

# Hot Off The Press!

## When I Am Among the Trees

a book about forest bathing



**A new book from Saplings,  
a branch of One Thousand Trees**

## About the Book

Do you like to be among the trees? Do you feel their strength and their power to heal?

*When I Am Among the Trees* contains twelve stories about the benefits of forest bathing, each beautifully illustrated by artist Sandra Wilson.

### Contents:

Under the Trees, by Leslie Barker  
A Tree Called Thistle, by Sandy Bassie  
The Thankful Tree, by Lindsay Brant  
Has a Butterfly Ever Kissed Your Nose? by Lisa Browning  
How to Name Your Tree, by Bill Brubacher  
Ode to Trees, by Brenda Cassidy  
Among the Cedars, by Lisa Creighton  
A Difficult Decision, by Arlene Davies-Fuhr  
Just Rosie June, Wild and Free, by Alyssa Delle Palme  
The Blessing of Trees, by Marilyn Helmer  
My Friends in the Trees, by Francine Houston  
The Kinship Tree, by Linda Kent

It is our hope to get children, and adults too, out in nature as much as possible, and we hope that these stories provide the inspiration to do just that!

*This is the first book in the upcoming Saplings wellness series.*

**Visit [www.ottbookstore.com](http://www.ottbookstore.com) to order your copy!**