



# RETURN TO NATURE

THE NEW SCIENCE OF HOW  
NATURAL LANDSCAPES RESTORE US

EMMA LOEWE

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## Further Reading by Landscape

### PARKS & GARDENS

*The Cloudspotter's Guide: The Science, History, and Culture of Clouds*,  
by Gavin Pretor-Pinney

*The Hidden Half of Nature: The Microbial Roots of Life and Health*, by  
David R. Montgomery and Anne Biklé

### OCEANS & COASTS

*Blue Mind: The Surprising Science That Shows How Being Near, In, On,  
or Under Water Can Make You Happier, Healthier, More Connected,  
and Better at What You Do*, by Wallace J. Nichols

*By the Sea: The Therapeutic Benefits of Being in, on, and by the Water*,  
by Dr. Deborah Cracknell

*Deep: Freediving, Renegade Science, and What the Ocean Tells Us  
About Ourselves*, by James Nestor

*Why We Swim*, by Bonnie Tsui

*The Beach: The History of Paradise on Earth*, by Lena Lenček and  
Gideon Bosker

## MOUNTAINS & HIGHLANDS

*In the Mountains: The Health and Wellbeing Benefits of Spending Time at Altitude*, by Ned Morgan

*On Trails: An Exploration*, by Robert Moor

*Mountains of the Mind*, by Robert Macfarlane

*These Mountains Are Our Sacred Places: The Story of the Stoney People*, by Chief John Snow

## FORESTS & TREES

*Forest Bathing: How Trees Can Help You Find Health and Happiness*, by Dr. Qing Li

*Gathering Moss: A Natural and Cultural History of Mosses*, by Robin Wall Kimmerer

*The Healing Magic of Forest Bathing: Finding Calm, Creativity, and Connection in the Natural World*, by Julia Plevin

*The Hidden Life of Trees: What They Feel, How They Communicate—Discoveries from a Secret World*, by Peter Wohlleben

## ICE & SNOW

*Arctic Dreams*, by Barry Lopez

*One Square Inch of Silence: One Man's Quest to Preserve Quiet*, by Gordon Hempton and John Grossmann

*Silence: In the Age of Noise*, by Erling Kagge

*The Secret Lives of Glaciers*, by M Jackson

*Underland: A Deep Time Journey*, by Robert Macfarlane

## DESERTS & DRYLANDS

*Desert Solitaire: A Season in the Wilderness*, by Edward Abbey

*Erosion: Essays of Undoing*, by Terry Tempest Williams

*The Nature of Desert Nature*, by Gary Paul Nabhan

## RIVERS & STREAMS

*Downriver: Into the Future of Water in the West*, by Heather Hansman

*To the River: A Journey Beneath the Surface*, by Olivia Laing

## CITIES & BUILT ENVIRONMENTS

*Lo—TEK: Design by Radical Indigenism*, by Julia Watson

*The Ideal City: Exploring Urban Futures*, by gestalten and Space10

*The Sustainable City*, Steven Cohen

## LANDSCAPE-AGNOSTIC

*The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative*, by Florence Williams

*Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*, by Robin Wall Kimmerer

*Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, by Richard Louv

*All We Can Save: Truth, Courage, and Solutions for the Climate Crisis*, edited by Ayana Elizabeth Johnson and Katharine K. Wilkinson

*Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, edited by Paul Hawken

*Spiritual Ecology: The Cry of the Earth*, edited by Llewellyn Vaughan-Lee

*Ecopsychology: Science, Totems, and the Technological Species*, edited by Peter H. Kahn Jr. and Patricia H. Hasbach

*Black Faces, White Spaces: Reimagining the Relationship of African Americans to the Great Outdoors*, by Carolyn Finney

*Tales of Two Planets: Stories of Climate Change and Inequality in a Divided World*, edited by John Freeman

*The Rise of the American Conservation Movement: Power, Privilege, and Environmental Protection*, by Dorceta E. Taylor