

## Nature's Peace: Books, videos, and more

Compiled by

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*Seeking inner peace in natural settings is an ancient human endeavor. I will be publishing more about the Nature's Peace Process® which is a reflective intentional practice. Until then, perhaps these resources, some of my favorites, will serve you or at least inspire you. Enjoy. - Gale*

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### Books

Restorative Gardens: The Healing Landscape

Spiritual Gardening: Creating Sacred Space Outdoors (Peg Streep)

Gardens for the Soul (Pamela Woods)

### Videos

Morikami Museum and Japanese Gardens, Delray Beach, Florida

Stroll for Well-Being <http://morikami.org/for-adults/stroll-for-well-being/>

Dr. Ruth McCaffrey, Professor of the College of Nursing at Florida Atlantic University helped establish this transformative program at Morikami.

Link to 15 minute video: <http://morikami.org/for-adults/stroll-for-well-being/>

Link to 12 minute YouTube video:

<https://www.youtube.com/watch?v=juDP3JCaA2o>

Henry Ford Hospital Therapeutic Landscapes (in the atrium)

Link to YouTube video: [https://www.youtube.com/watch?v=Q\\_LGtCW5Zqg](https://www.youtube.com/watch?v=Q_LGtCW5Zqg)

### More

The Healing Power of Nature, an article by Mary Jo Kreitzer, RN, PhD. Online at <http://www.takingcharge.csh.umn.edu/taking-charge-blog/-healing-power-nature>

Wellscapes at the University of Minnesota, Center for Spirituality and Healing  
Information about healing in nature, free videos, and DVDs for purchase as well as a mobile phone app (one free, others for purchase)  
<http://www.csh.umn.edu/about/products-services/wellscapes>

### Wise use of wellness information

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### TLC Resource Center

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Calming and centering contemplative practices for senior citizens and family caregivers from Gale Lyman, holistic nurse, freelance writer and guest speaker.