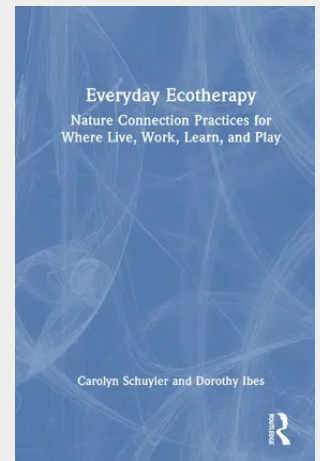


Everyday Ecotherapy

Nature Connection Practices for Where We Live, Learn, Work, and Play

Everyday Ecotherapy introduces ecotherapy as a path to personal growth and creating community, guiding readers to deepen their bond with nature for well-being and a compassionate, conservation-minded outlook. Drawing on core ecotherapy values and research, the book illustrates how to reimagine everyday places—schoolyards, campuses, parks, gardens, and neighborhoods—as spaces to support mental health, community, and environmental action. Chapters feature content from real-world practitioners, offer thoughtful reflection prompts, and provide clear instructions for accessible group activities suitable for all ages, integrating nature's restorative benefits into community life. Step-by-step guidance empowers both new and experienced leaders to facilitate ecotherapy experiences for people of all backgrounds and experience levels. This is a practical, user-friendly guide for mental health professionals, educators, community builders, and individuals seeking engaging ways to disconnect from digital distractions and reconnect with the living world. With this resource, nature connection becomes a nurturing, creative, collaborative endeavor.



Auf Anfrage

Nicht mehr lieferbar

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