

Nature Fix Happier Healthier Creative Ebook

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Summary:

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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 " Florence Williams The Nature Fix: Why nature makes us happier, healthier, and more creative By Florence Williams An intrepid investigation into nature's restorative benefits by a prize-winning author.

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