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



Synopsis

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; Nikola Tesla conceived the electric motor while visiting a park. Intrigued by our storied renewal in the natural world, Florence Williams sets out to uncover the science behind nature's positive effects on the brain. From forest trails in Korea to islands in Finland to groves of eucalyptus in California, Williams investigates the science at the confluence of environment, mood, health, and creativity. Delving into completely new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and ultimately strengthen our relationships. As our modern lives shift dramatically indoors, these ideas - and the answers they yield - are more urgent than ever.

Book Information

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Customer Reviews

I was keen to read this: I believe endangered nature to have powerfully restorative effect."The Nature Fix" added nothing to the ideas that (a) humans grew up in nature, (b) nature is natural for us, (c) modern society separates us from nature, so, (d) get out in nature more and be so much the better for it.If you enjoy the ramblings of an author hanging out with scientists, quoting their pithy, love-of-nature statements, jumping from topic to topic every few paragraphs, reminiscing page after page, and a seeming lack of feel for nature itself... you may feel this review harsh.But if you're looking for a serious take on an urgent, serious issue - well organized and well written, too - you'd be better off looking elsewhere.Or..... ya... just walking around

in some nature and..... ya... feeling better for it... LOTS better!And the further you get away from civilization the better off you'll be.You'll be happier, less stressed, more creative, healthier, better to be around, more compassionate, deeply human... the list goes on and on.Sadly disappointed.Had anticipated being thrilled.

I am aware of the implications of nature on the soul body and mind. The Nature Fix reaffirms my own understanding of what nature does in a collection of research, studies, and experiences. I'll admit that some of the statistics drew out and made parts of the chapters a little flat however they still made their contributions to the findings. I recommend this book to anyone who seeks interest in the cognitive functions of the brain and improvement of overall health.

Should be required reading for every human being! The writing style makes this easy reading. One of my new favorite books.

Impeccably researched and thoughtfully written, The Nature Fix is a great read. Florence Williams immerses herself in the subject by subjecting herself to one study after another about the effects of nature on human well-being. She makes her particular experience universally approachable through clear-eyed and heartfelt storytelling. The natural world has an awful lot to recommend it and Florence Williams expertly helps us understand why. We need to get outside, now we know why.

Mind blowing-ly awesome! Love this book!

This book is not what I expected. I was expecting something along the lines of Thoreau or Muir. That said, it is informative. The writer literally traveled the world and talked about the physiological impact of nature on ourselves and our society. The problem I had with the book was that, as with many books of this sort, was that a lot of padding goes into turning a long article of the sort that you might read in the New Yorker into a full length book. It is all there but it can get tedious. It became difficult to see the trees as they were hidden by the forest.

Great book1

Excellent book

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