



Books on the human benefits of blue spaces

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Books on Forest Bathing and Nature Connection

Page, Ben (2021). *Healing Trees: A Pocket Guide to Forest Bathing*.

Clifford, M. Amos (2018). *Your Guide to Forest Bathing: Experience the Healing Power of Nature*.

Mortali, Micah (2019). *Rewilding: Meditations, Practices, and Skills for Awakening in Nature*.

Williams, Florence (2018). *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative*.

Kimmerer, Robin Wall (2018). *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*.

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Durick, Morgan. (2022). Being Around Water Could Make You Happier, According to Research. *Eating Well*. <https://www.eatingwell.com/article/7948883/being-around-water-could-make-you-happier-research/>.

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Sanderson, Catherine. (2023). Why Blue Space is Better than Green Space. *Medium* <https://medium.com/wise-well/why-blue-space-is-actually-better-than-green-space-be2dc29830>



Research articles on the human benefits of blue spaces

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