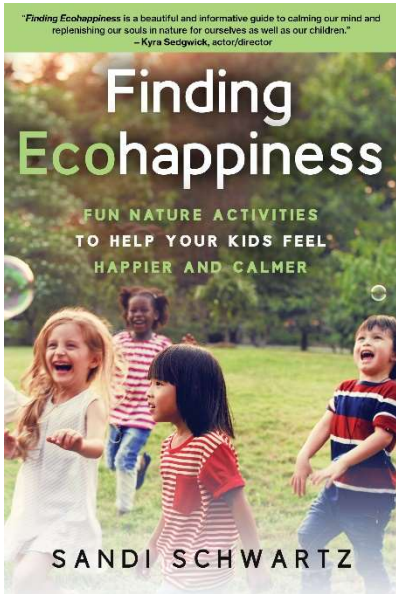


FINDING ECOHAPPINESS



Parenting Book Prescribes Nature-based Fun to Improve Mental Health and Mood in Children (and Parents)

In *Finding Ecohappiness*, author Sandi Schwartz guides families in building regular habits of experiencing nature to reduce stress and boost mood. She explores key positive psychology tools from a nature-loving perspective. Families will learn some simple, practical tips for incorporating these tools — awe and gratitude, mindfulness, creative arts, outdoor play and adventure, volunteering, food and animals — into their daily routine to thrive and live a happy, balanced life.

A must-read for all families, *Finding Ecohappiness* will help parents protect their children from feeling stressed and overwhelmed; manage their children's current issues regarding stress, anxiety and mood; and improve family togetherness.

"A fun resource for adults and children who love the outdoors. Those who want to start making regular time for nature and the outdoors in their household will find this an easy guide."—*Library Journal*

"Colorful illustrations and practical suggestions make this book a handy parenting resource."—*Booklist*

"As a mom, I saw first-hand how connection with nature lightened everyone's mood. *Finding Ecohappiness* is a beautiful and informative guide to calming our mind and replenishing our souls in nature for ourselves as well as our children." —*Kyra Sedgwick, actor/director*

Book Details

Author: Sandi Schwartz

Publisher: Quill Driver Books, An imprint of Linden Publishing

Publication Date: May 3, 2022

\$19.95 US • Trade Paperback • 6" x 9" • 306 pages • ISBN 978-0-941936-50-7

FAMILY & RELATIONSHIPS / Parenting • BISAC FAM034000

77 color photos • Index

Audience: Parents of school-age children, other caregivers of children, educators, pediatricians, and child psychologists.

About the Author: Sandi Schwartz is an author and journalist specializing in parenting, wellness, and environmental topics. As the founder and director of the Ecohappiness Project, her mission is to inspire and educate families to build a nature habit to feel happier and calmer. Her work has been featured in *The Washington Post*, *National Geographic*, *Library Journal*, *Yahoo!*, *Good Housekeeping*, *Chicken Soup for the Soul*, *Scary Mommy*, and more. She began her career at the United States Environmental Protection Agency and National Academy of Sciences.

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Distributed to the trade by Ingram Publisher Services and Baker & Taylor, or by calling 1-800-345-4447.