



Volver a la naturaleza (INTEGRAL) (Spanish Edition)

Richard Low

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Nuestra sociedad padece el síndrome de Déficit de Naturaleza, cuyos síntomas son estrés, ansiedad, falta de relaciones significativas con los demás y con el mundo, y numerosos desequilibrios psicofísicos como las adicciones o la llamada hiperactividad infantil. El alejamiento de la naturaleza nos enferma, y sólo retomar el contacto con el medio natural puede devolvernos la salud y el goce de sentirnos plenamente humanos. Todos podemos recibir extraordinarios beneficios al conectarnos –o reconectarnos- con la naturaleza. Esta, favorece la buena salud, nuevas oportunidades profesionales y de negocio y actúa como un fuerte lazo de unión para las familias y las comunidades: nos ayuda a sentirnos completamente vivos.

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