



ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

NATURE & HEALTH BOOKLIST

These selections offer valuable insights into the profound connections between nature and various aspects of human health, providing both scientific research and practical approaches for enhancing well-being through natural interactions.

Nature and Mental Health

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

Author: Florence Williams *Overview:* This book delves into scientific research demonstrating how exposure to nature positively impacts mood, health, and creativity. *Link:* [Discover Wildlife](#)

The Wild Remedy: How Nature Mends Us – A Diary *Author:* Emma

Mitchell *Overview:* Emma Mitchell shares her personal journey of battling depression and how immersing herself in nature provided healing and solace.

Link: [Bookshop](#)

Nature Therapy *Editors:* Yonatan Kaplan, M.D., and Petros Levounis, M.D., M.A.

Overview: This volume explores various nature-based mental health treatments, including forest bathing and animal-assisted therapy, providing guidance for clinicians. *Link:* [American Psychiatric Association Publishing](#)

Nature and Aging

With Nature in Mind: The Ecotherapy Manual for Mental Health Professionals

Author: Andy McGeeney *Overview:* This manual examines psychological research on how nature positively affects mental health and offers practical activities for therapists to incorporate ecotherapy into their practice. *Link:* [Jessica Kingsley](#)

[Publishers](#)



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Blue Mind *Author:* Wallace J. Nichols *Overview:* Nichols investigates the calming and rejuvenating effects of water on the human mind, emphasizing how being near, in, on, or under water can improve happiness and health. *Link:* [Wikipedia](#)

Nature and Metabolism

The Nature of Nature: The Metabolic Disorder of Climate Change *Author:* Vandana Shiva *Overview:* Shiva argues for a future based on the natural regeneration of biodiversity, discussing how industrial practices have disrupted natural metabolic processes, leading to climate change. *Link:* [Barnes & Noble](#)

The Origin and Nature of Life on Earth: The Emergence of the Fourth Geosphere *Authors:* Eric Smith and Harold J. Morowitz *Overview:* This book provides an introduction to the origins of life research, discussing how life's emergence can be viewed as a series of phase transitions, integrating concepts from geochemistry and metabolism. *Link:* [Wikipedia](#)