

Nature Fix Happier Healthier Creative

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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. Get Out of Here: Scientists Examine the Benefits of ... THE NATURE FIX Why Nature Makes Us Happier, Healthier, and More Creative By Florence Williams Illustrated. 280 pp. W.W. Norton & Company. \$26.95.. Imagine a miracle drug that could ease many of.

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