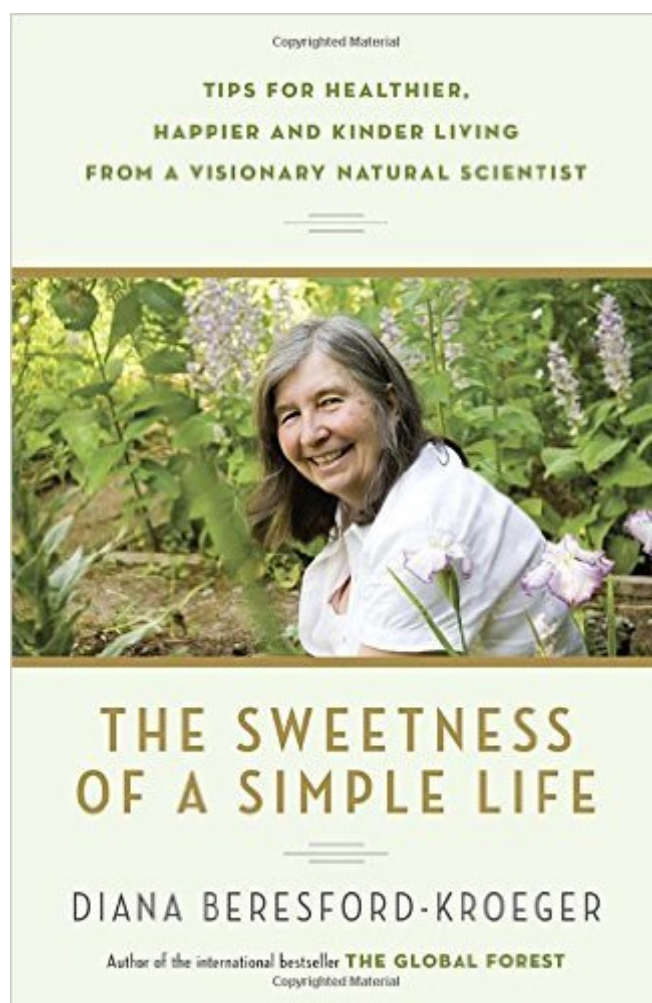


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# The Sweetness Of A Simple Life: Tips For Healthier, Happier And Kinder Living From A Visionary Natural Scientist



## Synopsis

The author of *The Global Forest*--an international bestseller and a classic upon publication, beloved by readers around the world--gives us her tips and advice for achieving better health and peace of mind, with frugality, simplicity and pleasure not far behind. In *The Sweetness of a Simple Life*, Diana Beresford-Kroeger mixes science with storytelling, wonderment, magic, myth and plenty of common sense. Orphaned at an early age, Beresford-Kroeger was tutored by elderly relatives in Ireland in the Druidic tradition, taught the overlap between the arts and sciences, and the triad of body, mind and spirit. After pursuing a Ph.D. in medical biochemistry, Beresford-Kroeger set out on a quest to preserve the world's forests. In this warm and wise collection of essays, she gives us a guide for living simply and well: which foods to eat and which to avoid; how to clean our homes and look after pets; how we can protect ourselves and our loved ones from illness; and why we need to appreciate nature. She provides an easy dose of healing, practical wisdom, blending modern medicine with aboriginal traditions. This inspiring, accessible book emphasizes back to basics, with the touchstone not an exotic religion or meditation practice, but the natural world around us.

## Book Information

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## Customer Reviews

All of Diana Beresford-Kroeger's books serve to renew our sense of wonder and reverence for the trees of the world, for nature broadly and for the individual lives that weave it's tapestry. Her voice is the voice of science, of poetry, and of ancient wisdom. She speaks to us with urgency, grace, and the glint of real magic. She's Irish, and charmingly aristocratic. Once you start reading her books

you feel that you will never be able to thank her enough for her message of hope and healing, but thank her you will - by planting trees. Her influence has reached into our small backyard in Massachusetts in a thriving legacy of elderberries, sassafras, and pawpaw trees. There is a YouTube video, about 45 minutes long, in which the author explains her intentions in writing this most recent book. Watch or listen to the video. Read the book. Plant a tree. It will give you hope and make you smile.

I loved this book! This is an easy and enjoyable read. Diana Beresford-Kroeger is extremely knowledgeable about trees, plants and the natural world. Each chapter covers a particular subject which makes it a great book for people who need to be able to read in short bites. The Sweetness Of A Simple Life is filled with great suggestions on how the natural world can enhance our lives and health. A great addition to any library.

This is a fabulous book. I bought 6 copies to give as Christmas presents. By the end of reading the book I felt like the author had shared her beautiful world with me. My world became more sacred and my life more joyful.

Great book! Easy to read. Each chapter was short but left you reflecting on the specific topic. Would definitely recommend and I will probably read again.

live simply & think about life around you as you go.

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