

RCPsych Planetary Health & Sustainability Committee Nature Matters Reading List

Comments by Committee Member and Nature lead, Dr Alan Kellas

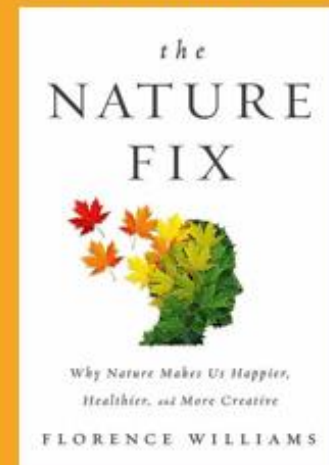


“These are the books I most often recommend to patients”

The Well Gardened Mind
Sue Stuart-Smith



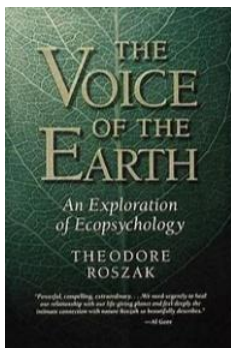
Nature Fix
Florence Williams



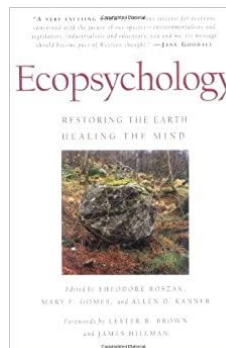
Nature Matters: Foundations

“Roszak’s work laid the first bridges between psychology and the environmental movement, and Clinebell gives a good (but now slightly outdated) view of eco therapy.”

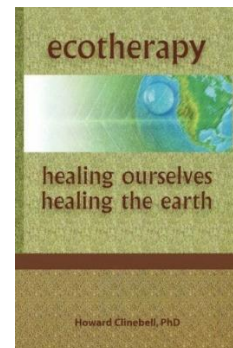
The Voice of the Earth
Theodore Roszak



Ecopsychology: Restoring the Earth, Healing the Mind
Theodore Roszak



Ecotherapy: Healing ourselves, healing the earth
Howard Clinebell

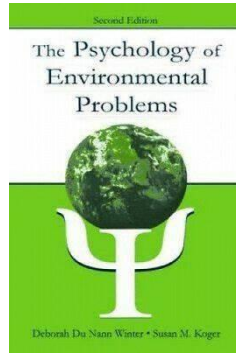


“Some key books on sustainability, carbon thinking and health care, and the psychology of environmental problems”

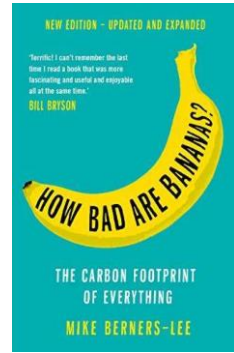
Sustainable Healthcare
Kathleen Frith · Knut Schroeder · Trevor Thompson



The Psychology of Environmental Problems
Susan M Koger and Deborah Du Nann Winter

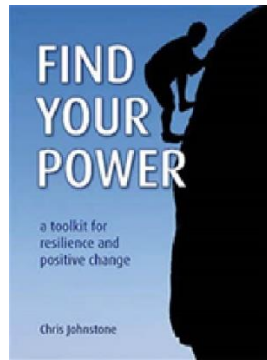


How Bad Are Bananas?
Mike Berners-Lee

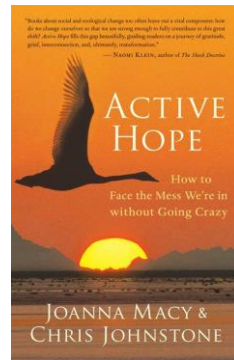


“Chris Johnstone’s early work on positive psychology and his collaboration with Joanna Macey: Active hope is so good it’s entering our conversations. It is a key text for anyone wanting to face our mess without going crazy...!”

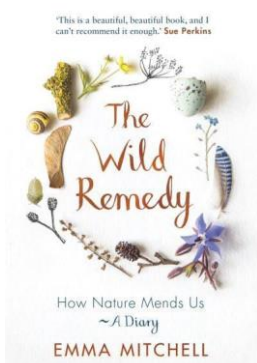
Find Your Power
Chris Johnstone



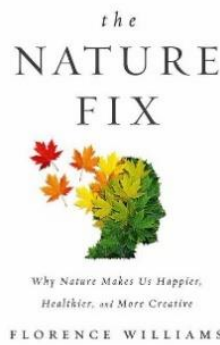
Active Hope
Joanna Macy & Chris Johnstone



The Wild Remedy
Emma Mitchell



The Nature Fix
Florence Williams



“Some resources for public/patients on nature and mental health. Sue Stuart-Smith articulates this from a psychiatrist’s experience: a great read.”

The Well Gardened Mind
Sue Stuart-Smith

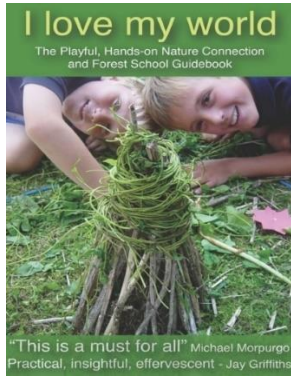


Losing Eden
Lucy Jones

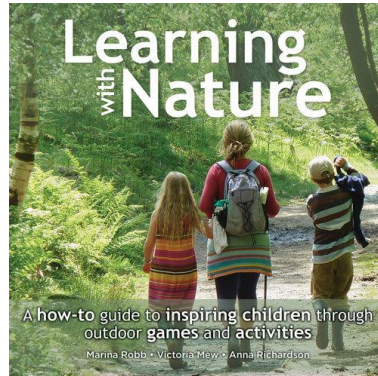


“Something for the family or for CAMHS practitioners: Marina Robb and Chris Holland are both experts, fun, practical and wise: both recommended. Cornell lays out the origins of Earth education.”

