

ANTHONY D. FREDERICKS



Anthony D. Fredericks grew up in southern California, attended high school and college in Arizona, and now lives in Pennsylvania. A professional educator for more than a half-century, he has taught at the elementary, secondary and college levels. A dynamic and humorous speaker, he has presented writing workshops, science seminars, and keynote addresses to tens of thousands of individuals throughout Canada, Mexico, and the United States. He is professor emeritus of education at York College, in York, Pennsylvania where he taught general science and creative writing courses for 30 years.

Fredericks is a prolific author, having authored over 800 magazine and journal articles. He has written for an eclectic array of periodicals including Educational Computing, Book Links, Science and Children, The Reading Teacher, Harrisburg Magazine, Writer's Journal, High Country News, and 717 Magazine, among others. He has been a contributing columnist for three professional magazines and has penned several book chapters for a host of edited volumes.

He has published 180+ books including three college textbooks (e.g. Science for All Children), more than eighty-five teacher resource books (e.g. The Complete Science Fair Handbook [co-authored with Isaac Asimov]), and several adult trade books: Horseshoe Crab: Biography of a Survivor; Desert Dinosaurs: Discovering Prehistoric Sites Across the American Southwest; and The Secret Life of Clams: The Mysteries and Magic of Our Favorite Shellfish. Moreover, he is the celebrated author of more than four dozen children's books (e.g. The Tsunami Quilt: Grandfather's Story; Mountain Night, Mountain Day; and Tall Tall Tree).

Learn more at
WWW.ANTHONYDFREDERICKS.COM

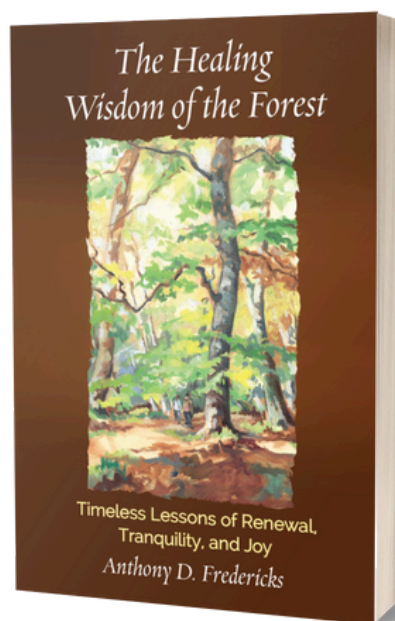
ABOUT THE BOOK

Unlock the power of personal wisdom with nature's best teacher: trees, sentinels of both understanding and insight.

In every civilized country, trees have been revered for their arboreal wisdom, common sense modeling, botanical philosophy, and lifelong acumen. They are, without argument, icons of counsel and direction. Trees offer commending insights for our lives...lives succumbed to stress, anxiety, and loss of focus.

Trees are, in so many ways, individual examples of determination, vibrancy, and passion; not for a moment, but rather for a lifetime. *The Healing Wisdom of the Forest*

offers sixty-five separate essays of practical advice that can change lives for the better; a collection of scientific and psychological insights that can renew and reinvigorate for the long term.



This is not a book about spirituality, trees that talk to us, or ever-knowing sprites that gambol through the forest. It is a collection of compelling anecdotes and vivid stories about how trees serve as valuable models for our lives; how we can deal with the challenges of everyday living, and how we can grow as individuals. With the best-selling author of *The Secret Life of Clams* and *In Search of the Old Ones*, Anthony D. Fredericks, you'll venture into a redwood forest to learn about how trees show us the importance of community, you'll discover how peach trees model the power of friendship, you'll see how cherry trees exemplify the significance of calmness, and you'll learn how aspens demonstrate our need to draw strength from others. Here, trees are our mentors and our teachers.

Part travelogue, part natural history, part science, and part psychology, this absorbing book shows us how we can reinvigorate our lives, reduce everyday stress, and bring out the best in ourselves when we heed the wisdom of trees.

Coming September 30

Available Now for Preorder from
[Simon & Schuster](#), [Amazon](#), [Barnes & Noble](#), [Bookshop](#),
and wherever books are sold.

DISCUSSION TOPICS

- Psychologists are reporting an increase in personal stress, a decrease in everyday joy, and an erosion of self-love. The cure? Just outside your front door.
- How time in nature can raise your “Happiness Quotient”
- The intersection of trees and personal growth: What being in the forest can teach us about tranquility, gratitude, and renewal
- External recognition versus self-praise: Celebrating our personal progress
- How spending time in nature can improve your mental wellbeing—long-term
- Always leave a campsite better than you found it: Small gestures can make a huge positive impact
- Acknowledging your burls: Unique accents on a life well lived
- Count all your riches: Our greatest assets are right in front of us—absolutely free
- Sharing gratitude with strangers: What the natural world can teach us about demonstrating love and appreciation to others
- A community of roots: Like redwoods, we grow best in the company of others
- Rejecting rejection: Rejection is just one person’s opinion—it is not an obituary
- Slow down, life isn’t an emergency: Oaks grow large and impressive, yet they are in no hurry to reach the sky



ADVANCE PRAISE

"A wise and engaging guide to the many insights offered by trees. Filled with practical advice and gentle invitations, our humanity and joy expand through attention to our leafy cousins."

