



Step into Nature: Nurturing Imagination and Spirit in Everyday Life

Patrice Vecchione

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Step outside your door and reconnect with nature. From the author of *Writing and the Spiritual Life* comes a guide that will replenish your connection to the earth and inspire you to develop and strengthen your imagination.

The natural world has inspired artists, seekers, and thinkers for millennia, but in recent times, as the pace of life has sped up, its demands have moved us indoors. Yet nature's capacity to lead us to important truths, to invigorate and restore our imagination and equilibrium, is infinite.

Step into Nature makes nature personal again by stimulating awareness and increasing our understanding of the environment. But being in nature doesn't mean flying off to remote, faraway places. Nature is as close as opening your front door—and opening your heart to the sky above, the miniature gardens that push their way up between the sidewalk cracks in our cities, and the small stream just down the road.

Patrice Vecchione demonstrates how nature can support and enhance your creative output, invigorate your curiosity, and restore your sense of connection to and love of the earth. Included throughout the book is "The Cabinet of Curiosities," exercises and suggestions for practical and unexpected ways to stimulate your imagination, deepen your relationship with nature, and experience the harmony between creativity and the natural world.

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