



# Connecting to the Power of Nature

*Joe H. Slate PhD*

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In this hectic world of appointments and to-do lists, we need a reminder that peace is all around us-in the sky, in a garden, and in our own backyard. *Connecting to the Power of Nature* offers a wonderful plan to help you explore and reconnect with nature for a richer, more empowered life.

From sifting sand through your fingers to gazing at the stars to meditating with animals, Joe Slate offers many enjoyable and inspiring step-by-step activities and meditations. You'll learn natural and effective ways to cope with grief, reduce stress, get insight into problems, tap into inner strength, and accomplish your highest goals, all through slowing down and mindfully connecting with nature.

Create a profound link to nature's amazing power-and discover within yourself a boundless capacity for spiritual growth, better health and rejuvenation, and enlightenment.

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