



Your Brain On Nature

Eva M. Selhub, Alan C. Logan

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Every tech-addict's guide to restoring health and balance in an increasingly IT-dependent world.

Scientific studies have shown that natural environments can have remarkable benefits for human health. Natural environments are more likely to promote positive emotions, and viewing and walking in nature have been associated with heightened physical and mental energy. Nature has also been found to have a positive impact on children who have been diagnosed with impulsivity, hyperactivity and attention-deficit disorder.

In *Your Brain on Nature*, physician Eva Selhub and naturopath Alan Logan examine not only the effects of nature on the brain, but the ubiquitous influence of everyday technology on the brain, and how IT overload and its many distractions may even be changing it. Offering an antidote for the technology-addicted, the book outlines emerging nature-based therapies including ecotherapy, as well as practical strategies for improving your (and your children's) cognitive functioning, mental health and physical well-being through ecotherapeutic, nutritional and behavioural means. A powerful wake-up call for our tech-immersed society, *Your Brain on Nature* examines the fascinating effects that exposure to nature can have on the brain.

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