Walking, Nature, & Therapy.  
Getting up off the Freudian Couch & onto Nature’s Path of Healing

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The journey is the reward;
the marathon is the victory lap.
1 in 5 adults in the U.S., 43.8 million, experience mental illness in a given year.

- NAMI, National Alliance on Mental Illness
Nobody sees a flower - really - it is so small; we haven't time - and to see a flower takes time, like to have a friend takes time.

-Georgia O’Keefe
“If we are to prevent an upsurge in mental health issues, especially among children, we need to re-engage humans with nature as a matter of urgency.”

- Dr. Mardie Townsend
Let’s talk!

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"What do you say we blame your parents and knock off early?"
Freud’s Couch: