



# Partnering with Nature: The Wild Path to Reconnecting with the Earth

*Catriona MacGregor*

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*Partnering with Nature* is a simple book with a powerful message: our connections to the natural environment—and ultimately, to ourselves—are crucial in today's fragmented world. As each successive generation moves farther away from nature, the growing disconnect is expressed through physical as well as mental stress, from depression and fatigue in adults to attention disorders and obesity in children. The way we relate to nature helps define our place within it, and by awakening this natural, yet dormant connection to the environment around us, we can move beyond solitary stewardship and into partnership.

In *Partnering with Nature*, Catrina MacGregor weaves together scientific and historical wisdom, spiritual insights, and inspiring stories that illuminate the energies that link humans, animals, and the natural world. Through observation and conscious practice, we can open up to the power of nature to transform our lives, uplift our spirits, and even to direct our bodies to a healthier potential. For everyone who has a sense of something missing, who wishes to make a difference in their world, who yearns to reclaim their sense of wonder and awe, or who struggles with their health or emotional balance—nature speaks to all who will listen.



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