

## Gathering Moss A Natural And Cultural History Of Mosses

Mary Siisip Geniusz has spent more than thirty years working with, living with, and using the Anishinaabe teachings, recipes, and botanical information she shares in *Plants Have So Much to Give Us, All We Have to Do Is Ask*. Geniusz gained much of the knowledge she writes about from her years as an oshkaabewis, a traditionally trained apprentice, and as friend to the late Keewaydinoquay, an Anishinaabe medicine woman from the Leelanau Peninsula in Michigan and a scholar, teacher, and practitioner in the field of native ethnobotany. Keewaydinoquay published little in her lifetime, yet Geniusz has carried on her legacy by making this body of knowledge accessible to a broader audience. Geniusz teaches the ways she was taught—through stories. Sharing the traditional stories she learned at Keewaydinoquay's side as well as stories from other American Indian traditions and her own experiences, Geniusz brings the plants to life with narratives that explain their uses, meaning, and history. Stories such as "Naanabozho and the Squeaky-Voice Plant" place the plants in cultural context and illustrate the belief in plants as cognizant beings. Covering a wide range of plants, from conifers to cattails to medicinal uses of yarrow, mullein, and dandelion, she explains how we can work with those beings to create food, simple medicines, and practical botanical tools. *Plants Have So Much to Give Us, All We Have to Do Is Ask* makes this botanical information useful to native and nonnative healers and educators and places it in the context of the Anishinaabe culture that developed the knowledge and practice.

This textbook guides massage therapists through each step of delivering a spa treatment—from consideration of the indications and contraindications to scope of practice issues, supplies, room set-up, specific procedure steps, and ideas for integrating massage techniques, spa products, and enhancing accents. While wet-room treatments are discussed, the focus is on dry-room treatments, which can be delivered in a wider variety of settings. More than 250 full-color photographs illustrate each technique and treatment. Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step-by-step procedures section. Sanitation Boxes offer clean-up and sanitation tips. Sample Treatments include promotional descriptions, product recommendations, and recipes for creating inviting smell-scapes.

In Janelle Monáe's full-length debut, the science fiction concept album *The ArchAndroid*, the android Cindi Mayweather is on the run from the authorities for the crime of loving a human. Living in 28th century Metropolis, Cindi fights for survival, soon realizing that she is in fact the prophesied ArchAndroid, a robot messiah meant to liberate the masses and lead them toward a wonderland where all can be free. Taking into account the literary merit of Monáe's astounding multimedia body of work, the political relevance of the science fictional themes and aesthetics she explores, and her role as an Atlanta-based pop cultural juggernaut, this book explores the lavish world building of Cindi's story, and the many literary, cinematic, and musical influences brought together to create it. Throughout, a history of Monáe's move to Atlanta, her signing with Bad Boy Records, and the trials of developing a full-length concept album in an industry devoted to the production of marketable singles can be found, charting the artist's own rise to power. The stories of Monáe and of Cindi are inextricably entwined, each making the other more compelling, fantastical, and deeply felt.

Describes the characteristics and development of mosses.

Explore the magical world of moss, with this fully-illustrated and comprehensive guide. Moss is all around us. While it is most often associated with damp, shady spaces, it can be found in the most unexpected and far-flung places, from deserts to Antarctica. This book is a celebration of its quiet, unassuming beauty and a primer to understanding the secrets of the world's most ancient plant:

- Discover the fascinating history of this soft and tactile plant
- Learn how and where to identify and gather different moss species.
- Take a tour of some of the most beautiful moss gardens in the UK, the US and Japan, where moss viewing has become a national phenomenon.
- Learn how to cultivate moss, tie Japanese moss balls (kokedama) and plant moss landscapes in pots and terrariums.

With stunning photography and botanical illustration, this is an utterly unique book that will be treasured by plant enthusiasts of all kinds.

