

Forest therapy – advancing the development of our children with the healing powers of nature!



Dipl.-Ing. Clemens G. Arvay

With the Trees We Grow to the Sky

[Mit den Bäumen wachsen wir in den Himmel]

Supporting autistic children with the healing powers of the woods

Goldmann Taschenbuch
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Clemens G. Arvay, born in 1980, graduated in engineering and biology. He studied landscape ecology and plant sciences and has authored several books, including a number of bestsellers. Arvay is fascinated by the relationship between human beings and nature, and the focus of his work is on the health-promoting effect of contacts with plants, animals and the countryside.

For years biologist Clemens G. Arvay has with great dedication been examining the effect of forests and woods on human health. In this book, the father of an autistic boy links the latest results of scientific research with the healing powers of nature and makes practical suggestions for supporting child development, especially in the case of autism. Forests and rivers are the ideal place for easy and fun contacts with the world around us.

Using numerous examples, the bestselling author here describes how forest therapy stimulates, focusses, and supports child perception through sensory stimuli in nature. The natural way to personal growth and a better understanding of autism.

Press

"This natural and nature-therapeutical perspective on forest therapy presents itself obviously as an enriching explanation for the entire family and society." *kultur-punkt.ch*