Tab 1

# Week

18

# Day

1

# Day Title

Remembering Ourselves as Part of the Natural World

# Lesson Name

Expanding Connection

# Meme

(insert meme image)

# Summary

Nature teaches us that life is built on patterns and structures, yet is always changing. Change, like the seasons, is not good or bad but part of life’s rhythm. Human experience mirrors these truths: we rely on structure but must remain flexible, and change often leads to transformation. By seeing ourselves as part of nature rather than separate from it, we discover belonging, freedom, and resilience.

# Daily Passage

In modern life, it is easy to forget that we are part of nature. Surrounded by buildings, technology, and busy schedules, we often see the natural world as something “out there” to be visited or admired. Yet the truth is simpler and deeper: we are not separate from nature, we are nature. Our bodies are made of the same elements as the soil and stars, our breath is exchanged with the trees, and our rhythms are tied to the cycles of the earth. Remembering this reconnects us to a sense of belonging to the larger web of life.

Disconnection from nature carries real costs. Many of us feel a restless ache, an emptiness that no amount of achievement or consumption can fill. Ecopsychologists suggest this ache arises from forgetting our place in the wider web of life. When we imagine ourselves as separate, we carry a loneliness that is not just personal but ecological.

Nature teaches us through patterns and structures. From the spiral of a seashell to the turning of the seasons, life reveals itself in rhythms and repeating designs. These patterns are not accidents. They are the frameworks that allow life to sustain itself, adapt, and renew. Structure does not confine; it supports. It gives shape to flow, just as a river’s banks guide the water while still allowing it to move.

Within these patterns, change is constant. The tide rises and falls. The moon waxes and wanes. A forest grows, burns, and grows again. This teaches us that change is not good or bad; it simply is. It is the ongoing rhythm of life, inseparable from growth and renewal. What seems like loss is also transformation. What looks like an ending is often the beginning of something else.

This wisdom mirrors our own lives. We, too, live within structures; biological rhythms, habits, routines, and cultural traditions. These provide continuity, just as the trunk steadies a tree. Yet within them, change is always happening: our bodies age, relationships shift, identities unfold. We often resist these changes. We label change as good when it benefits us and bad when it disrupts us. But nature reminds us that change is not the enemy. It is the pulse of life itself.

Personal loss mirrors autumn. Just as trees let go of their leaves, we are asked at times to release what we once held dear. Letting go may feel like emptiness, yet it creates the conditions for new growth. Winter reflects those seasons of stillness and waiting, when life seems barren on the surface but quiet renewal is happening deep below. Transitions mirror spring, messy and unpredictable, yet bursting with promise and new beginnings. Summer embodies the fullness of life, when we are invited to savor abundance, presence, and the joy of flourishing. Change does not erase who we are. Like the seasons, it allows us to move through cycles of loss, rest, growth, and fullness, becoming more of who we can be with each turning.

At the same time, our patterns can both support and restrict us. Just as the river’s banks guide its flow, our beliefs and routines provide direction. But if they harden into rigidity, they keep us stuck. Nature shows us balance: we need structure to ground us, but flexibility to grow.

The deeper lesson is that we are woven into change, not separate from it. Our growth, challenges, and transformations are not mistakes but reflections of life’s larger rhythm. By softening our resistance, we can meet change as an ally rather than an adversary. Every ending carries a seed of beginning, and every loss carries the promise of renewal.

Ultimately, nature’s teaching is both simple and profound: structure and change are companions. Patterns give life its shape, and change keeps it dynamic and alive. When we embrace this rhythm, change no longer threatens to undo us. It becomes the very process through which we grow, evolve, and return, again and again, to the deeper truth of who we are.

# Alternative View

While nature offers wisdom about patterns and change, some argue that human experiences of change differ from natural cycles. Unlike trees or rivers, we carry consciousness and memory, which can make transitions more painful. Change in human life can bring trauma, injustice, or loss that is not easily reframed as neutral or natural. For this reason, some believe it is unhelpful to equate human suffering too directly with natural cycles, as doing so may minimize real pain.

# Activity

What patterns in your life feel like the supportive “banks of the river,” and which ones feel restrictive?

How have you experienced endings that later revealed themselves as beginnings?

Where are you currently resisting change, and what might happen if you softened into it?

