

# READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

*Nature and the Mind: The Science of How Nature Improves Cognitive, Physical, and Social Well-Being, by Marc G. Berman, Ph.D. (2025, published by Simon and Schuster)*

## DISCUSSION QUESTIONS

Have you increased your experiences with nature?

What strategies resonated with you?

Have you altered your environment to include more nature with houseplants or paintings?

Have you noticed an improvement with your well-being?

## READING TIP

Make a personalized book mark! Having a self-made book mark can make reading more fun. You can add quotes, doodles, or reminders that inspire you.

## FALL RECIPE



### Salted Caramel Apple Pie Bars

Made with a shortbread crust, spiced apple filling, streusel topping, and homemade salted caramel, apple pie bars are just as delicious as apple pie, but much simpler to make. You'll love this fun twist on a classic dessert!

Learn how to make it here:

<https://sallysbakingaddiction.com/salted-caramel-apple-pie-bars/>

## WELL-BEING TIP

Have you ever pictured your best possible self? Imagining your best possible future self is a simple positive psychology exercise linked to greater well-being and positive expectations about the future. Want to try it? Spend about 5 minutes visualizing your best future self, then take 10–15 minutes to write about what that life looks and feels like.

## ADDITIONAL RESOURCES

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today. <https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

Carrillo, A., Rubio-Aparicio, M., Molinari, G., Enrique, Á., Sánchez-Meca, J., & Baños, R. M. (2019). Effects of the Best Possible Self intervention: A systematic review and meta-analysis. PLOS ONE, 14(9), e0222386. <https://doi.org/10.1371/journal.pone.0222386>

Weziak-Bialowolska, D., Bialowolski, P., & Sacco, P. L. (2023). Mind-stimulating leisure activities: Prospective associations with health, wellbeing, and longevity. *Frontiers in Public Health*, 11. <https://doi.org/10.3389/fpubh.2023.1117822>

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*Nature and the Mind: The Science of How Nature Improves Cognitive, Physical, and Social Well-Being, by Marc G. Berman, Ph.D. (2025, published by Simon and Schuster)*

***From the acclaimed founder of environmental neuroscience, Dr. Marc Berman, comes a groundbreaking guide that reveals how interacting with nature can be the secret to improved mental and physical health.***

Dr. Marc Berman, the pioneering creator of the field of environmental neuroscience, has discovered the surprising connection between mind, body, and environment, with a special emphasis on the natural environment. He has devoted his life to studying it.

If you sometimes feel drained, distracted, or depressed, Dr. Berman has identified the elements of a “nature prescription” that can boost your energy, sharpen your focus, change your mood, and improve your mental and physical health. He also reveals how central attention is to all of these functions, and how interactions with nature can restore it. *Nature and the Mind* is both an introduction to a revolutionary new scientific field and a helpful guide to better living.

This groundbreaking guide explains why and how nature is good for our brains and bodies and gives us a window into fundamental aspects of our psychology and physiology that can be improved through interactions with nature.



[Dr. Marc Berman](#)

