

Books:

[*Can You Hear the Trees Talking? Discovering the Hidden Life of the Forest*](#) by Peter Wohlleben (2019)

[Kids]

From Good Reads

“With his groundbreaking, internationally bestselling book *The Hidden Life of Trees*, Peter Wohlleben established himself as a global advocate for forests and our relationship with trees. Now, Peter shares his famous imagination and storytelling style with children, asking surprising questions about trees with exciting quizzes, photographs, and hands-on activities to help even the most reluctant learners discover the answers.”

[*Casting Deep Shade: An Amble Inscribed to Beech Trees & Co*](#) by C.D. Wright (2018)

From The New York Times

“Wright casts a familiar linguistic spell with her thinking-aloud, genre-bending voice here: a signature elliptical “prosimetric” style. Yet her book serves a practical purpose too, as an approximation of a field guide (or eccentric “field homage”) to beeches and their world. “Casting Deep Shade” is less a conventional text than a facsimile of a tree’s growth outward — a cumulative chronology in rings of thought.”

[*Eager: The Surprising, Secret Life of Beavers and Why They Matter*](#) by Ben Goldfarb (2019)

From Kirkus Review

“Goldfarb, a freelance environmental journalist with a master’s degree in environmental management, takes readers from the days of the fur trade, which drew trappers and then settlers across the continent and saw beavers killed by the millions, to current conservation efforts. As he reports, the disappearance of beavers altered the landscape dramatically, drying up wetlands, killing off species, fostering erosion, and changing the courses of streams... Beavers, he writes in his introduction, “are ecological and hydrological Swiss Army knives, capable, in the right circumstances, of tackling just about any landscape-scale problem you might confront.”

[*Forest Bathing: How Trees Can Help You Find Health and Happiness*](#) by Qing Li (2018)

From NPR.org

“An immunologist at Tokyo’s Nippon Medical School offers this guide to the therapeutic Japanese practice of shinrin-yoku, which promotes healing the mind, body and spirit through spending mindful, intentional time around trees.”

[*Forest Biomes*](#) by Richard and Louise Spilsbury (2018) [Kids]

From the publisher

“This book gives readers core information about forest biomes – where they are found and what their geography is like, the special adaptations of the vegetation and animals, how people live in these regions.”

[*The Giving Tree*](#) by Shel Silverstein (1964) [Kids]

From Goodreads

"Once there was a tree...and she loved a little boy." So begins a story of unforgettable perception, beautifully written and illustrated by the gifted and versatile Shel Silverstein. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave and gave."

[*The Hidden Life of Trees: What They Feel, How They Communicate*](#) by Peter Wohlleben (2016)

From Goodreads

"Much like human families, tree parents live together with their children, communicate with them, and support them as they grow, sharing nutrients with those who are sick or struggling and creating an ecosystem that mitigates the impact of extremes of heat and cold for the whole group. As a result of such interactions, trees in a family or community are protected and can live to be very old. In contrast, solitary trees, like street kids, have a tough time of it and in most cases die much earlier than those in a group. Drawing on groundbreaking new discoveries, Wohlleben presents the science behind the secret and previously unknown life of trees and their communication abilities; he describes how these discoveries have informed his own practices in the forest around him. As he says, a happy forest is a healthy forest, and he believes that eco-friendly practices not only are economically sustainable but also benefit the health of our planet and the mental and physical health of all who live on Earth."

[*The Overstory*](#) by Richard Powers (2018)

From the author

"Winner of the Pulitzer Prize in Fiction, is a sweeping, impassioned work of activism and resistance that is also a stunning evocation of—and paean to—the natural world. From the roots to the crown and back to the seeds, Richard Powers's twelfth novel unfolds in concentric rings of interlocking fables that range from antebellum New York to the late twentieth-century Timber Wars of the Pacific Northwest and beyond. There is a world alongside ours—vast, slow, interconnected, resourceful, magnificently inventive, and almost invisible to us. This is the story of a handful of people who learn how to see that world and who are drawn up into its unfolding catastrophe."

[*Shinrin-yoku: The Japanese Art of Forest Bathing*](#) by Yoshifumi Miyazaki (2018)

From Goodreads

"Simply put, forest bathing is the practice of walking slowly through the woods, in no hurry, for a morning, an afternoon or a day. It is a practice that involves all the senses and as you gently walk and breathe deeply, the essential oils of the trees are absorbed by your body and have an extraordinary effect on stress levels, positive feelings, energy levels and even promote the activity of NK (anticancer) cells and the balancing of blood sugar levels and blood pressure.

In this wonderful book, by the leading expert in the field, science meets nature and mindfulness, as we are encouraged to bathe in the trees and become observers of both the nature around us and the goings on of our own minds."

[*Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*](#) (2013)

by Robin Wall Kimmerer

From Goodreads

"As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these lenses of knowledge together to show that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings are we capable of understanding the generosity of the earth, and learning to give our own gifts in return."

DVDs

[*The Biggest Little Farm*](#) a film by John Chester (2018)

From the filmmakers

John and Molly Chester, a husband and wife team, left their job titles of ‘documentary filmmaker’ and ‘private chef’ to become farmers and pursue their dream vision of starting Apricot Lane Farms in 2011. In December 2015 they welcomed their first son, Beauden, into the family.

[*Fire in Paradise*](#) a film by Drea Cooper and Zackary Canepari (2019)

From Netflix

“On the morning of November 8, 2018, a seemingly small fire broke out in Butte County, California near the town of Paradise. Over the course of a few short hours, it grew into the country’s deadliest wildfire in over a century, killing 85 people and destroying Paradise. Courtesy of Netflix.

[*The Hottest August*](#) by Brett Story (2019)

From PBS.org

“The Hottest August presents an up-close and personal look at New Yorkers’ growing concerns over a variety of societal changes, from rising rents to marching white nationalists, during one sweltering month in 2017. Raising the specter of our changing climate without ever mentioning it directly, the film is a different kind of climate change documentary — one that focuses on the very human experience of yearning for security in an increasingly uncertain world.

Weaving together interviews with individuals all over New York filmed over the course of the month of August 2017, award-winning filmmaker Brett Story holds up a mirror to a society contemplating its future survival.”