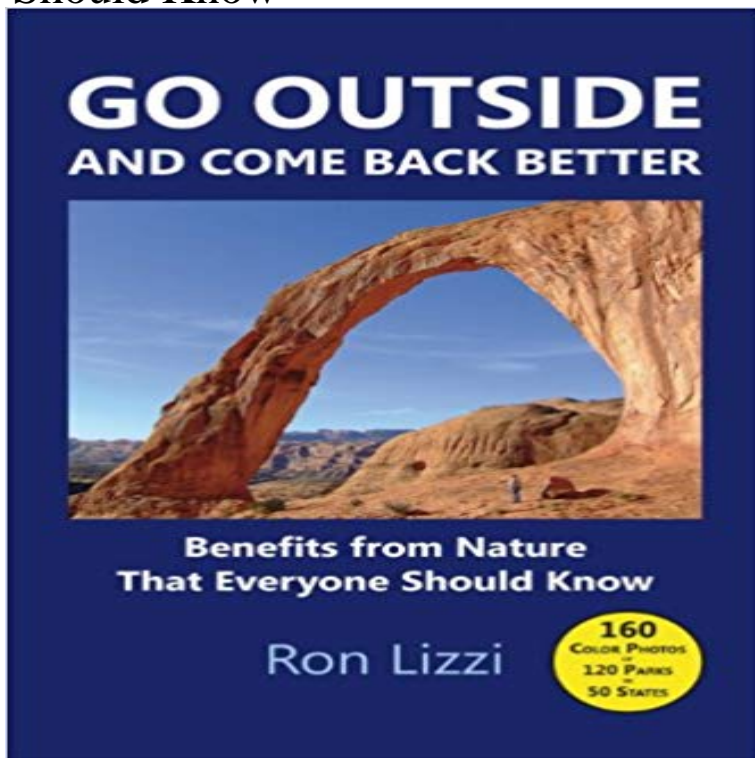


# Go Outside and Come Back Better: Benefits from Nature That Everyone Should Know



Go Outside and Come Back Better is a nature's brochure, an inspirational travel essay woven through a landscape photography collection. Readers will discover nature's power to teach, inspire, and improve lives. With 160 color photos from parks in all 50 U.S. states, Go Outside combines America's beautiful scenery with down-to-earth insight into how everyone—not just adventurers—can benefit from spending time in nature. Sprinkled with wisdom from naturalist John Muir, the book provides an uplifting look at life and the outdoors.

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