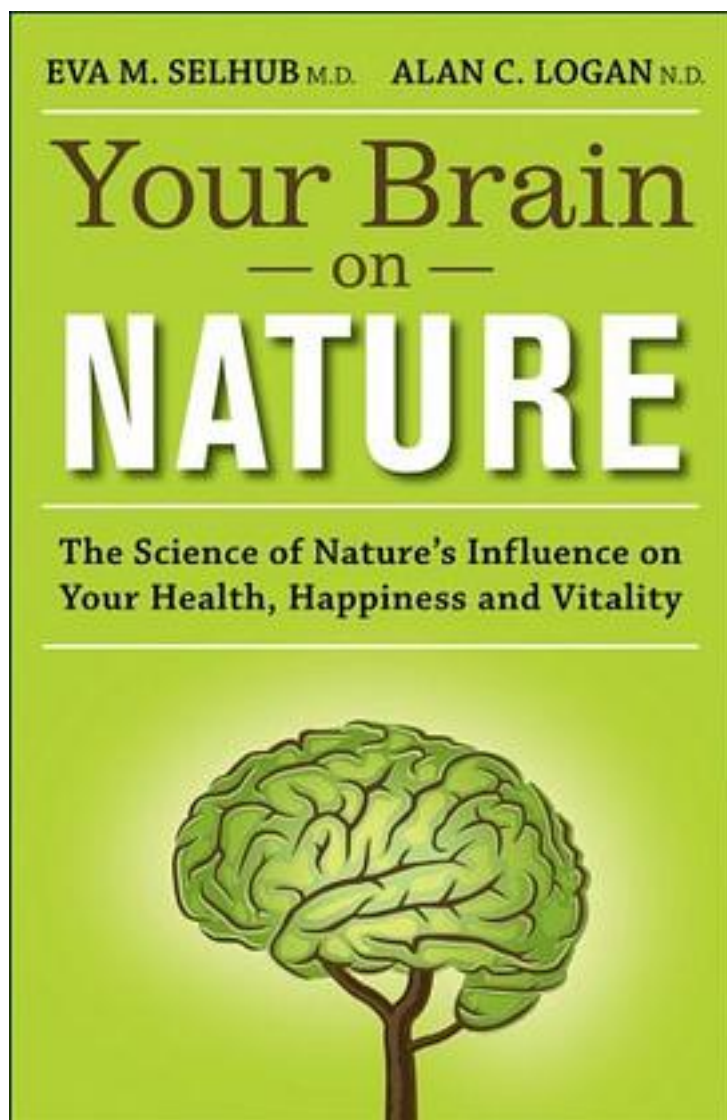


Your Brain on Nature



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著者:Selhub, Eva M.; Logan, Alan C.

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How to safely de-tox from IT overload--with the healing effects of nature 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. 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. 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. Details the back to nature movement and the benefits of nature on the brain and body, from reducing the symptoms of ADHD to improving mood and physical energy Explains the effects of air quality, aromas, light and sound on the brain, including SAD and sleep loss A fascinating look at the effects that both nature and technology have on the brain's functioning and one's overall well-being, Your Brain on Nature is every tech-addict's guide to restoring health and balance in an increasingly IT-dependent world.

作者介绍:

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