**Finding joy in nature**

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平凡的身边事物也能带来美好和感动。  
  
词数 420 建议阅读时间 8分钟  
  
At one time or another, we all feel unhappy. It may be a broken friendship or a failed exam. For many Americans, however, their reason for being unhappy can be summed up in two words: Donald Trump. Rightly or wrongly, they feel dispirited (沮丧的) by the new president and his plans for their country.  
  
So, what are people to do in times like these?  
  
It’s common advice to exercise more, to go running to fight depression (失落) or to head to the park for a mental-health boost (振奋精神). But John Stilgoe, US historian and Harvard professor, disagrees. “Do not run. Forget about blood pressure,” he writes. Nor is he urging that people travel to expensive locations.  
  
His philosophy (理念) is summed up in the title (标题) of his book: Outside Lies Magic. In one obvious sense, you’ll miss the magic of outside if you spend all weekend glued to your phone, feeling upset that excitement is always somewhere you’re not. But, in a less obvious sense, we usually ignore that magic when we do get outside. Stilgoe advises that we take another look at things we usually overlook (忽略). He thinks we’ve forgotten how to notice our surroundings and need “proper education in just going for a walk”.  
  
In fact, beauty surrounds us. Only it is hidden in the everyday parts of our normal life.  
  
If you have ever seen the movie American Beauty (《美国丽人》，1999), you might remember a scene (场景) in the film where a character is watching a plastic bag floating in the wind. As the character watches, he says: “Sometimes there is so much beauty in the world, I feel like I can’t take it.”  
  
In fact, imaginative people have always understood this. Many artists and writers have been looking to the everyday world for a source (来源) of meaning. London author Iain Sinclair focuses his work on the outdoors, but his books are by no means travel guides.  
  
Instead, his inspiration is often the things that people find unattractive. In one book, London Orbital, he walked around London’s orbital motorway (环城高速), the M25. Sinclair traveled its 228 kilometers and recorded what he saw and the feelings that his journey raised. It was a great trip of the soul (灵魂).  
  
Whether we’re unhappy at the amount of homework we are given, or just looking for a new interest, it’s surely a good idea to take more notice of our surroundings. There’s more to life than we’ve ever imagined, so go outside and discover the world under your nose.