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Partnering with Nature: A Panacea for What Ails Us and the Earth

SAN FRANCISCO – (March 12, 2010) In *Partnering with Nature: The Wild Path to Reconnecting with the Earth*, author Catriona MacGregor, asserts that we need to go beyond traditional environmentalism to solve our pressing global problems. It is only by fully “partnering” with nature that we will find solutions, and this requires a paradigm shift in how we view our relationship with nature.

In this age of scientific triumph, our daily connection with the Earth has diminished alarmingly. People struggle daily with stressful jobs, trapped inside blank walls, staring at glowing screens when they could be outdoors, enjoying the beauty of nature and the connection with other living things. At the same time, global warming and other environmental ills are destroying the Earth.

Partnering with Nature is a simple book with a powerful message that illuminates the fact that our connection to nature, animals, and to the earth is a vital part of our existence. It is vital that we understand how important our role is in nature’s sphere and how crucial nature’s role is in our lives. According to MacGregor, “We will be able to solve problems, such as global warming, when we gain greater awareness about who and what we are in relation to the Earth and other living creatures. By adopting an ethical construct that holds that all living things are sacred, we can save the Earth and ourselves.”

MacGregor, has been a voice for animals and wild places all of her life. She is an authority on environmental trends in the United States and internationally, and has led the charge to protect habitat and species as well as supported environmental initiatives in Latin America, Eastern Europe, Asia, and the United States for over two decades. Recognizing the need to address the underlying reasons for human society’s disconnection from nature, she now runs Vision & Nature Quests and Nature Retreats. [www.naturalpathfinder.com]

Like Richard Louv’s groundbreaking book *Last Child in the Woods*, MacGregor’s *Partnering with Nature* also declares that disconnection with nature is not only causing our environmental crisis, but in fact leads to stress and depression in adults, and obesity, attention deficit disorders, and apathy in children.

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Author Louv, who coined the term ‘Nature Deficit Disorder’, stated that today's children “can likely tell you about the Amazon rainforest - but not about the last time he or she explored the woods in solitude, or lay in a field listening to the wind and watching the clouds move.... For a new generation, nature is more abstraction than reality." Louv has amassed some of the most comprehensive scientific research that points to children’s disconnection from nature as leading to a lack of physical, mental and emotional well being.

Partnering with Nature goes deeper into the problem to state that all people, adults and children alike, are suffering from a lack of contact with nature, and that this not only leads to ill health, but in fact, gives us a sense that something greater is missing in our lives. MacGregor poses the question, “Is the sole purpose of our powerful brains to have physical mastery of the world for our own comfort? Are we here to dominate the Earth and the “lower” animals? And then goes on to propose that “Our role on Earth is to love, appreciate, and serve the great diversity of life as if it were our own life—because it is.”

Partnering With Nature is a beautifully wrought synthesis of poetic spirituality and well-grounded practical fact. Aptly being released in April, on Earth day 2010, it weaves together historical, spiritual and scientific information, and offers personal anecdotes and real stories of how nature has changed people’s lives, as well as shaped the course of human evolution.

Partnering with Nature speaks to anyone who senses a spiritual void in their life, and to anyone who wishes to make a difference in transforming our environment.

MacGregor urges us to reclaim the strength of our connection with nature on both a personal and a planetary level. She reminds each of us that, “You are a different person if you are filled with the warm rays of the sun, the clarity of the blue sky, the soaring hawk.”

You will also be a different person after you have read this book. The images of MacGregor’s vision will flow through your mind and dance through your heart long after you have finished reading *Partnering With Nature*.

Title: *Partnering With Nature: The Wild Path to Reconnecting with the Earth*

Author: Catriona MacGregor

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