect for fans of This Is Us, Robin Benway's beautiful interweaving story of three very different teenagers connected by blood explores the meaning of family in all its forms—how to find it, how to keep it, and how to love it. Being the middle child has its ups and downs. But for Grace, an only child who was adopted at birth, discovering that she is a middle child is a different ride altogether. After putting her own baby up for adoption, she goes looking for her biological family, including— Maya, her loudmouthed younger bio sister, who has a lot to say about their newfound family ties. Having grown up the

snarky brunette in a house full of chipper redheads, she's quick to search for traces of herself among these not-quite-strangers. And when her adopted family's long-buried problems begin to explode to the surface, Maya can't help but wonder where exactly it is that she belongs. And Joaquin, their stoic older bio brother, who has no interest in bonding over their shared biological mother. After seventeen years in the foster care system, he's learned that there are no heroes, and secrets and fears are best kept close to the vest, where they can't hurt anyone but him. Don't miss this moving novel that addresses such important topics as adoption, teen pregnancy, and foster care.

[The Secret Horses of Briar Hill](#) Simon and Schuster

Your practical guide to better health, stronger relationships, and a happier life--by reconnecting with nature There is something simply soul-soothing about being in nature. In fact, research

shows that spending time outside can improve the immune system, combat stress hormones, lower blood pressure, and boost self-esteem. Around the globe, rising movements are driving us to reconnect with Mother Nature--from shinrin-yoku ("forest bathing") in Japan to friluftsliv ("open-air life") in Scandinavia--yet our everyday lifestyles have distanced us from the great outdoors. For stressed-out professionals, reclusive bookworms, worn-out parents, and their cooped-up kids, Forest Therapy shares why getting back to nature is critically important for our well-being, and offers fun, easy practices to break out of hibernation. Forest bathing is a rising trend, but what to do if you're not near the woods or if the weather is dreary? Forest Therapy offers practical steps and inspiration to tap into nature's restorative power, no matter the season or the weather. Chapters address ideas for all four seasons, as well as ways to use experiences in nature as ways to deepen your relationships with your children, partner, and friends. Ivens's creative ideas and strategies range from a simple walk in the woods and countryside couples' therapy to DIY natural beauty products and simple ways to bring the great outdoors into your home. Illustrated with charming black-and-white line art, Forest Therapy is a warm, witty, and personal guide to improving your health, finding happiness, and living a fabulous al fresco life.

TreeGirl Unbound Publishing

Reality and fantasy collide in this "beautiful and reflective tale" (Booklist, starred review) for fans of *Counting by 7s* and *Bridge to Terabithia*, about a girl who must save a magical make-believe world in order to save herself. Things Finley Hart doesn't want to talk about: -Her parents, who are having problems. (But they

pretend like they're not.) -Being sent to her grandparents' house for the summer. -Never having met said grandparents. -Her blue days--when life feels overwhelming, and it's hard to keep her head up. (This happens a lot.) Finley's only retreat is the Everwood, a forest kingdom that exists in the pages of her notebook. Until she discovers the endless woods behind her grandparents' house and realizes the Everwood is real--and holds more mysteries than she'd ever imagined, including a family of pirates that she isn't allowed to talk to, trees covered in ash, and a strange old wizard living in a house made of bones. With the help of her cousins, Finley sets out on a mission to save the dying Everwood and uncover its secrets. But as the mysteries pile up and the frightening sadness inside her grows, Finley realizes that if she wants to save the Everwood, she'll first have to save herself.

Tree Wisdom Houghton Mifflin Harcourt

An accessible and compelling story of a scientist's discovery of plant communication and how it influenced her research and changed her life. In this "phytobiography"--a collection of stories written in partnership with a plant--research scientist Monica Gagliano reveals the dynamic role plants play in genuine first-hand accounts from her research into plant communication and cognition. By transcending the view of plants as the objects of scientific materialism, Gagliano encourages us to rethink plants as people--beings with subjectivity, consciousness, and volition, and hence having the capacity for their own perspectives and voices. The book draws on up-close-and-personal encounters with the plants themselves, as well as plant shamans, indigenous elders, and mystics from around the world and integrates these

experiences with an incredible research journey and the groundbreaking scientific discoveries that emerged from it. Gagliano has published numerous peer-reviewed scientific papers on how plants have a Pavlov-like response to stimuli and can learn, remember, and communicate to neighboring plants. She has pioneered the brand-new research field of plant bioacoustics, for the first time experimentally demonstrating that plants emit their own 'voices' and, moreover, detect and respond to the sounds of their environments. By demonstrating experimentally that learning is not the exclusive province of animals, Gagliano has re-ignited the discourse on plant subjectivity and ethical and legal standing. This is the story of how she made those discoveries and how the plants helped her along the way.

