



*When we try to pick out anything by itself,
we find it hitched to everything else in the Universe.*
John Muir

A walk in the woods For many of us a walk in the woods is a way to unwind, feel good, clear our heads and just get “back to nature”. Indeed you might wonder, as you wander, whether the world would be a better place if *everyone* did it. Now we know, thanks to the discovery of forest bathing (*shinrin yoku* in the original Japanese), that science shows we don’t just *feel* better, we are actually, quantifiably, healthier. It’s a very good reason for everyone to take that walk in the woods, which really could make the world a better place for everyone!