



365 Thoughts for Connecting with Nature

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- This motivational volume offers beautiful nature photographs, complemented by inspirational quotes for each day of the year. A daily ritual for renewed inspiration and balance

Our planet breathes, just like a living being, and yet its breathing is remarkably laboured and under stress, something that many of us can relate to as we live our busy lives. More and more often the need to reconnect with nature and create a harmonious link to our environment requires a conscious effort – however small. This motivational volume offers stunning photographs of nature and the Earth, complemented by inspirational quotes for each day of the year. A simple yet meaningful action towards personal wellbeing, reflection, and balance for ourselves and our environment.