Far from the Tree Penguin

People have been retreating to the woods for quiet, meditation, and inspiration for centuries, and recent research finds that time spent in the forest doesn't just feel good but is, in fact, good for you. Inspired by the Japanese concept of shinrin-yoku, or forest bathing, poet Hannah Fries invites readers to bask in the company of trees, whether in a city park or a rural nature preserve. Fries combines her own reflections and guided mindfulness exercises with a curated selection of inspirational writing from poets, naturalists, artists, scientists, and thinkers throughout the centuries and across cultures, including Japanese haiku masters, 19th century European Romantics, American Transcendentalists, and contemporary environmentalists. Accompanied by beautiful forest photography, *Forest Bathing Retreat* is a distinctive gift that invites frequent revisiting for fresh insights and inspiration. This publication conforms to the

EPUB Accessibility specification at WCAG 2.0 Level AA.

The Almond Tree Treegirl Studios LLC

Miracle Springs, North Carolina, is a place of healing. Strangers flock here hoping the natural hot springs, five-star cuisine, and renowned spa can cure their ills. If none of that works, they often find their way to Miracle Books, where, over a fresh-baked "comfort" scone from the Gingerbread House bakery, they exchange their stories with owner Nora Pennington in return for a carefully chosen book. That's Nora's special talent--prescribing the perfect novel to ease a person's deepest pain and lighten their heaviest burden. When a visiting businessman reaches out to Nora for guidance, she knows exactly which novels will help. But before he can keep their appointment at Miracle Books, he's found dead on the train tracks. Stunned, Nora forms the Secret, Book, and Scone Society, a group of damaged souls yearning to gain trust and earn redemption by helping others. To join the society, members must divulge their darkest secret--the terrible truth that brought each of them to Miracle Springs in the first place. Determined to uncover the truth behind the businessman's demise, the women meet in Nora's cramped and cozy bookstore to share stories and trade support. And as they untangle a web of corruption, they also discover their own courage, purpose, and a sisterhood that will carry them through every challenge--proving it's never too late to turn the page and start over...--Amazon.com. *Your Guide to Forest Bathing (Expanded Edition)* Rodale Books Dreaming and relaxing, creating gorgeous landscapes of pinks and blues, oranges and reds, this beautiful new book will give you many hours of pleasure, and calm. With a range of challenging and more restful designs Secret Places takes you on an intimate

journey where the satisfaction of creating gardens, and forests, meadows and country lanes offers rest from the hurly-burly of modern life. You can use a wide variety of pens: from gel and pencil, to pigment and crayons, from ballpoint and rollerball to highlighters, although it's best to avoid the heavy felt pens. Each page is perforated near the spine of the book, so you can tear out and frame, or simply place your wonderful creation on the walls of your home, perhaps even send them as a gift to your loved ones. You'll have to make a choice about which design to make, if you want to tear it out, but with nearly 120 to choose from there's more than enough to help you make your decision. Each page is perforated, and ready for you to frame. Bring the Ink to life!

The Oldest Living Things in the World Flatiron Books

The bestselling guide to forest bathing with a new section of hands-on forest bathing practices and space for journal entries and reflections. Simply being present in the natural world, with all of our senses fully alive, can have a remarkably healing effect. It can also awaken in us our latent but profound connection with all living things. This is "forest bathing," a practice inspired by the Japanese tradition of shinrin-yoku. It is a gentle, meditative approach to being with nature and an antidote to our nature-starved lives that can heal our relationship with the more-than-human world. In *Your Guide to Forest Bathing*, you'll discover a path that you can use to begin a practice of your own that includes specific activities presented by Amos Clifford, one of the world's most experienced forest bathing experts. Whether you're in a forest or woodland, public park, or just your own backyard, this book will be your personal guide as you explore the natural

world in a way you may have never thought possible.

Shinrin-Yoku Princeton University Press

Gifted with a mind that continues to impress the elders in his village, Ichmad Hamid struggles with knowing that he can do nothing to save his friends and family. Living on occupied land, his entire village operates in fear of losing their homes, jobs, and belongings. But more importantly, they fear losing each other. On Ichmad's twelfth birthday, that fear becomes reality. With his father imprisoned, his family's home and possessions confiscated, and his siblings quickly succumbing to hatred in the face of conflict, Ichmad begins an inspiring journey using his intellect to save his poor and dying family. In doing so he reclaims a love for others that was lost through a childhood rife with violence and loss, and discovers a new hope for the future. Reminiscent of *The Kite Runner* and *One Thousand Splendid Suns*, this is an uplifting read, which conveys a message of optimism and hope.

