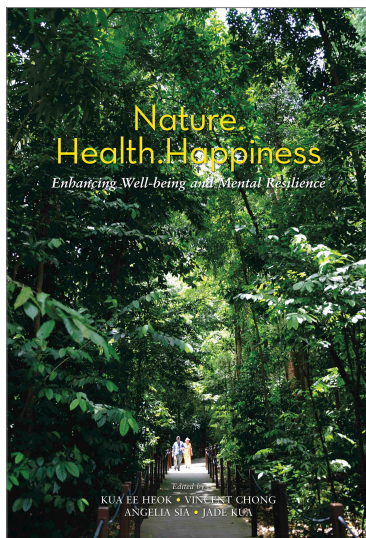


RELEASE 2020



## Nature. Health. Happiness

*Enhancing Well-being and Mental Resilience*

Due to rapid urbanisation, an increasing number of people are now living in cities, losing their connection with nature. In recent years, numerous studies have shown that living near greenery helps people live longer, healthier and happier lives. This book is a compilation of perspectives from professionals who have an avid interest in nature and the green environment. The Nature and Mindful Awareness Study (NaMAS) has indicated that walking mindfully in the rainforest can enhance well-being and mental resilience. We believe there is an urgent need to protect our rainforest for our future generations. This book is published in collaboration with NParks and NUS Mind Science Centre.

Retail Price [Singapore]: S\$38.00 [excluding GST]

Rest of the World: USD28.00

ISBN: 978-981-14-7740-9 [paperback] | ISBN: 978-981-14-7741-6 [ebook]

Specs: 232 pages | 228mm x 152mm

Print Edition: Available from Oct 2020 at all major bookstores | eBook Nov 2020

Genres: Nature/Well-being/Mental Health

Published by Write Editions® 2020 | [writeeditions.com](http://writeeditions.com) | [publisher@writeeditions.com](mailto:publisher@writeeditions.com)

## ABOUT THE EDITORS

- PROFESSOR KUA EE HEOK is the Tan Geok Yin Professor in Psychiatry and Neuroscience at the National University of Singapore, and Consultant Psychiatrist at Mind Care Clinic, Farrer Park Medical Centre. He is the former President of the Pacific-Rim College of Psychiatrists and member of the WHO team for dementia research. He is one of the Editors-in-Chief of the 7-volume series on Mental Health and Illness Worldwide.
- PROFESSOR VINCENT CHONG FOOK HIN is the former Head of the Department of Diagnostic Radiology, Yong Loo Lin School of Medicine, National University of Singapore. He is a visiting consultant at the National University Hospital and Honorary Professor at the Capital Medical University of Beijing. Prof Chong was President of the International Cancer Imaging Society (London) in 2012.
- DR JADE KUA is a senior paediatric emergency specialist and President of the Singapore Anti-Narcotics Association. She is also Director of the DARE Programme, UPEC, Ministry of Health and the Past President of the Association of Women Doctors, Singapore.
- ANGELIA SIA is Deputy Director with the National Parks Board, Singapore. She is currently a PhD candidate with the Department of Psychological Medicine at the National University of Singapore (NUS). Angelia received her first degree from the NUS and Master of Business Administration from Imperial College London. Besides being chief editor of the award-winning magazine CITYGREEN, she has co-authored a number of scientific papers.

## ON NATURE, HEALTH, HAPPINESS

“I have no doubt there will be something and more in this book for everyone who is interested in Nature and in walking as a personal or social activity in our parks and forests.

BENNY LIM ■ Chairman, National Parks Board, Singapore ■ *In His Foreword*

“ This book will change your mind.

EMERITUS PROFESSOR SCOTT HENDERSON ■ The Australian National University, Canberra

“Essential reading for anyone interested in the environment, horticulture, health, psychology and conservation.

ASSOCIATE PROFESSOR GOH LEE GAN ■ Former President, Singapore Medical Association