

## Book Reivew of The Nature Fix by Florence Williams

BY Kevin Fraser

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**NATURE**  
**FIX**



*Why Nature Makes Us Happier,  
 Healthier, and More Creative*

FLORENCE WILLIAMS

The evidence to support the many benefits of exposure to nature has been steadily mounting in recent decades. In *The Nature Fix*, author Florence Williams presents a powerful overview of our growing disconnect with the natural world, and the resulting steps being taken by academics and practitioners to mitigate the associated negative consequences.

Williams explores the global prevalence of modern afflictions – such as ADHD, Post-Traumatic Stress Disorder, and more generally a heightened incidence of anxiety and depression – in the context of our planet’s burgeoning urbanization and reliance on technology, and points to a correlation that is difficult to refute.

She frequently cites figureheads of the wilderness movement who recognized the link between a healthy environment and a healthy mind. Poet William Wordsworth, naturalist and philosopher John Muir, and pioneering landscape architect Frederick Law Olmsted were among the early adopters of an outdoors-as-enrichment dogma. While the rest of us have been slower to catch on, the positive physiological and psychological outcomes of contact with nature are increasingly studied and quantifiable. From “forest bathing” in Japan to remote wilderness excursions for PTSD-sufferers, Williams shares her firsthand accounts of the nature-based-therapy techniques that are now being prescribed around the world.

She closes by reiterating the need for urban nature, while cautioning that there is no one-size-fits-all approach. Rather, diverse strategies of varying scales that target distinct age brackets and demographics must be deployed. Williams makes a particularly impassioned plea for considering the present and future generations of children who are the most at risk of losing touch with the natural world. Based on the best practices shared within its pages, *The Nature Fix* gives us much reason for hope.