One of the world's leading geologists takes readers into Italy's Apennine Mountain Range—the Mountains of Saint Francis—on a journey to discover the fascinating secrets of the Earth's deep history. Modern geologists, Walter Alvarez among them, showed in the last decades of the twentieth century that the history of our planet has witnessed events profoundly more dramatic than even the most spectacular chapters in human history. More violent than wars, more life altering than revolutions—understanding the geologic events that have shaped the Earth's surface is the quest and the passion of geologists. In the knowledgeable and graceful prose of Alvarez, general readers are led to explore the many mysteries that our planet guards. The author has chosen Italy as a microcosm in which to explore this amazing past for several reasons. First, it is the land where the earliest geologists learned how to read the history of the Earth, written in nature's rock archives.

Second, it is where Alvarez and his Italian geological friends have continued to decipher the rock record, uncovering more historical episodes from the Earth's past. And third, the lovely land of Italy is unusually rich in geological treasures and offers examples of the key processes that have created the landscapes of the entire world. *The Mountains of Saint Francis* begins in Rome. We discover that the landscape of Rome was built by violent volcanic eruptions in the very recent past, almost certainly witnessed by our human ancestors. Next we travel to Siena and come face to face with a fundamental discovery of the geologists—that much of the dry land that we currently inhabit was once underwater, beneath ancient seas or oceans. Then we stop in the small medieval city of Gubbio and contemplate the amazing secret that the limestone rocks kept hidden for 65 million years—that a huge asteroid smashed into the Earth, disrupting the environment so severely that the dinosaurs, and perhaps half of the other forms of life inhabiting the Earth at the time, disappeared forever, opening the way for the rise of the mammals and eventually of humans. The impact theory that came from those Italian limestones at Gubbio was one of the great geological discoveries of the twentieth century. Just as important to the field of geology was the theory of plate tectonics—the understanding that the outer layer of the Earth is divided into crustal plates that move around, sometimes carrying continents into collisions with one another, like the great collision between Italy and Europe that built the Alps. And yet, to explain the Mountains of Saint Francis requires something more than a collision between continents. These are mountains that are still jealously guarding the secret of their past, and in this book we go along with the geological detectives as they try to uncover that secret. It is a journey that has seen the land of Italy lifted out of the sea, squashed and folded, torn apart, left high and dry when the Mediterranean Sea evaporated away, and then flooded when the Atlantic waters poured back in. The story of the Earth's history is fascinating in its own right, but with Alvarez as the tour guide, the journey takes on a human dimension, full of stories about the landscape and history of Italy and about the great geologists who uncovered the deep past of this land. It is a journey recounted in warm tones and subtle colors, reflecting the transcendent beauty of Italy itself.

Chronicles the author's childhood in the rural forests of Georgia, her fundamentalist upbringing, and her battle to save the longleaf pine ecosystem of Florida and Georgia.

The Quick Guide for Mosses of the Northern Forest contains two double-sided photographic charts that allow users to see high-res, close-up images of the more than 300 mosses in the Northern Forest region. The map-sized folding charts are water-resistant and field-friendly, the perfect companion to the Photographic Guide.

A comprehensive guide to the mosses of the Northeast and Appalachians This is the first book to help general readers recognize 200 common mosses of the Northeast and the Appalachian Mountains. With just this field guide, a hand lens, and a spray bottle—no microscopes necessary—readers will be able to identify and name many of the common species of mosses growing in the region's backyards, parks, forests, wetlands, and mountains. At the heart of this guide is an innovative, color-tabbed system that helps readers pick out small groups of similar species. Illustrated identification keys,

colorful habitat and leaf photos, more than 600 detailed line drawings, and written descriptions help differentiate the species. This accessible book allows all nature enthusiasts to make accurate identifications and gain access to the enchanting world of mosses. 200 species included More than 600 detailed line drawings More than 400 color photographs Innovative color-tabbed system for species identification Illustrated species identification keys Helpful tips for moss collecting

"I give daily thanks for Robin Wall Kimmerer for being a font of endless knowledge, both mental and spiritual."

