

## **Books to Connect You with Nature from Home - Our Top Picks!**

### **Children's Books:**

#### **Life Cycles: Egg to Bee by Camilla de la Bedoyere**

Packed with fascinating facts about life cycles. Amazing photographs of every stage. Labelled diagrams to explain growth and development.

#### **Butterfly Kiss by Vicki Churchill**

Newly hatched, butterfly can't find the right food - and his friends aren't any help at all!

#### **A Seed in Need by Sam Goodwin and Simone Abel**

A first look at the plant life cycle

#### **Earthways, Earthwise - poems on conservation; Judith Nicholls**

#### **I Ate Sunshine for Breakfast by Michael Holland**

A celebration of plants around the World.

#### **Grow - A Family Guide to growing fruits and vegetables Ben Raskin**

### **Books for grown Up's**

#### **The Lost Words a Spell Book by Robert McFarlane**

The Lost Words is a 'book of spells' that seeks to conjure back the near-lost magic and strangeness of the nature that surrounds us.

#### **Slow Down by Rachel Williams**

Bring Calm to a Busy World with 50 Nature Stories

#### **The Oak Papers by James Canton**

The Oak Papers is a stunning, meditative and healing book about the lessons we can learn from the natural world, if only we slow down enough to listen.

#### **Shinrin Yoku - the Art and Science of Forest Bathing by Dr Qing Li**

Dr Li is the absolute expert on forest bathing and forest-related therapy. He has spent the past 13 years researching the emerging science of Shinrin-Yoku alongside his work as a Physician and Immunologist at Tokyo Medical School.

#### **Nature Cure by Richard Mabey**

Nature Cure describes well-known naturalist and author Richard Mabey's recovery from a severe depression.

**Waterlog by Roger Deakin**

Roger Deakin set out in 1996 to swim in, through, around and across the British Isles – in any body of water he came across – from coastlines to canals and rivers, lochs, ponds and natural spas. A chronicle of a man reconnecting with nature.

**The Last Wilderness by Neil Ansell**

A mesmerising memoir of one man's year of solitude and exploration of the remote Scottish Highlands.

Know of any others? Send us your suggestions to [info@thinkhealththinknature.scot](mailto:info@thinkhealththinknature.scot)