



# The Wild Remedy

How Nature Mends Us  
~ A Diary

EMMA MITCHELL

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Hardback, £14.99, Michael O'Mara Books

**#TheWildRemedy**

*On Making Winter...*

**'Gentle, beautiful, skilled and creative'**

Robert Macfarlane

## A deeply personal account of how contact with nature can help alleviate depression

Emma Mitchell has suffered with depression for the last 25 years. In 2003, she moved from the city to the countryside and began to take walks in the wilderness, photographing, collecting and drawing as she went. Each walk lifted her mood, proving to be as medicinal as any talking therapy or pharmaceutical.

*The Wild Remedy: How Nature Mends Us - A Diary* is a candid record of Emma's woodland walks, nature finds and wildlife discoveries over the course of a year, detailing how each encounter significantly influenced her mental wellbeing, often laying bare her seasonal highs and, sometimes devastating, lows. Delving into current science, the book also calls on new research into areas such as forest bathing, seasonal affective disorder (SAD) and nature-inspired crafting, with explanations of how nature influences our neurochemistry.

An unfailingly honest memoir of Emma's struggles, filled with 100 hand-drawn illustrations and 35 colour photographs, *The Wild Remedy* is a powerful testament to how reconnecting with the natural world may offer some answers to today's mental health epidemic.

### ADVANCE PRAISE FOR THE WILD REMEDY

'Emma's words are profound, her photography is inspiring and her illustrations are exquisite. This book is the literary equivalent of Prozac.' [Emma Freud](#)

'An absolute joy. Rarely do you find a book that soothes both the mind and the soul, but *The Wild Remedy* has managed it. This is such a powerful and beautiful book, and I can't think of anyone whose life would not be a better place for reading it.' [Joanna Cannon](#)

'Emma's writing is precise, gorgeous and inspiring, and I am delighted to have a whole year's worth of her beautiful artwork. She makes me look more closely, learn more gladly and get outside more.' [Amy Liptrot](#)

**Emma Mitchell** is a popular naturalist, designer-maker, illustrator and Instagrammer. She has a monthly column in BBC *Countryfile* magazine and is one of the *Guardian's* country diarists. Emma has appeared on the BBC's *Countryfile* Winter Special, and has also written for a number of publications, including *Country Living*, *Breathe* and *Mollie Makes*. Emma records her daily nature observations on her Instagram account (@silverpebble2), which has over 100k followers, and on Twitter (@silverpebble). She lives in the Cambridgeshire Fens with her husband, two daughters and Annie, their lurcher.

Emma's debut, *Making Winter: A Creative Guide to Surviving the Winter Months* was published in October 2017 to critical acclaim.

### Emma is available for PR and to write pieces

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