Someone Knows St. Martin's Essentials

Shinrin Yoku: "taking in the forest atmosphere," the medicine of simply being in the forest, "forest bathing." This book offers guidelines for finding peace and replenishment in any space -- from turning off your phone to seeking the irregularities in nature, which in turn can make us less critical of ourselves. It offers tips not only on being fully present and mindful while in the forest, but also on how to tap into that mindfulness at home-- even if home is the busiest and most crowded of cities. *Forest Bathing* explains the traditional Japanese concepts that help readers understand and share in the benefits of the Japanese approach to forest bathing--a cornerstone of healing and health

care in Japan. These concepts include: Yugen: Our living experience of the world around us that is so profound as to be beyond expression Komorebi: The interplay of leaves and sunlight Wabi sabi: Rejoicing in imperfection and impermanence From the healing properties of phytoncides (self-protective compounds emitted by plants) to the ways we can benefit from what forest spaces can teach us, this book discusses the history, science and philosophy behind this age-old therapeutic practice. Examples from the ancient Celts to Henry David Thoreau remind us of the ties between humankind and the natural world--ties that have become more and more elusive to Westerners.

Thus Spoke the Plant Penguin UK

Take a walk in the woods to find yourself. This book is intended as an easy approach to forest bathing, a concept that is now making its way into health and wellness practices. Part spiritual guide and part practitioner's handbook, this accessible, practical, positivity-rich book is designed to be taken on every walk to encourage mindfulness, contentedness, and presence in the moment. Written in a beautiful, encouraging style by a highly qualified and mediagenic author, the book also contains amazing hand-drawn illustrations of forest scenes.

Forest Bathing Ten Speed Press

The definitive guide to the therapeutic Japanese practice of shinrin-yoku, or the art and science of how trees can promote health and happiness Notice how a tree sways in the wind. Run your hands over its bark. Take in its citrusy scent. As a society we suffer from nature deficit disorder, but studies have shown that spending mindful, intentional time around trees--what the Japanese call shinrin-yoku, or forest bathing--can promote health

and happiness. In this beautiful book--featuring more than 100 color photographs from forests around the world, including the forest therapy trails that criss-cross Japan--Dr. Qing Li, the world's foremost expert in forest medicine, shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. Once you've discovered the healing power of trees, you can lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of greater calm and wellness.

Some Kind of Happiness Timber Press

Druidry, Wicca, Shamanism, and other earth-based traditions value trees as a source of spiritual wisdom. This book, the result of eight years of intensive research, presents a fully comprehensive guide to the myth, magic, and healing properties of our powerful arboreal friends. Includes tips on identifying different trees, the customs and legends attached to each, their healing properties and magical applications. Jacqueline Memory Paterson is an arch-druidress and cofounder of the Glastonbury Order of Druids and the Council of British Druid Orders.

The Giving Tree W. W. Norton & Company

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a classic that will now reach an even wider audience. "Once there was a tree...and she loved a little boy." So begins a story of unforgettable perception, beautifully written and illustrated by the gifted and versatile Shel Silverstein. This moving parable for

all ages offers a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave and gave. This is a tender story, touched with sadness, aglow with consolation. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half*, *Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss the other Shel Silverstein ebooks, *Where the Sidewalk Ends* and *A Light in the Attic*!

The Overstory: A Novel Penguin

This beautifully illustrated book will introduce children to the joys of nature, and show them what wonderful secrets are revealed if you just look a little closer. By holding a light behind each page, children can see the creatures who make a tree their home, from the worms who live among the roots to the birds who nest high up in the branches. The clever see-through reading technique creates an experience of interactive learning, showing both the surface and what is hidden underneath at the same time.

The Secret of Nightingale Wood Tuttle Publishing

"Irresistible" - Literary Review Fig trees have affected humanity in profound but little-known ways: they are wish-fulfillers, rainforest

royalty, more precious than gold. *Ladders to Heaven* tells their incredible story. They fed our pre-human ancestors, influenced diverse cultures and played a key role in the birth of civilisation. More recently, they helped restore life after Krakatoa's catastrophic eruption and proved instrumental in Kenya's struggle for independence. Figs now sustain more species of bird and mammal than any other fruit - in a time of falling trees and rising temperatures, they offer hope. Theirs is a story about humanity's relationship with nature, as relevant to our past as it is to our future.

