

Green Happiness

From wild-picking to bird watching, from gardening to forest bathing: in this book 'urban treehugger' Eline Van Lancker unravels the mental health benefits of the latest outdoor hypes. Not as a vague pseudo therapy, but based on scientific facts and with a strong dose of humor and (self-) relativation. Each chapter ends with a practical guide to getting started – even if you're not blessed with green fingers or wilderness within walking distance.

Full of beautiful illustrations, fun facts and practical tips, 'The Green Happiness' is the perfect gift for anyone who wants to live closer to nature, from urban nitwits to seasoned outdoorsy people.

Author: Eline van Lancker

Illustrations: Agnes Loonstra

Size: 240 x 170

Pages: 176

Hardcover

Publishing date: March 2022

Price: 24,99

Key selling points

* Responds to all outdoor trends during the corona crisis, and the strongly growing interest in the therapeutic value of nature experience

* Solidly substantiated, but at the same time light-hearted and personally written

Market

Everyone who is interested in nature

Sales and Marketing Ideas

Perfect for anyone who wants to live closer to nature

Printer specs:

Extent : inside 176 pages

hardcover

Size : 240 x 170 mm

Paper : inside: 140 gsm wf offset
cover; 300 gsm napura medera*

Printing : inside: 4/4

cover: 2/0 foil



Napura Medera paper gives a kind of rubber feel and it has a wooden structure.