

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. The Nature Fix: Why Nature Makes us Happier, Healthier ... The Nature Fix demonstrates that our connection to nature is much more important to our cognition than we think and that even small amounts of exposure to the living world can improve our creativity and enhance our mood.

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