The Secret Therapy of Trees Simon and Schuster

A New York Times 2018 Holiday Gift Selection *Shinrin-yoku* is the Japanese practice of seeking a deeper connection with nature by spending intentional time surrounded by trees. Commonly referred to as forest bathing, the meditative practice involves all of our senses and has extraordinary effects on health and happiness. In *Shinrin Yoku*, Yoshifumi Miyazaki explains the science behind forest bathing and explores the many health benefits, including reduced stress, lower blood pressure, improved mood, and increased focus and energy. This useful guide also teaches you how to bring the benefits of the forest into the home through the use of essential oils, cypress baths, flower therapy, and bonsai. Whether you are exploring a city park, a woodland area, or even the trees in your own backyard, *Shinrin Yoku* will help you detox from the stress of modern life by opening your eyes to the healing power of trees.

Forest Bathing Flame Tree Illustrated

Instant USA Today bestseller! "Abbi Waxman is both irreverent and thoughtful."—#1 New York Times bestselling author Emily

Giffin “Meet our bookish millennial heroine—a modern-day Elizabeth Bennet, if you will... Waxman’s wit and wry humor stand out. She is funny and imaginative, and “Bookish” lands a step above run-of-the-mill romantic comedy fare.”—The Washington Post “Abbi Waxman offers up a quirky, eccentric romance that will charm any bookworm.... For anyone who’s ever wondered if their greatest romance might come between the pages of books they read, Waxman offers a heartwarming tribute to that possibility.”--Entertainment Weekly The author of *Other People’s Houses* and *The Garden of Small Beginnings* delivers a quirky and charming novel chronicling the life of confirmed introvert Nina Hill as she does her best to fly under everyone's radar. Meet Nina Hill: A young woman supremely confident in her own...shell. The only child of a single mother, Nina has her life just as she wants it: a job in a bookstore, a kick-butt trivia team, a world-class planner and a cat named Phil. If she sometimes suspects there might be more to life than reading, she just shrugs and picks up a new book. When the father Nina never knew existed suddenly dies, leaving behind innumerable sisters, brothers, nieces, and nephews, Nina is horrified. They all live close by! They're all—or mostly all—excited to meet her! She'll have to Speak. To. Strangers. It's a disaster! And as if that wasn't enough, Tom, her trivia nemesis, has turned out to be cute, funny, and deeply interested in getting to know her. Doesn't he realize what a terrible idea that is? Nina considers her options. 1. Completely change her name and appearance. (Too drastic, plus she likes her hair.) 2. Flee to a deserted island. (Hard pass, see: coffee). 3. Hide in a corner of her apartment and rock back and forth. (Already doing it.) It's time for Nina to come out of her

comfortable shell, but she isn't convinced real life could ever live up to fiction. It's going to take a brand-new family, a persistent suitor, and the combined effects of ice cream and trivia to make her turn her own fresh page.

Forest Bathing Simon and Schuster

An engaging guide to the art of forest bathing, inspired by the Japanese practice of *shinrin-yoku*, for anyone who wants to explore the transformative power of nature in promoting health and happiness. Forest bathing is the art of spending intentional time in nature and is practiced throughout the world to increase health and restore well-being. More and more people are turning to forest bathing as an evidence-based way to unplug, relieve stress and anxiety, and spark creativity. Through simple invitations to slow down, walk in silence, cultivate tree energy, and connect with the sun and forest, this book enables you to incorporate the inspiring benefits of time spent in nature—a calm mind, renewed energy, boosted creativity, and inner peace—into your daily life to find deeper meaning and contentment.

Forest Therapy Simon and Schuster

We enjoy being lost--or perhaps found--in wildness and the grandness of Nature. TreeGirl invites us into intimate contact with fifty magnificent tree species from her wild adventures in thirteen countries on four continents. Using a remote-control timer and a tripod, she photographs herself and others in sensual connection with the trees of the world. There has never been any other book like this. Weaving fine art photography, natural history, and personal essays on nature connection, conservation, and the ecopsychology of the human-tree relationship, this book is an invitation to cultivate our own intimate relationship with Nature

as a refuge from the madness of modern civilization. Thoroughly researched and stunningly illustrated with over 150 color

photographs, this interdisciplinary coffee table book is an inspiration and a resource for any tree lover.