



Body And Earth: An Experiential Guide.

By Olsen, Andrea; Mckibben, Bill (foreword); Mckibben, Bill (preface).

niversity Press of New England, 2010. Softcover. Book Condition: New. 272 pages. Softcover. New book. NEW AGE. "Body is our first environment," writes Andrea Olsen. "It is the medium through which we know the earth." In a remarkable integration of environmental science, biology, meditation, and creative expression, Olsen, a dancer who teaches in the environmental studies program at Middlebury College, offers a guide to a holistic understanding of person and place. Part workbook, part exploration, *Body and Earth* considers the question of how we can best, most responsibly inhabit both our bodies and our planet. Olsen displays an easy command of fields as diverse as geology, biochemistry, ecology, and anatomy as she explores the ways in which our bodies are derived from and connected to the natural world. But *Body and Earth* is not just a lesson, it is also an investigation. Arranged as a 31-day program, the book offers not only a wealth of scientific information, but also exercises for both exploring the body and connecting with place; illustrations and works of art that illuminate each chapter's themes; and Olsen's own meditations and reflections, connecting the topics to her personal history and experience. Olsen insists that neither body nor...



READ ONLINE
[4.68 MB]

Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

-- **Lillie Toy**

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- **Miss Marge Jerde**

Related Kindle Books



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



THE Key to My Children Series: Evan s Eyebrows Say Yes (Paperback)

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about a three year old little boy who...
