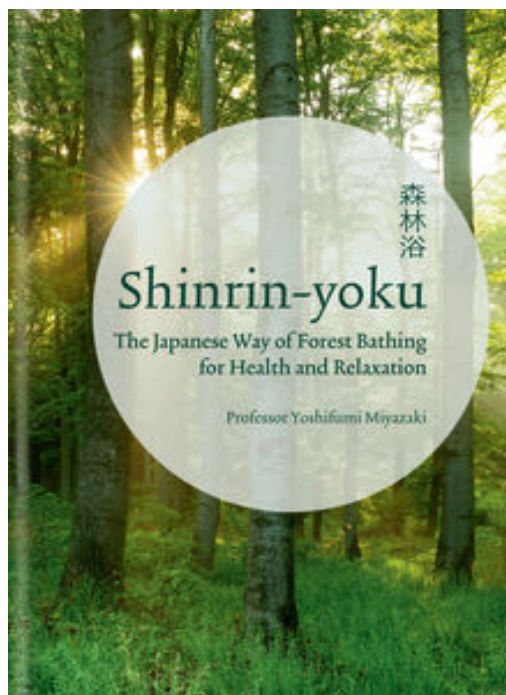


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Simply put, **forest bathing is the practice of walking slowly through the woods**, in no hurry, for a morning, an afternoon or a day. It is a practice that involves all the senses and as you gently walk and breathe deeply, the essential oils of the trees are absorbed by your body and have an **extraordinary effect on positive feelings, stress hormone levels, parasympathetic nervous activity, sympathetic nervous activity, blood pressure, heart rate and brain activity.**

In this wonderful book, by the leading expert in the field, science meets nature and mindfulness, as we are encouraged to bathe in the trees and become observers of both the nature around us and the goings on of our own minds.

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