

I have always appreciated the forest as a place of tranquility, and indeed, a source of tranquility. In a town in southern Maine, I grew up in a house whose backyard ended against woods. These woods were a combination of deciduous hardwoods and evergreen pines and hemlocks. There were some paths, created before I ever entered upon these woods – by whom I do not know! I often followed the paths, likely adding to the continuation of their definition, but perhaps nearly as likely, I forayed off the defined pathways, seeking new discoveries.

I remember a time when my paternal grandfather--also a person who appreciated the outdoors – walked with me in the woods and shared his knowledge of the forest. He introduced me to the tasty checkerberry, also known as wintergreen. What a delightful treat to eat the little red berries or chew on the shiny green leaves! In a few treasured places we would come upon some handsome pink showy lady slippers. I never picked them but knew that I could find them again when I went to seek them the following year.

I had a little garden plot at the edge of our backyard and transplanted some of the woodland plants, such as starflower. I never tried to move any lady slipper plant into that garden. It was special to me, but somehow, I knew it was better off where I could find it in “my” woods. Much later, I learned that the plant has a less than 5% transplant success rate. Sometimes, it’s just better to bring the woods home in one’s mind!

Because throughout my years I have loved my rambles in my woods and forests everywhere, I wanted to create a book to share the wonderful, restorative experiences.

The book’s title and subtitle are

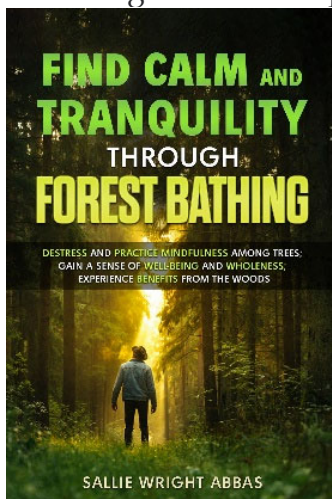
Find Calm and Tranquility through Forest Bathing

De-stress and Practice Mindfulness Among Trees;
Gain a Sense of Well-Being and Wholeness;
Experience Benefits from the Woods

The term Forest Bathing may be new to you, but the concept is not new. It is the practice of seeking renewed calm in walking through a forest. The book is full of information that enriches the experience of this rewarding therapy through meditative walks in the woods.

This book provides guidance for getting the most from forest-bathing excursions. It engages all the senses. Also included are methods of meditation, special breathing techniques, a discussion of the specific benefits to health, and how to include children in the rewarding experience of guided walks in the forest.

Enriching the book are poems and quotations about trees, and even recipes from woodland bounty.



Into the woods I go to free my mind and find my soul.