

Nature and Wellbeing in Aotearoa New Zealand: Exploring the Connection

By Catherine Knight

We have never been more aware of the benefit of being out in nature, but how much quality time does the 'average' New Zealander spend enjoying the outdoors? While our national parks are places of spectacular wilderness, for many of us, these places are out of reach.

This ground-breaking book argues for the restoration of 'neighbourhood nature' – places that all New Zealanders can freely access, irrespective of socioeconomic or other factors. New Zealand's experience of the coronavirus pandemic underscores how important these local oases of nature are – and how vital they are to our wellbeing.

Richly illustrated throughout, this book tells the stories of a wide range of New Zealanders, who – either individually or through organised initiatives – have experienced the wellbeing benefits gained through connection with nature. Their stories are varied but each one is authentic, personal and moving.

Drawing on the latest scientific research and through these personal stories, Knight challenges us to contemplate a more nature-rich future.



Dr Catherine Knight is the award-winning author of four previous books: *Beyond Manapouri: 50 years of environmental politics in New Zealand* (Canterbury University Press, 2018), *Wildbore: A photographic legacy* (Totara Press, 2018), *New Zealand's Rivers: An environmental history* (Canterbury University Press, 2016) and *Ravaged Beauty: An environmental history of the Manawatū* (Dunmore Press, 2014). In addition to her work as an environmental historian, Catherine is a policy and communications consultant and lives with her family on a farmlet in the Manawatū.

At a time in our history when environmental issues are one of the key problems faced by humanity, *Nature and Wellbeing in Aotearoa New Zealand* is wide-ranging, questioning, inspiring and timely.

Shaun Barnett

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