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the NATURE FIX



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

FLORENCE WILLIAMS

ISBN: 978-0-393-24271-3

USA \$26.95

CAN. \$35.95

An intrepid investigation into nature's restorative benefits, by a prize-winning author.

For centuries, poets and philosophers extolled the benefits of a walk in the woods: Beethoven drew inspiration from rocks and trees; Wordsworth composed while tromping over the heath; and Tesla conceived the electric motor while visiting a park. Intrigued by our storied renewal in the natural world, Florence Williams set out to uncover the science behind nature's positive effects on the brain.

In this informative and entertaining account, Williams investigates cutting-edge research as she travels to fragrant forests in Korea to meet the rangers who administer "forest healing programs," to the green hills of Scotland and its "ecotherapeutic" approach to caring for the mentally ill, to a river trip in Idaho with Iraq War vets suffering from PTSD, to the West Virginia mountains where she discovers how being outside helps children with ADHD. *The Nature Fix* demonstrates that our connection to nature is much more important to our cognition than we think and that even small amounts of exposure to the living world can improve our creativity and enhance our mood. In prose that is incisive, witty, and urgent, Williams shows how time in nature is not a luxury but is in fact essential to our humanity. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.



FLORENCE WILLIAMS

is a journalist and contributing editor to *Otlside* magazine. Her work has appeared in the *New York Times*, the *New York Times Magazine*, and *National Geographic*, among others. Her first book, *Breasts: A Natural and Unnatural History*, was a *New York Times* Notable Book of 2012 and the winner of the *Los Angeles Times* Book Prize in Science and Technology. Williams lives in Washington, DC.



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SCIENCE

"*The Nature Fix* is a beautifully written, thoroughly enjoyable exposition of a major principle of human life now supported by evidence in biology, psychology, and medicine."

— [DWARD O. WILSON, University Research Professor Emeritus, Harvard University

"I'm no tree hugger, but *The Nature Fix* made me want to run outside and embrace the nearest oak. Not for the tree's sake but mine. Florence Williams makes a compelling, and elegant, case that nature is not only beautiful but also good for us. If Thoreau were steeped in modern neuroscience and possessed an endearingly self-deprecating sense of humor, the result would be the book you hold in your hands." — [RIC WILSON, *New York Times* best-selling author of *The Geography of Genius*

"Florence Williams, keen observer, deft writer, creates a fascinating mosaic here. What are the costs-to us'-of humanity's increasing disconnection from nature? What are the likely benefits-to us!-of retaining that threatened connection?... Large."

— DAVID QUAMMEN,

New York Times best-selling author of *Spillover*

Praise for Florence Williams's previous book, *Breasts: A Natural and Unnatural History*

"Illuminating, surprising, clever, important. Williams is an author to savor and look forward to."

— MARY ROACH

"Lively and informative.... Williams is a graceful writer, and the story she has to tell is an important one."

— ELIZABETH KOLBERT



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