

Nature Fix Happier Healthier Creative

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Summary:

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The Nature Fix | W. W. Norton & Company The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative. Paperback. Endorsements & Reviews "A lively exploration of what modern research has to say about the myriad health benefits of the great outdoors. . . Ms. Williams resists the tendency of so much nature writing towards easy epiphanies, adopting a tone that is. How Just 15 Minutes of Nature Can Make You Happier | Time Williams is the author most recently of The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative. William Wordsworth climbed Mt. Snowdon in North Wales when he was 21. Undertaken.

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