How do you see your own rhythms—of energy, emotion, or growth—mirroring those in nature?

# Sources

Abram, David. *The Spell of the Sensuous*. Vintage, 1997.

Macy, Joanna, and Chris Johnstone. *Active Hope*. New World Library, 2012.

Porges, Stephen. *Polyvagal Theory and the Biology of Safety and Trauma*. Norton, 2011.

Shepard, Paul. *Nature and Madness*. University of Georgia Press, 1998.

# Domain

Nature

# Modality

Nature and Earth

Tab 2

# Week

18

# Day

2

# Day Title

Nervous System Regulation with Nature

# Lesson Name

Expanding Connection

# Meme

(insert meme image)

# Summary

Nature regulates the nervous system, shifting us from stress to calm. Whether through forest walks or small daily practices, connecting with the earth restores balance, deepens embodiment, and supports healthier relationships.

# Daily Passage

Our bodies are designed to live in rhythm with the earth. Yet modern life often pulls us out of sync with constant screens, artificial light, busy schedules, and noise that keep our nervous systems in a state of vigilance. Over time, this can leave us feeling anxious, restless, or disconnected. One of the most powerful ways to restore balance is to reconnect with nature. The natural world offers not only beauty but medicine for the nervous system.

Research supports what many have always known intuitively: spending time in nature calms the body. Studies on “forest bathing,” a Japanese practice called *shinrin-yoku*, show that even short walks among trees lower cortisol, reduce blood pressure, and slow the heart rate (Park et al., 2010). Natural settings help the body shift from fight-or-flight into a state of rest-and-digest. This shift is not just physical, it supports emotional and relational well-being as well.

Nature regulates us because it speaks the language of the body. Flowing water, rustling leaves, and bird calls provide gentle, rhythmic stimuli that soothe our senses. Soft natural light aligns our circadian rhythms, improving sleep and energy. Even the smell of pine or soil can activate relaxation responses. Unlike the overstimulation of urban environments, nature’s cues invite us to settle, to breathe more deeply, and to come home to ourselves.

When our nervous system feels balanced, we show up differently in relationships. We listen more easily, respond with patience, and connect with greater presence. A walk in the park before a difficult conversation, or time spent gardening after a stressful day, can transform the way we relate to others. Nature does not erase conflict or difficulty, but it equips our body to meet them with steadiness.

Importantly, connection with nature does not require wilderness. While hiking in forests or walking by the ocean can be deeply restorative, even small moments of contact can shift our state. Sitting under a tree, noticing the clouds, tending a houseplant, or opening a window for fresh air can all regulate the nervous system. What matters is attention and presence.

Nature also invites us into embodiment. When we step outside, we feel the ground beneath our feet, the air on our skin, the sun or rain on our face. These sensations draw us into the present moment, anchoring us in the here and now. This embodied awareness is itself regulating, helping us return to a sense of safety in our own body.

This practice can become relational when shared. Families who spend time outdoors often find greater ease in being together. Friends walking side by side in nature often talk more openly than when sitting face-to-face. Couples may find that time in natural settings rekindles intimacy and play. Nature creates an environment where human nervous systems can attune not only to the earth but to one another.

For those who feel disconnected from nature, regulation can begin simply. Start by noticing one sensory detail: the color of the sky, the texture of a leaf, the sound of wind. Let attention linger for a few breaths. Over time, these micro-moments accumulate, helping the nervous system re-learn the language of calm.

In a world that often feels overwhelming, nature offers us steadying rhythms. It reminds us that we belong to something larger, and that life continues to unfold in cycles of rest and renewal. When we allow ourselves to be regulated by the earth, we not only feel better in our bodies, we also carry more grounded presence back into our relationships.

# Alternative View

Not everyone has equal access to safe, natural spaces. For those in urban or unsafe environments, connecting with nature may require creativity—bringing plants indoors, listening to nature sounds, or noticing small details like the sky or a single tree.

# Activity

What happens in your body when you spend time in nature?

How do you notice your relationships shifting when you feel more regulated and grounded?

What small, daily practices of connecting with nature help you restore balance?

How could you intentionally weave nature into your routines of self-care and connection?

