

THE SECRET THERAPY OF TREES

Harness the Healing Power of Forest Bathing and Natural Landscapes

Our connection to nature is deeply rooted in the history of our evolution. And yet, we have less contact with green space now than ever, and our stress and anxiety levels are at an all-time high. *The Secret Therapy of Trees* helps us rediscover the restorative value of our natural environment and presents the science behind green therapies like *Forest Bathing* and *Bioenergetic Landscapes*, explaining which are the most effective and how to put them into practice to achieve the best possible results.

Studies have shown that increased exposure to green space can result in a regulated heartbeat, lowered blood pressure, reduced aggressiveness, improved memory skills and cognitive function, and a healthier immune system. Just one visit to a forest can bring positive effects (hint: monoterpenes, the natural essential oils in plants, have numerous positive effects on health), and even a mindful walk through a seminatural park can alleviate physical and psychological stress.

In this book, Marco Mencagli and Marco Nieri, who have long been working in the field of *Therapeutic Green Spaces* and *Forest Therapy*, explain how the interaction between plants and organism occurs and what profound effects may have on our psychophysical well-being. With multiple studies backing its findings and thorough explanations for each technique, *The Secret Therapy of Trees* is a treasure trove of tips on how to harness the regenerative power of plants and reconnect with our planet's natural spaces, bringing us health and happiness.

You'll also discover:

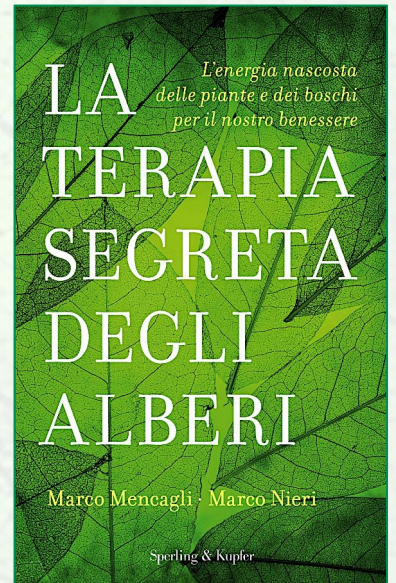
- * How to practice the Forest Bathing
- * The benefits of negative ions and where to find them
- * Bioenergetic Landscape: how to recharge through contact with trees
- * Which plants purify the environment at home and in the office



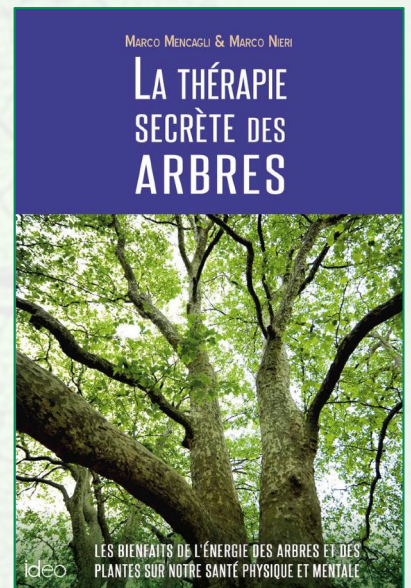
MARCO MENCAGLI has a degree in agronomy and has been working in the field for over twenty-five years. He specializes in the design and maintenance of public parks and private gardens, as well as paths and facilities for the enjoyment of sanctuaries and protected areas. www.tuscom.it marco_mencagli@tuscom.it



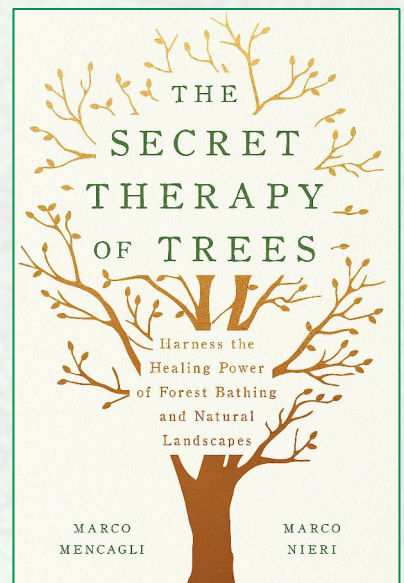
MARCO NIERI is a bio researcher and a specialist in eco-design and environmental protection. He is the creator of "*Bioenergetic Landscape*", an innovative technique that studies the effects of plant bioelectromagnetism on the human body, and the designer of therapeutic landscapes both in Italy and abroad. www.archibio.it info@archibio.it



Italy, ed. Sperling & Kupfer, 2017



France, ed. IDEO, 2018



USA, ed. Penguin Random House, release July 2019