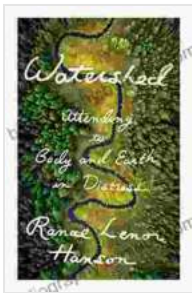


# Watershed: Attending to Body and Earth in Distress

In her new book, *Watershed: Attending to Body and Earth in Distress*, author and environmentalist Terry Tempest Williams explores the interconnectedness of our bodies and the environment. Williams argues that we cannot truly care for our own health without also caring for the health of the planet. She writes:



## Watershed: Attending to Body and Earth in Distress

by Ranae Lenor Hanson

★★★★☆ 4.6 out of 5

Language : English

File size : 896 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 219 pages



***“The body is a watershed, a landscape of rivers and streams, of mountains and valleys. It is a place where the waters of life flow, carrying nourishment and waste, joy and sorrow. The body is also a microcosm of the earth, a reflection of the larger world around us. When the body is sick, the earth is sick. And when the earth is sick, the body is sick.”***

Williams draws on her own experiences to illustrate the connections between body and earth. She writes about her struggles with breast cancer, her grief over the death of her mother, and her love for the desert landscape of Utah. Through these stories, she shows how our personal experiences are shaped by the environment, and how the environment is shaped by our actions.

*Watershed* is a powerful and moving book that will change the way you think about your body, the earth, and your place in the world. It is a must-read for anyone concerned about the health of our planet and our place within it.

### **Praise for *Watershed***



***““Watershed is a masterpiece. Terry Tempest Williams writes with such clarity and passion about the interconnectedness of our bodies and the earth. This book will change the way you think about your own health and the health of the planet.”***

***- Bill McKibben, author of *The End of Nature*”***

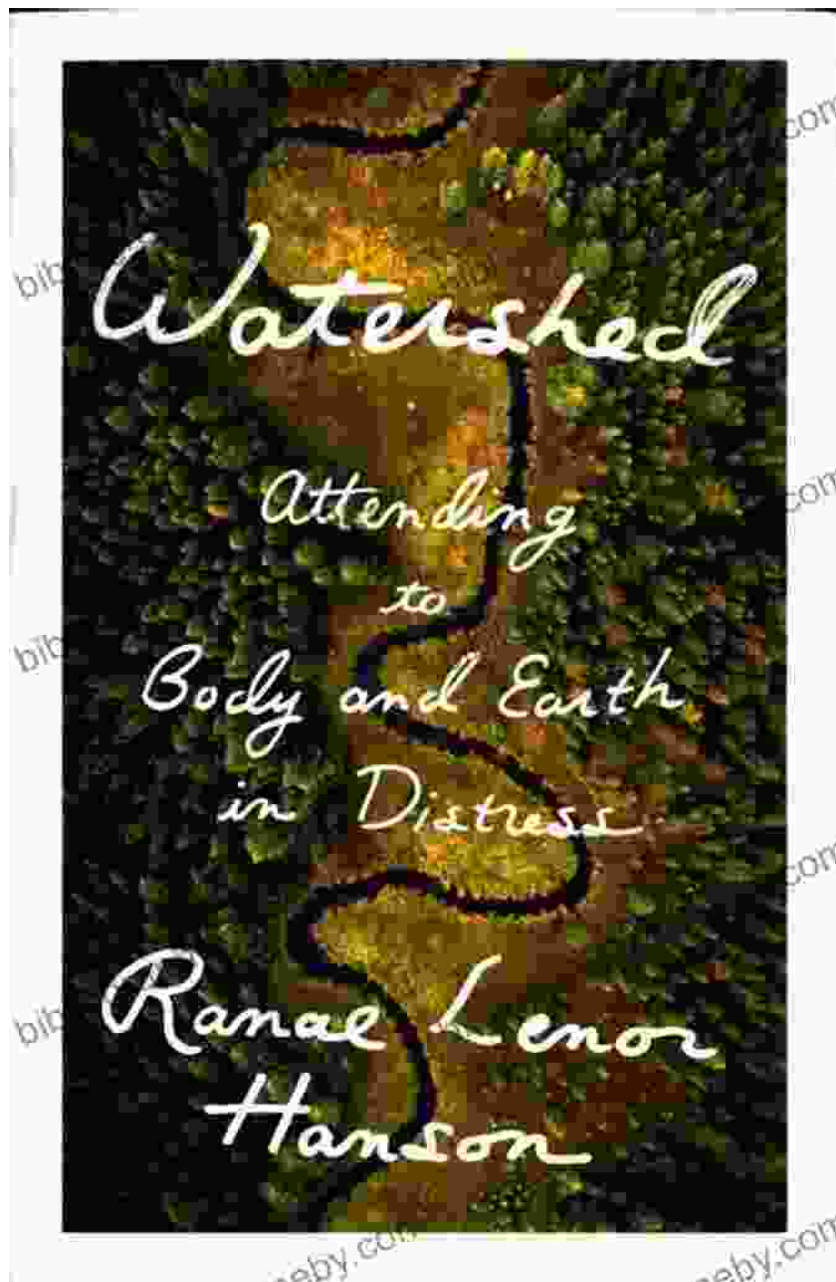


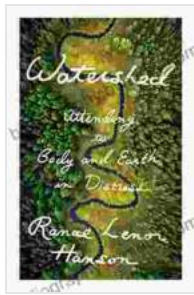
***““Terry Tempest Williams is one of our most important writers on the environment. In *Watershed*, she shows us how our bodies and the earth are inextricably linked. This book is a powerful reminder that we cannot heal ourselves without also healing the planet.”***

**- Naomi Klein, author of *This Changes Everything***

**Free Download Your Copy Today**

*Watershed* is available now from all major booksellers. Free Download your copy today and start reading this important book.



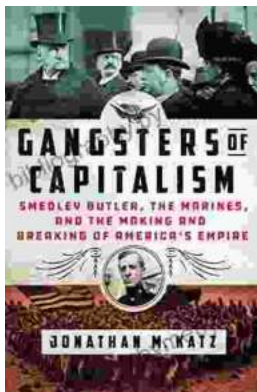


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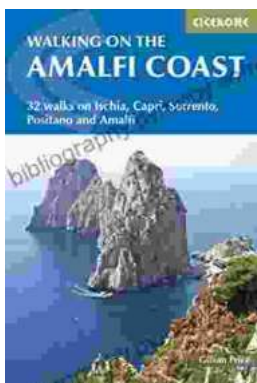
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