Recommended Books and Videos

The Nature Fix (Williams)

TedTalk (Williams)
https://www.youtube.com/watch?v=bmmnEJ4rtCI

Black Faces, White Spaces (Finney)
https://www.amazon.com/Black-Faces-White-Spaces-Relationship/dp/1469614480/ref=sr_1_1?dchild=1&keywords=black+faces&qid=1623012139&s=books&sr=1-1

TedTalk (Finney)
https://www.youtube.com/watch?v=i58ayzQf4wc

Last Child in the Woods (Louv)

Videos (Louv)
https://www.youtube.com/watch?v=PkDEkfDwuxo
https://www.youtube.com/watch?v=UngTqxz-P8o

The Hidden Life of Trees (Wollheben)

Your Guide to Forest Bathing (Clifford)

Forest Bathing: Seeking Wellness Through Nature (Miyazaki)
https://www.youtube.com/watch?v=t_MIUIFNE_w
