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Connect with Nature: Projects to Grow, Gather, Make and Do

Anna Carlile

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Anna Carlile : Connect with Nature: Projects to Grow, Gather, Make and Do before purchasing it in order to gage whether or not it would be worth my time, and all praised Connect with Nature: Projects to Grow, Gather, Make and Do:

Switch off from today's busy digital lifestyle with projects to help you stop and appreciate the world around youSlow down. Simplify. Let go. Connect with Nature does just this. Each turn of the page through spring, summer, fall, and winter will lead to a new discovery and a new project to help you weave nature and creativity and some wild fun through your everyday life. Make teas from foraged herbs, go on a picnic, weave a wreath of wildflowers or turn

sticks, stones, and feathers into wall hangings, dreamcatchers, and necklaces. Rediscover a childlike joy of nature through more than 75 creating, cooking, making, and doing projects. Connect with Nature is the ideal way to put down your devices and spend time with your friends, your family, and, of course, yourself. It will entice you to step outdoors, breathe the fresh air, and settle into a slower pace of life, a life where the satisfaction of making things by hand means you connect with your natural environment every day.

About the Author ANNA CARLILE is the founder of Viola Designs, a communication design company that draws inspiration from nature and promotes design that celebrates and protects the environment. She is also the brain behind Design by Nature, an online resource dedicated to environmentally sustainable graphic design.