# Sources

Park, B. J., et al. (2010). *The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): Evidence from field experiments in 24 forests across Japan*. Environmental Health and Preventive Medicine, 15(1), 18–26  
 Ulrich, R. S. (1984). *View through a window may influence recovery from surgery*. Science, 224(4647), 420–421  
 Siegel, D. J. (2010). *The Mindful Therapist*. W. W. Norton  
 Macy, J. (2007). *World as Lover, World as Self*. Parallax Press

# Domain

Nature

# Modality

Nature and Earth

Tab 3

# Week

18

# Day

3

# Day Title

Animals as Teachers

# Lesson Name

Expanding Connection

# Meme

(insert meme image)

# Summary

Animals teach us presence, unconditional love, and attunement to rhythm and relationship. Pets remind us of affection and companionship, while wild animals mirror instinct and harmony. These lessons deepen our capacity for love, respect, and reverence for life.

# Daily Passage

Animals have always shared life with us. Some live in our homes as companions, others move freely through the wild, and still others shape entire ecosystems we depend on. Whether familiar or distant, animals invite us into relationship in ways that speak directly to the heart and body. They remind us of presence, unconditional connection, and the wider family of life to which we belong.

One of the greatest gifts animals offer is presence and, often, attunement. Unlike humans, who often live in memories or worries about the future, animals inhabit the here and now. A cat resting in a patch of sunlight, a dog joyfully greeting us at the door, or a bird singing at dawn; these moments pull us back into the present. Their presence is not forced or effortful; it is natural. Being with animals reminds us that life is always unfolding now, in this breath and this moment.

Pets especially offer lessons in love. Dogs, for example, often express joy and affection without hesitation. Their eagerness to connect reminds us of the power of simple gestures of welcome. Cats, though more independent, often show affection through quiet presence, teaching us that love does not always need words or grand gestures. Even small animals such as rabbits, hamsters, or birds show us rhythms of care, trust, and companionship. For many people, pets become teachers of unconditional love.

Wild animals offer another kind of wisdom. Watching deer move cautiously through a forest, or a hawk circling overhead, we see attentiveness and attunement to the environment. Wild animals embody a harmony with rhythm and instinct that many of us have forgotten. They remind us to listen to our bodies, to notice the cues of our surroundings, and to trust the intelligence within us. Beyond this, animals can also symbolize qualities we long to cultivate. The hawk, for example, reminds us to rise above the details and see the larger view. The bear models courage and strength, while the butterfly embodies transformation. By reflecting on these qualities, we can see aspects of ourselves mirrored in the living world.

Animals also mirror our own states. Horses, for example, are known for their sensitivity to human energy and emotion. They can become restless if we are anxious, or calm when we are grounded. This mirroring teaches us about co-regulation, the way beings influence each other’s nervous systems. Just as animals can calm or agitate one another, so too can we. Learning from animals, we can bring more awareness to how we affect those around us.

The bond with animals can also heal loneliness. For many people, a pet provides steady companionship through life’s ups and downs. They offer affection without judgment, presence without demand. This experience of being accepted just as we are can be deeply reparative, especially for those who struggle with human connection.

At the same time, relating with animals reminds us of limits. Unlike humans, animals do not bend themselves into roles to meet our needs. A cat may refuse affection, a dog may need exercise regardless of our schedule, a horse may resist when handled harshly. These limits remind us that authentic relationship requires respect. Love is not control but attunement and responsiveness.

Spending time with animals also calls forth gratitude. When we feed, groom, or care for pets, we participate in a cycle of reciprocity. When we watch wild animals in their habitats, we are reminded of the fragile ecosystems that sustain us all. These connections inspire reverence for life and deepen our responsibility to protect it.

Ultimately, animals invite us into connection that is simple, embodied, and real. They teach us to be present, to love without condition, to respect boundaries, and to live more attuned to the rhythms of the world. When we let them, animals open our hearts to both the intimacy of relationship and the vastness of the living web.

# Alternative View

While animals can be profound teachers, they are not replacements for human relationships. Relying solely on animals for companionship can limit our growth. The lessons they offer are best carried into our human connections as well.

# Activity

What lessons in presence or love have you received from an animal in your life?

How do animals mirror your own energy or state of being?

What do you notice in your body when you spend time with pets or observe wild animals?

How can you bring the simplicity of animal presence into your human relationships?