--RICHARD POWERS, NEW YORK TIMES

"A magnificent resource for transforming backyards into stimulating environments which enhance children's creativity, learning, and fun." —Richard Louv, author of *Last Child in the Woods*, *The Nature Principle*, and *Vitamin N* Access to technology has created a generation of children who are more plugged in than ever before—often with negative consequences. Unrestricted outdoor play reduces stress, improves health, and enhances creativity, learning, and attention span. In *Nature Play at Home*, Nancy Striniste gives you the tools you need to make outdoor adventures possible in your yard, school, and neighborhood. With hundreds of inspiring ideas and 12 illustrated, step-by-step projects, this hardworking book details how to create playspaces that use natural materials—like logs, boulders, sand, water, and plants of all kinds. Projects include hillside slides, seating circles, sand pits, and more.

'Kimmerer blends, with deep attentiveness and musicality, science and personal insights to tell the overlooked story of the planet's oldest plants' *Guardian* 'Bewitching ... a masterwork ... a glittering read in its entirety' Maria Popova, *Brainpickings* Living at the limits of our ordinary perception, mosses are a common but largely unnoticed element of the natural world. *Gathering Moss* is a beautifully written mix of science and personal reflection that invites readers to explore and learn from the elegantly simple lives of mosses. In these interwoven essays, Robin Wall Kimmerer leads general readers and scientists alike to an understanding of how mosses live and how their lives are intertwined with the lives of countless other beings. Kimmerer explains the biology of mosses clearly and artfully, while at the same time reflecting on what these fascinating organisms have to teach us. Drawing on her experiences as a scientist, a mother, and a Native American, Kimmerer explains the stories of mosses in scientific terms as well as within the framework of indigenous ways of knowing. In her book, the natural history and cultural relationships of mosses become a powerful metaphor for ways of living in the world.

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Academy Award-winning actress, director, producer, and activist Natalie Portman retells three classic fables and imbues them with wit and wisdom. From realizing that there is no "right" way to live to respecting our planet and learning what really makes someone a winner, the messages at the heart of Natalie Portman's *Fables* are modern takes on timeless life lessons. Told with a playful, kid-friendly voice and perfectly paired with Janna Mattia's charming artwork, Portman's insightful retellings of *The Tortoise and the Hare*, *The Three Little Pigs*, and *Country Mouse and City Mouse* are ideal for reading aloud and are sure to become beloved additions to family libraries. An instant *New York Times* bestseller!

A *Southern Living* Best New Book of Winter 2019; A *Refinery29* Best Book of January 2019; A Most Anticipated Book of 2019 at *The Week*, *Huffington Post*, *Nylon*, and *Lit Hub*; An *Indie Next* Pick for January 2019 "Ghost Wall has subtlety, wit, and the force of a rock to the head: an instant classic." —Emma Donoghue, author of *Room* "A worthy match for 3

a.m. disquiet, a book that evoked existential dread, but contained it, beautifully, like a shipwreck in a bottle." —Margaret Talbot, *The New Yorker* A taut, gripping tale of a young woman and an Iron Age reenactment trip that unearths frightening behavior The light blinds you; there's a lot you miss by gathering at the fireside. In the north of England, far from the intrusions of cities but not far from civilization, Silvie and her family are living as if they are ancient Britons, surviving by the tools and knowledge of the Iron Age. For two weeks, the length of her father's vacation, they join an anthropology course set to reenact life in simpler times. They are surrounded by forests of birch and rowan; they make stew from foraged roots and hunted rabbit. The students are fulfilling their coursework; Silvie's father is fulfilling his lifelong obsession. He has raised her on stories of early man, taken her to witness rare artifacts, recounted time and again their rituals and beliefs—particularly their sacrifices to the bog. Mixing with the students, Silvie begins to see, hear, and imagine another kind of life, one that might include going to university, traveling beyond England, choosing her own clothes and food, speaking her mind. The ancient Britons built ghost walls to ward off enemy invaders, rude barricades of stakes topped with ancestral skulls. When the group builds one of their own, they find a spiritual connection to the past. What comes next but human sacrifice? A story at once mythic and strikingly timely, Sarah Moss's *Ghost Wall* urges us to wonder how far we have come from the "primitive minds" of our ancestors.

