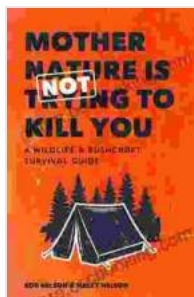


# Mother Nature Is Not Trying to Kill You

A Journey to Rediscover Our Connection with the Wild

By Jay Griffiths



**Mother Nature is Not Trying to Kill You: A Wildlife & Bushcraft Survival Guide (Camping & Wilderness Skills, Natural Disasters)** by Larry Larsen

★★★★☆ 4.5 out of 5

Language : English  
File size : 21919 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 303 pages



In a world where we are constantly bombarded with news of environmental disasters and climate change, it can be easy to feel overwhelmed and scared. We start to see nature as something that is hostile and dangerous, something that we need to protect ourselves from.

But what if that's not true? What if nature is actually our greatest ally? What if it's the key to our survival?

In her new book, *Mother Nature Is Not Trying to Kill You*, Jay Griffiths argues that we need to rediscover our connection with the wild. She takes us on a journey through some of the most extreme and dangerous places on Earth, from the frozen Arctic to the scorching Sahara Desert. And along the way, she shows us how nature is not something to be feared, but something to be embraced.

Griffiths writes with passion and eloquence, and she has a deep understanding of the natural world. She shows us how nature is interconnected, and how everything is part of a delicate balance. She also shows us how we are part of nature, and how our actions can have a profound impact on the planet.

*Mother Nature Is Not Trying to Kill You* is a beautiful and inspiring book that will change the way you think about nature and your place in it. It is a must-

read for anyone who cares about the environment and wants to live a more sustainable life.

### **Praise for *Mother Nature Is Not Trying to Kill You***

"A powerful and inspiring book that will change the way you think about nature and your place in it." — Elizabeth Kolbert, author of *The Sixth Extinction*

"A beautifully written and deeply personal exploration of our relationship with the natural world." — Robert Macfarlane, author of *The Old Ways*

"A must-read for anyone who cares about the environment and wants to live a more sustainable life." — Bill McKibben, author of *The End of Nature*

### **About the Author**

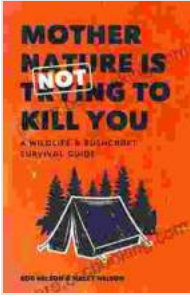
Jay Griffiths is an award-winning writer, broadcaster, and environmental activist. She is the author of several books, including *Wild: An Elemental Journey* and *Pipelines: A Memoir*. She is a Fellow of the Royal Society of Literature and a Patron of the John Muir Trust.

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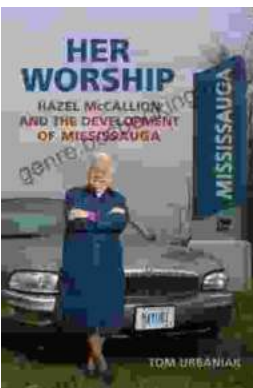


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