

Booklist

Advanced Review – Uncorrected Proof

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Nature Love Medicine: Essays on Wildness and Wellness.

Fleischner, Thomas Lowe (Editor)

Nov 2017. 220 p. Torrey, paperback, \$18.95. (9781937226770). 155.9.

This compilation of essays, poems, and musings focuses on humanity's complex and wondrous relationship with nature. Edited by Fleischner, a conservation biologist and advocate for the practice of natural history, *Nature Love Medicine* is a beautiful collaboration that brings together diverse perspectives, including the thoughts of scientists, poets, and teachers. From memories about childhood summers spent outside to studies showing that incarcerated individuals benefit from interacting with nature, each contribution raises greater questions about our connection to the natural world and the importance of engaging with it. While each offering is unique and each voice tells a specific story, a common passion and sense of beauty unites the book and transcends any expectations. Thought provoking and insightful, this anthology challenges readers to tap into their primal selves and connect with nature in a focused, intentional way. Each contributor's love for the natural world is apparent and, more important, infectious. Readers will be inspired to renew their connection to the living world and attempt to rejuvenate their bodies and minds.

— *Patricia Smith*