



How to Connect with Nature (School of Life)

Tristan Gooley, The School of Life

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A deep knowledge of our natural environment is no longer a vital part of everyday survival, certainly for those of us living in cities and working in weatherproof offices. Unless we have an inherent love of the great outdoors, do we really need to connect with nature? Bestselling author Tristan Gooley believes that real connection, no matter how small, can enrich us as individuals, allowing us to see every living thing in its own intricate network. Offering a host of techniques, he helps us awaken our senses and deepen our understanding of nature's cycles, conflicts and relationships. By cultivating the right mindset we can gain a better appreciation of the world, both indoors and outdoors.

One in the new series of books from The School of Life, launched January 2014:

How to Age by Anne Karpf

How to Develop Emotional Health by Oliver James

How to Be Alone by Sara Maitland

How to Deal with Adversity by Christopher Hamilton

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