# Sources

Levinson, B. M. (1969). *Pet-Oriented Child Psychotherapy*. Charles C. Thomas  
 Kahn, P. H., & Kellert, S. R. (2002). *Children and Nature: Psychological, Sociocultural, and Evolutionary Investigations*. MIT Press  
 Fine, A. H. (2015). *Handbook on Animal-Assisted Therapy*. Academic Press  
 Macy, J. (2007). *World as Lover, World as Self*. Parallax Press

# Domain

Nature

# Modality

Nature and Earth

Tab 4

# Week

18

# Day

4

# Day Title

Reciprocity and Gratitude for the Earth

# Lesson Name

Expanding Connection

# Meme

(insert meme image)

# Summary

Gratitude and reciprocity transform our relationship with the earth from one of extraction to one of mutual care. By noticing the gifts we receive and offering care in return, we live with more reverence, intimacy, and belonging.

# Daily Passage

Every relationship thrives on reciprocity. When care flows both ways, trust deepens, and connection grows stronger. The same is true in our relationship with the earth. Too often, we imagine the planet as a storehouse of resources to be taken and used. But when we pause, we remember that the earth is also a giver of gifts, such as water, food, shelter, beauty, breath itself. Practicing gratitude and reciprocity with the earth restores balance and invites us into a relationship of mutual respect.

Gratitude begins with recognition. Every sip of water connects us to rivers and rain. Every bite of food connects us to soil, sun, and farmers. Every breath ties us to the forests and oceans that make oxygen possible. These simple acts of daily living become sacred when we notice them. Gratitude is not only a feeling but a way of seeing. It shifts us from entitlement into wonder.

From gratitude flows reciprocity. When someone gives us a gift, we naturally want to give something back. The same is true with the earth. Reciprocity does not mean we can repay the planet in equal measure, the gifts of life are far beyond what we can return. But it does mean we can live with awareness and intention, offering care in response to the care we receive.

Reciprocity might look like tending a garden, planting trees, or reducing waste. It might mean supporting organizations that protect ecosystems, or participating in community efforts to restore land and water. It can also be simple: picking up litter on a walk, conserving water, or thanking the earth silently when we harvest food. These acts, though small, carry meaning because they come from love rather than obligation.

Many Indigenous traditions hold reciprocity as central to their relationship with the earth. Robin Wall Kimmerer (2013) writes of the “Honorable Harvest,” a set of principles guiding how to take only what is needed, to never take the first or the last, to use everything taken with respect, and to give a gift in return. This wisdom reminds us that relationship with the earth is not transactional but relational, grounded in mutual care.

Gratitude practices strengthen our sense of belonging. When we thank the land, the trees, or the animals, we remind ourselves that we are not separate but participants in a larger web of life. Gratitude softens our sense of isolation and reconnects us to the generosity that surrounds us every day.

Reciprocity also transforms grief into action. Many people feel deep sorrow about environmental destruction, climate change, or species loss. These feelings are natural, but they can also feel paralyzing. Reciprocity offers a way forward. Instead of drowning in despair, we can act from love. This could look like caring for a small patch of earth, supporting movements for change, or teaching the next generation to honor the planet. Even modest acts of reciprocity help transform grief into connection.

In our personal relationships, gratitude and reciprocity keep love alive. The same is true with the earth. Saying thank you to the morning sun, offering water to a plant, or walking gently on the land cultivates intimacy with the world around us. Over time, this intimacy shifts the way we live. We no longer see the earth as background but as beloved.

Ultimately, practicing gratitude and reciprocity with the earth is about relationship. It is not about perfection or purity, but about choosing to live as participants rather than consumers. Each act of care becomes a conversation, a way of saying: “I see you. I honor you. Thank you for sustaining me.”

# Alternative View

Individual acts of reciprocity matter, but systemic change is also necessary. Gratitude cannot replace the need for collective action to address climate change and environmental destruction. Both personal and structural responses are required

# Activity

What gifts from the earth are you most grateful for today?

How do you already practice reciprocity with the natural world, and where might you deepen this?

What small, daily actions could you take to honor the earth more intentionally?

How does gratitude change the way you feel about being alive?