One of *BuzzFeed's* 24 Best Fiction Books of 2015 "As Simon, a lonely research librarian, searches frantically for the key to a curse that might be killing the women in his family, he learns strange and fascinating secrets about their past. A tale full of magic and family mystery, *The Book of Speculation* will keep you up all night reading." —Isaac Fitzgerald, *BuzzFeed* Simon Watson, a young librarian, lives alone in a house that is slowly crumbling toward the Long Island Sound. His parents are long dead. His mother, a circus mermaid who made her living by holding her breath, drowned in the very water his house overlooks. His younger sister, Enola, ran off six years ago and now reads tarot cards for a traveling

carnival. One June day, an old book arrives on Simon's doorstep, sent by an antiquarian bookseller who purchased it on speculation. Fragile and water damaged, the book is a log from the owner of a traveling carnival in the 1700s, who reports strange and magical things, including the drowning death of a circus mermaid. Since then, generations of "mermaids" in Simon's family have drowned--always on July 24, which is only weeks away. As his friend Alice looks on with alarm, Simon becomes increasingly worried about his sister. Could there be a curse on Simon's family? What does it have to do with the book, and can he get to the heart of the mystery in time to save Enola? In the tradition of Sara Gruen's *Water for Elephants*, Erin Morgenstern's *The Night Circus*, and Elizabeth Kostova's *The Historian*, *The Book of Speculation*--with two-color illustrations by the author--is Erika Swyler's moving debut novel about the power of books, family, and magic.

Hood's travel memoir is a lyrical journey to places of great natural beauty and biological importance. Her stories reveal the vulnerability of natural places and the consequences of unsustainable exploitation. This inspiring work will be valuable for those interested in nature or travel memoirs, ethnographic writing, and for all who are concerned with the survival of our broader sense of place in the global environment. Includes never-before-collected quotes from the controversial best-selling author on hundreds of subjects--from atheism and alcoholism to Iraq and George Orwell.

This account of rediscovering her Georgia home and its landscapes is "another must-read book" by the author of *Ecology of a Cracker Childhood* (Tulsa World). Seventeen years after she'd left "for good," Janisse Ray pointed her truck away from Montana and back to the small southern town where she was born. *Wild Card Quilt* is the story, by turns hilarious, heartbreaking, and ambitious, of the adventures of returning home. For Ray, a naturalist and an American Book Award-winning author, it is a story of linking the ecology of people with the ecology of place--of recovering lost traditions as she works to restore the fractured ecosystem of her native South. Her story is filled with syrup boils, quilt making, alligator trapping, and the wonderful characters of a place where generations still succeed each other on the land. But her town is also in need of repair, physical and otherwise. This memoir recounts Ray's journey as she works to save her local school, sets up a writing group at the local hardware store--and struggles with whether she can be an adult in a childhood place. "Alive with good imagery and colorful characters." --The Atlanta Journal-Constitution "This is nature writing at its best . . . Her book will make you long for home." --St. Petersburg Times

Tap into Thousands of Years of Plant Knowledge The belief that all life-forms are interconnected and share the same breath--known in the Rarámuri tribe as *iwígara*--has resulted in a treasury of knowledge about the natural world, passed down for millennia by native cultures. Ethnobotanist Enrique Salmón builds on this concept of connection and highlights 80 plants revered by North America's indigenous peoples. Salmón teaches us the ways plants are used as food and medicine, the details of their identification and harvest, their important health benefits, plus their role in traditional stories and myths. Discover in these pages how the timeless wisdom of *iwígara* can enhance your own kinship with the natural world.

A life-changing journey from the wasteland of modern society to a place of nourishment and connection. Fifth anniversary edition, with new afterword for 2021. 'Mind-blowing. An anthem for all we could be . . . I sincerely hope every woman who can read has the time and space to read it.' Manda Scott, author of *Boudica* and *A Treachery of Spies* 'This is the core of our task: to respect and revere ourselves, and so bring about a world in which women are respected and revered, recognised once again as holding the life-giving power of the earth itself.' If *Women Rose Rooted* has been described as both transformative and essential. Sharon Blackie leads the reader on a quest to find their place in the world, drawing inspiration from the wise and powerful women in native mythology, and guidance from contemporary role models who have re-rooted themselves in land and community and taken responsibility for shaping the future. Beautifully written, honest and moving, *If Women Rose Rooted* is a passionate song to a different kind of femininity, a rallying, feminist cry for the rewilding of womanhood; reclaiming our role as guardians of the land. 'Powerful and inspiring.' Melissa Harrison, author of *All Among the Barley*

