



The Nature Therapy Pocket Book for Stress Control and Self-Growth (Laurie Lacey's Little Green Nature Books 1)

Laurie Lacey

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The Nature Therapy Pocket Book, is the first volume of Laurie Lacey's Little Green Nature Books series. In this short book, Lacey discusses the healing forces of nature, and describes how nature therapy is used for health and healing purposes. The main section of the book is a series of nature therapy exercises, that may be used for stress control purposes, to control anxiety, and for self-growth, among other things. The book encourages readers to forge a close relationship to nature and the natural world. Make this little book your companion, as you build a deep, healing connection to Mother Nature and the natural world.

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