



Eco-Art Therapy: Creative Activities That Let Earth Teach

By Dr. Theresa Sweeney Ph. D.

Theresa Sweeney, Ph.D. Paperback. Book Condition: New. Paperback. 150 pages. Dimensions: 10.9in. x 8.4in. x 0.4in. Take this fabulous journey home - discover who you really are. Rarely do you come across a book that changes you forever. This is one of those very special texts. Far more than a self-help book, Eco-Art Therapy - Creative Activities that let Earth Teach is a self-help lifestyle. The search to find ourselves can be a frustrating one. Many of us run in circles trying to find meaning in a world that often times seems all wrong. We try in vain to manage the symptoms of our troubles, but fail to understand the real problem. As this inspired book explains, the root of much of our discontent is the unreasonable difference between the way we learn to think and how nature works. Though people are part of nature and we inherit a love and respect for its purity, beauty, and perfection, we grow up in a society detached from its eons of sensory intelligence; we seldom include nature's genius in our daily lives and thinking. To our great loss most of us are out of touch and out of synch with the regenerative and...

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