In twenty short books, Penguin brings you the classics of the environmental movement. In *The Democracy of Species* Robin Wall Kimmerer guides us towards a more reciprocal, grateful and joyful relationship with our animate earth, from the wild leeks in the field to the deer in the woods. Over the past 75 years, a new canon has emerged. As life on Earth has become irrevocably altered by humans, visionary thinkers around the world have raised their voices to defend the planet, and affirm our place at the heart of its restoration. Their words have endured through the decades, becoming the classics of a movement. Together, these books show the richness of environmental thought, and point the way to a fairer, saner, greener world.

The final book in *The Mysteries of Nature* trilogy by the New York Times bestselling author of *The Hidden Life of Trees*, Peter Wohlleben. Nature is full of surprises: deciduous trees affect the rotation of the Earth, cranes sabotage the production of Iberian ham, and coniferous forests can make it rain. But what are the processes that drive these incredible phenomena? And why do they matter? In *The Secret Wisdom of Nature*, master storyteller and international sensation Peter Wohlleben takes readers on a thought-provoking exploration of the vast natural systems that make life on Earth possible. In this tour of an almost unfathomable world, Wohlleben describes the fascinating interplay between animals and plants and answers such questions as: How do they influence each other? Do lifeforms communicate across species boundaries? And what happens when this finely tuned system gets out of sync? By introducing us to the latest scientific discoveries and recounting his own insights from decades of observing nature, one of the world's most famous foresters shows us how to recapture our sense of awe so we can see the world around us with completely new eyes. Published in partnership with the David Suzuki Institute.

As founding pastor of St. Lydia's in Brooklyn, New York, where worship takes place over a meal, Emily Scott spent eight years ministering to a scrappy collective of people with different backgrounds, incomes, and levels of social skills. Each week they broke bread, sang hymns, made halting conversation with strangers, then did the dishes. But in a city where everyone lives on top of one another yet everyone is lonely, these gatherings filled a longing that most people--even Scott--didn't realize they felt. With tenderness and humor, Scott weaves stories and reflections from the life of her unlikely congregation. Recalling her journey as a single woman and a pastor looking for love and friendship in a city of millions, she discovers how small acts of connection hold more power than we realize in a time when our differences are being weaponized, and creates activism and justice work fueled by empathy and relationship. For *All Who Hunger* articulates the value of church as a place where people can hear not only that they are loved but that they are good. When members of Scott's congregation build relationships with their neighbors in one of the world's most unequal cities, they find courage and resources to begin working for a more just world. For *All Who Hunger* is a story about a God whose love has no limits and a faith that opens our eyes to the truth. There's a place for you at the table. 'What the world needs today is a good dose of Indigenous realism,' says Native American scholar.... Daniel Wildcat in this thoughtful, forward-looking treatise. The Native response to the environmental crisis facing our planet, *Red Alert!* seeks to debunk the modern myths that humankind is the center of creation and that it exerts control over the natural world. Taking a hard look at the biggest problem that we face today - the damaging way we live on this earth - Wildcat draws upon ancient Native American wisdom and nature-centered beliefs to advocate a modern strategy to combat global warming. Inspiring and insightful, *Red Alert!* is a stirring call to action.

A companion volume to *Native Trees, Shrubs, & Vines* offers an encyclopedic, illustrated reference on ferns, mosses, and grasses

that touts the benefits of using native species as part of an ecological approach to gardening throughout North America and offers tips on how to grow and propagate such plants to serve as a background in landscape design.

Reveals what can be understood about the natural world through the author's year-long observation of a one-square-meter patch of old-growth Tennessee forest, explaining the scientific ties binding all life and how the ecosystem has cycled for millions of years. 25,000 first printing.

