



For Immediate Release:
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Writer's "One-Minute Vacation" is a Healthy Respite

For a half-century, writer and passionate naturalist JJ Murphy has been providing nature programs, original curricula, articles, product reviews, books and open discussion to children and eco-aware adults across the USA.

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-- Documented studies have established that when people spend time in nature, their health and well-being improves significantly. That's why Murphy's company www.WriterByNature.com, is the proponent of the "One-Minute Nature Vacation," which can be taken right now:

- . Look out your window and focus on a tree, a flower, a squirrel or anything natural.

No window?

- . Focus your gaze on a nature photo, a plant, or other object of nature nearby.
- . Take a seashell, a rock, a feather and run your fingers over the object.
- . Use whatever you have that is natural - even the apple you brought for lunch.
- . Get a miniature sandbox for your desk; use your fingers instead of the tiny rake.

After a few moments notice how your breathing has changed. In some cases a solution to a problem may just have "popped into your head," or maybe that headache is fading.

JJ Murphy, a born bushwhacker, illustrates how others can experience and enjoy nature through her blog: <http://www.writerbynature.com>. She is living proof that a connection to the natural world improves the quality of life and our awareness of the importance of nature to physical and psychological well-being.

Whether you are in deep woods or the inner city, Murphy can help you establish a pathway to a natural experience that will relieve stress, deepen empathy and engage discovery. Murphy will guide your nature trek whether you have a minute, an hour, a day - or longer.

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