# Sources

Kimmerer, R. W. (2013). *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*. Milkweed Editions  
 Macy, J. (2007). *World as Lover, World as Self*. Parallax Press  
 Abram, D. (1996). *The Spell of the Sensuous*. Vintage  
 Park, B. J., et al. (2010). *The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing)*. Environmental Health and Preventive Medicine, 15(1), 18–26

# Domain

Nature

# Modality

Nature and Earth

Tab 5

# Week

18

# Day

5

# Day Title

Honoring Ecological Grief

# Lesson Name

Expanding Connection

# Meme

(insert meme image)

# Summary

Ecological grief arises from our love for the earth and our sorrow at its losses. Honoring this grief—through ritual, community, and action—keeps us connected. Grief and hope are not opposites but companions, helping us stay open to both sorrow and renewal.

# Daily Passage

When the earth hurts, we hurt. To love the earth is to also feel grief. As we open our hearts to the natural world, we cannot ignore the losses that surround us: forests cut down, rivers polluted, species disappearing, climates shifting. Many of us feel a quiet sorrow, sometimes unnamed, when we witness these changes. This sorrow is ecological grief, a natural response to the harm done to the web of life we belong to.

Ecological grief can take many forms. For some, it feels like heaviness or despair when reading about climate change. For others, it rises as anger when witnessing the exploitation of land or animals. Sometimes it shows up more subtly, as a hollow ache when we notice fewer birds in spring, or when childhood landscapes no longer look the same. These feelings are not signs of weakness but of connection. They reveal that we care.

The challenge is that grief often feels overwhelming. Many people push it aside, fearing that if they let themselves feel it, they will be swallowed by despair. Yet denying grief only deepens disconnection. When we numb ourselves to loss, we also numb ourselves to love. Honoring ecological grief means allowing space to feel sorrow without letting it paralyze us.

Honoring this grief begins with recognizing it as a natural and healthy response to the losses in the living world. When forests are destroyed, species vanish, or ecosystems collapse, our grief reflects love and belonging. It shows that we are tied to the earth’s well-being. Denying or minimizing this grief can lead to numbness or despair. Instead, we honor it by feeling it fully, naming it, and expressing it through ritual, art, community, or silence in nature.

Ecological grief can also become a source of wisdom. By listening to what it reveals, we reconnect with our values and responsibilities. We can honor it by gathering with others who feel the same pain, creating circles where grief can be witnessed. Practices such as ceremony, ecological restoration work, or simple acts of tending, such as planting trees or cleaning rivers, transform grief into care and connection.

Importantly, grief and hope are not opposites. They can live together. Grief acknowledges what has been lost, while hope turns us toward what is still possible. Hope is not naive optimism but the courage to keep loving and caring even when outcomes are uncertain. Joanna Macy (2007) describes this as “active hope,” the choice to participate in the healing of the world regardless of guarantees.

Honoring ecological grief also invites us into action. Small choices such as planting trees, reducing waste, or supporting ecological movements become ways of channeling sorrow into love. These acts may not reverse global destruction on their own, but they root us in relationship. They remind us that we are not powerless.

Hope also arises when we witness resilience in the natural world. Forests regrow after fire, rivers cleanse themselves when pollution is reduced, species rebound when given protection. Nature’s capacity for renewal offers comfort and responsibility. If life itself continues to reach toward balance, we too can align ourselves with that renewal.

In relationships, honoring grief and hope together deepens intimacy. When we share sorrow with loved ones, we reveal what matters most to us. When we share hope, we inspire one another to act. Couples, families, and communities who grieve and hope together often find their bonds strengthened by a shared sense of purpose.

Ultimately, ecological grief is love in disguise. We grieve because we love the beauty and vitality of the earth. Honoring grief means staying open to both sorrow and wonder, refusing to turn away. When grief moves us into gratitude, action, and hope, it becomes a force for healing rather than despair.

Ecological grief can also become a source of wisdom. By listening to what it reveals, we reconnect with our values and responsibilities. We can honor it by gathering with others who feel the same pain, creating circles where grief can be witnessed. Practices such as ceremony, ecological restoration work, or simple acts of tending, such as planting trees or cleaning rivers, transform grief into care and connection.

# Alternative View

For some, ecological grief can become overwhelming and lead to paralysis. In these cases, professional support or structured practices may be needed to prevent despair from overshadowing hope and action

# Activity

What moments of ecological grief have you experienced, and how did you respond?

How might you honor grief in ways that keep you connected rather than disconnected?