"This is a fascinating books for anyone wanting to truly broaden the range of plants they grow." —Gardens Illustrated Moss is an extraordinary plant—it grows without roots, flowers, or stems. Despite being overlooked, in many ways, moss is perfect: it provides year-round color, excels in difficult climates, prevents soil erosion, and resists pests and disease. In *The Magical World of Moss Gardening*, bryophyte expert Annie Martin reveals how moss can be used in stunning, eco-friendly spaces. The beautifully illustrated guide includes basics on designing and planting a moss garden, and an inspiring tour of the most magical public and private moss gardens throughout the country.

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SuperSummary, a modern alternative to SparkNotes and CliffsNotes, offers high-quality study guides for challenging works of literature. This 65-page guide for "Braiding Sweetgrass" by Robin Wall Kimmerer includes detailed chapter summaries and analysis covering 32 chapters, as well as several more in-depth sections of expert-written literary analysis. Featured content includes commentary on major characters, 25 important quotes, essay topics, and key themes like The History of Indigenous People and The Intersection of Science and Spirituality.

Discover the secrets of moss Unassuming yet beautiful, moss has been used for centuries in gardens, medicine, and handicrafts around the world. It is most often associated with damp, shady spaces, but can be found in the most unexpected and far-flung places in the world, from deserts to Antarctica. Moss is Swedish writer and plant artist Ulrica Nordström's celebration of this humble plant. Nordström introduces readers to the key varieties of moss and where they can be found, and tours some of the most beautiful moss gardens in Oregon, Sweden, and Japan, where moss-viewing has become a national phenomenon. She also teaches readers how to identify and gather different moss species, cultivate moss, tie Japanese moss balls (kokedama), and plant moss landscapes in pots and terrariums. With stunning photography and botanical illustrations, this unique book will be treasured by plant lovers of all kinds.

The enchanting, enigmatic Driftless Area of the Upper Midwest is anthologized here with readings and illustrations from the region's Native people, explorers, scientists, historians, farmers, journalists, poets, and artists, including Black Hawk, Mark Twain, Laura Ingalls Wilder, Frank Lloyd Wright, Aldo Leopold, August Derleth, and David Rhodes.

No Marketing Blurb

In the spring of 1983 Terry Tempest Williams learned that her mother was dying of cancer. That same season, The Great Salt Lake began to rise to record heights, threatening the Bear River Migratory Bird Refuge and the herons, owls, and snowy egrets that Williams, a poet and naturalist, had come to gauge her life by. One event was nature at its most random, the other a by-product of rogue technology: Terry's mother, and Terry herself, had been exposed to the fallout of atomic bomb tests in the 1950s. As it interweaves these narratives of dying and accommodation, Refuge transforms tragedy into a document of renewal and spiritual grace, resulting in a work that has become a classic.

In this amusing and brilliantly conceived book, Michael Sims introduces you to your body. Moving from head to toe, Sims blends cultural history with evolutionary theory to produce a wonderfully original narrative in which he analyzes the visible parts of the body. In this fascinating brew of science and storytelling, readers encounter not only accessible explanations of the mechanics of their anatomy, but also the layers of mythology, religious lore, history, Darwinian theory, and popular culture that have helped to shape our understanding of any given body part. A titillating and unique book, *Adam's Navel* is learned and entertaining, a marvelous lens through which to study the form we all inhabit—but may not really understand.

An incredibly versatile cooking ingredient containing an abundance of vitamins, minerals, and possibly cancer-fighting properties, mushrooms are among the most expensive and sought-after foods on the planet. Yet when it comes to fungi, culinary uses are only the tip of the iceberg. Throughout history fungus has been prized for its diverse properties—medicinal, ecological, even recreational—and has spawned its own quirky subculture dedicated to exploring the weird biology and celebrating the unique role it plays on earth. In *Mycophilia*, accomplished food writer and cookbook author Eugenia Bone examines the role of fungi as exotic delicacy, curative, poison, and hallucinogen, and ultimately discovers that a greater understanding of fungi is key to facing many challenges of the 21st century. Engrossing, surprising, and packed with up-to-date science and cultural exploration, *Mycophilia* is part narrative and part primer for foodies, science buffs, environmental advocates, and anyone interested in learning a lot about one of the least understood and most curious organisms in nature.

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 two lenses of knowledge together to take us on "a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise" (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of 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 will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

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