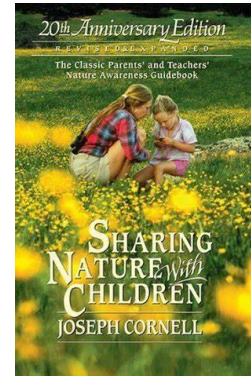
I Love My World
Chris Holland



Learning with Nature
Marina Robb · Victoria Mew
· Anna Richardson

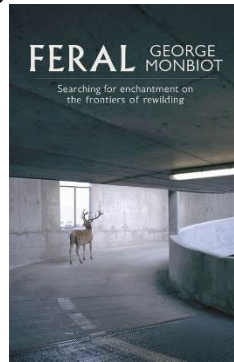


Sharing Nature with Children
Joseph Cornell

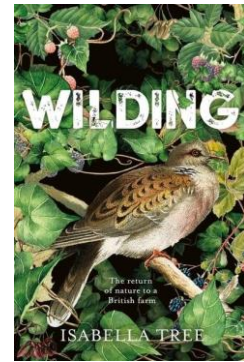


“Some inspirational nature writers. Mark Cocker explains the UK history of our place brilliantly.”

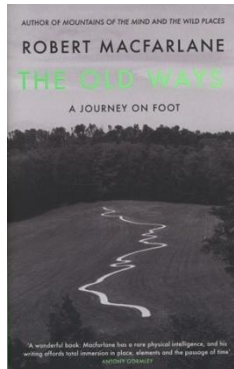
Feral
George Monbiot



Wilding
Isabella Tree



The Old Ways
Robert MacFarlane

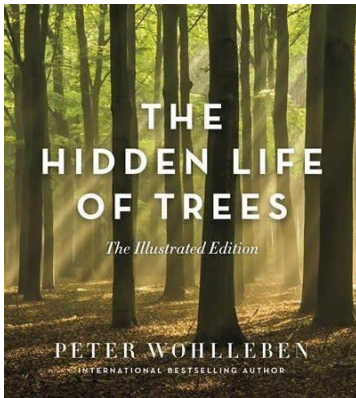


Our Place
Mark Cocker

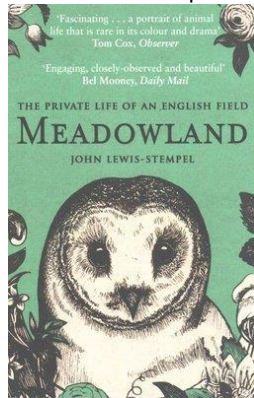


“Rocks, trees, meadows, birds: more wonders: no explicit mental health link, but inspirational.”

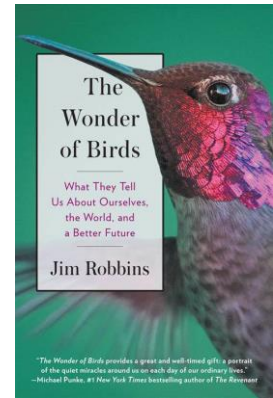
The Hidden Life of Trees
Peter Wohlleben



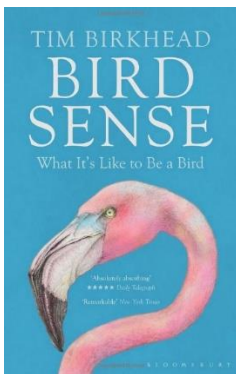
Meadowland
John Lewis-Stempel



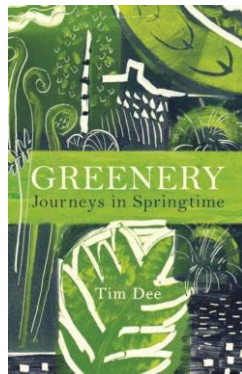
The Wonder of Birds
Jim Robbins



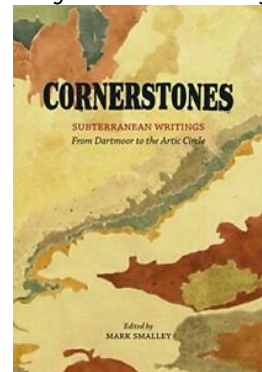
Bird Sense
Tim Birkhead



Greenery: Journeys in Springtime
Tim Dee

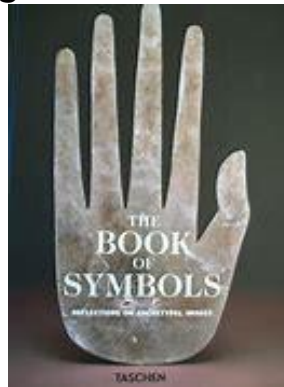


Cornerstones: Subterranean Writings
Edited by Mark Smalley



“One for any therapist wondering about metaphor and meaning: a treasure trove of symbols for anyone inspired by Jung. John O’Donoghue, Celtic wisdom that is lyrical, and earthy: a practical salve to anyone wanting to cultivate friendship with themselves, others and the natural world...”

The Book of Symbols: Reflections on Archetypal Images



Spiritual Wisdom from the Celtic World
John O'Donoghue

