

# BATHING IN THE WOODS

DISCOVER DECELERATION  
AND MINDFULNESS WITH THE  
HEALING POWER OF NATURE

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LUKE EISENBERG

**Bathing In The Woods:  
Discover Deceleration And  
Mindfulness With The Healing  
Power Of Nature**

**(Increase Health, Satisfaction And  
Well-Being Through The Healing  
Power Of Nature)**

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