

A Seasonal Guide to Healing Our Relationship with the Earth: Reconnecting with Nature through Rituals, Recipes, and Practices

We are all connected to the earth, but our modern lives have often led us to disconnect from this vital relationship. This book will help you reconnect with nature and live a more sustainable and fulfilling life.



Earth Alchemy: A Seasonal Guide to Healing our Relationship with the Earth by Glennie Kindred

★★★★☆ 4.3 out of 5

Language : English
File size : 7912 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 306 pages



Through seasonal rituals, recipes, and practices, this book will guide you through the year, helping you to attune to the rhythms of nature and to find your place within it.

In this book, you will find:

- Seasonal rituals to celebrate the changing seasons
- Recipes for delicious and nourishing meals that are made with seasonal ingredients

- Practices for connecting with nature and living a more sustainable life

This book is a must-read for anyone who wants to live a more connected and sustainable life. It will help you to reconnect with the earth and to find your place within it.

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