

Discussion Questions

1. Do you agree that there is a correlation between time spent in nature and overall happiness? Why or why not?
2. Which experiment, or study, was most impressive to you? Why?
3. Which experiment was the least believable to you? What flaws did you find in the study?
4. How do you plan to change your interactions with nature after reading this book?
5. Do you believe there is a connection between technology and the current rise of physical and mental ailments in the US? If so, do you think more time in nature could alleviate some of these ailments?
6. If you could visit any of the places Williams visited while writing this book, where would you go?
7. Which of your senses do you think responds the most swiftly in natural habitats? Why?
8. Why is this generation spending less time in nature? Does it matter?
9. At what age do you think time in nature is most important after reading Williams insights into children with ADHD and senior citizens?
10. How likely are you to put the nature pyramid into practice?