Where do you find hope in the resilience of the natural world?

What small actions help you transform grief into care and responsibility?

# Sources

Macy, J. (2007). *World as Lover, World as Self*. Parallax Press  
 Cunsolo, A., & Ellis, N. R. (2018). *Ecological grief as a mental health response to climate change-related loss*. Nature Climate Change, 8(4), 275–281  
 Abram, D. (1996). *The Spell of the Sensuous*. Vintage  
 Kimmerer, R. W. (2013). *Braiding Sweetgrass*. Milkweed Editions

# Domain

Nature

# Modality

Nature and Earth

Tab 6

# Week

18

# Day

6

# Day Title

Living Relationally in the Wider Web

# Lesson Name

Expanding Connection

# Meme

(insert meme image)

# Summary

Living relationally means remembering our belonging to one another and the wider web of life. Through presence, rituals of connection, responsibility, and gratitude, we integrate lessons of human difference and nature into a daily practice of care and belonging.

# Daily Passage

At the heart of this module lies a simple truth: we belong to one another, to the earth, and to the great web of life. Human difference, animal kinship, forests, rivers, and sky, all of these connections are invitations to remember that we are not alone and never separate. Living relationally means carrying this awareness into daily life, allowing it to shape how we move, speak, and care.

Living relationally begins with presence. When we pause to listen deeply to another person, notice the rhythm of our own breath, or feel the ground beneath our feet, we are living in relationship. Presence keeps us rooted in the here and now, where connection is always available. From this place, we meet others not as stereotypes or categories, but as unique beings with their own truth.

It also means honoring rhythms larger than ourselves. The cycles of the earth, such as the seasons, the tides, the phases of the moon, mirror the cycles in our relationships. There will be times of closeness and times of distance, moments of growth and moments of rest. By attuning ourselves to these natural patterns, we learn to move with life rather than against it.

Rituals of connection can help anchor this way of living. Simple practices, such as lighting a candle at dinner, sharing gratitude before bed, greeting the morning sun, or walking together in silence, remind us of our bonds. Rituals do not need to be elaborate. What matters is intention. Each ritual is a way of saying: “This connection is sacred. I choose to honor it.”

Living relationally also invites responsibility. When we know our actions ripple through a wider web, we act with greater care. We speak with honesty, set boundaries with compassion, and make choices that consider not only ourselves but also others, human and more-than-human alike. Responsibility here is not heavy but empowering. It reminds us that every small act of love, respect, or gratitude strengthens the fabric of life.

Sometimes this way of living will bring us into grief. We will notice difference that feels hard to bridge, ecosystems under strain, or relationships that shift despite our best efforts. But when grief is honored, it keeps us connected. Grief is the price of belonging, a sign of how deeply we care.

Living relationally also brings joy. There is joy in watching a friend’s face light up when they feel heard, in feeling a pet curl up beside us, in tasting food grown in healthy soil, or in simply lying under the night sky. These moments remind us that connection is not only work but also a gift.

Integration means carrying these truths into everyday choices. It might look like listening with more curiosity, tending a plant as a daily act of reciprocity, or practicing gratitude for water each time we drink. Over time, these practices weave together into a way of being where connection is not an idea but a lived reality.

Ultimately, to live relationally in the wider web is to embrace wholeness. It is to recognize that human difference and the natural world are not separate spheres but parts of the same circle of belonging. When we live this way, we stop asking, “Where do I belong?” and begin to realize: “I already do.”

# Alternative View

Living relationally requires intention, and modern life often pulls us into disconnection. Without practices to ground us, it is easy to forget. Choosing to return again and again to presence is part of the ongoing work.

# Activity

What rituals of connection could you create in your daily life to honor belonging?

How do you notice natural rhythms mirrored in your relationships?

What responsibilities feel most alive for you as you live in the wider web?

Where do you experience joy and gratitude in connection—with people, animals, or nature?

# Sources

Abram, D. (1996). *The Spell of the Sensuous*. Vintage  
 Kimmerer, R. W. (2013). *Braiding Sweetgrass*. Milkweed Editions  
 Macy, J. (2007). *World as Lover, World as Self*. Parallax Press  
 Maté, G. (2022). *The Myth of Normal*. Penguin Random House

# Domain

Nature

# Modality

Nature and Earth