— **David George Haskell**, biologist and Pulitzer-finalist author of *Sounds Wild and Broken*, *The Songs of Trees*, and *The Forest Unseen*

"The Healing Wisdom of the Forest by Anthony D. Fredericks is a beautifully reflective and practical guide that draws timeless lessons from the natural world to inspire our personal growth, resilience, and inner peace. Through engaging storytelling, actionable advice, and journaling prompts, the author invites readers to reconnect with nature's quiet wisdom and find strength, gratitude, and joy in everyday life. A nurturing and thoughtful read for anyone seeking to deepen their connection with nature and with themselves."

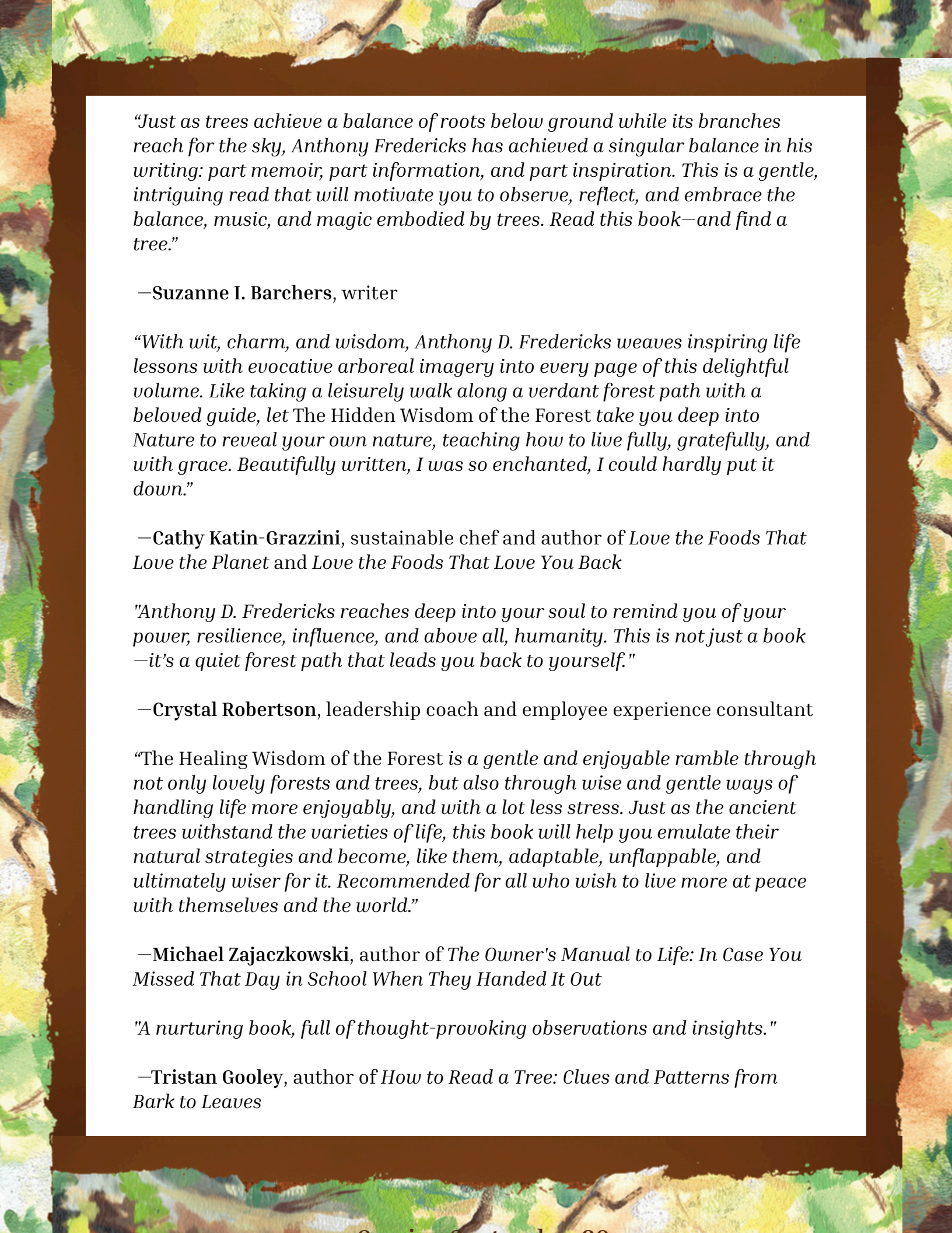
— **Holly Worton**, author of *If Trees Could Talk: Life Lessons from the Wisdom of the Woods*

"I came away from The Healing Wisdom of the Forest with a sense of peace—no small thing in today's world—and a newfound appreciation for the extraordinary lessons trees can continue to teach us. With poetic insight and ecological grace, Fredericks draws from the lives of trees to offer us a map for our own futures."

— **Daniel Lewis**, author of *Twelve Trees: The Deep Roots of Our Future*

"Optimistic and generous, Anthony Fredericks's The Healing Wisdom of the Forest offers tree-inspired lessons and reflections to reduce stress and increase happiness and well-being. This book is a story-rich manual that invites readers to engage their curiosity outdoors and discover for themselves what the local environment demonstrates about living a fulfilling life."

— **Heidi Beierle**, author of *Heidi Across America: One Woman's Journey on a Bicycle Through the Heartland*



"Just as trees achieve a balance of roots below ground while its branches reach for the sky, Anthony Fredericks has achieved a singular balance in his writing: part memoir, part information, and part inspiration. This is a gentle, intriguing read that will motivate you to observe, reflect, and embrace the balance, music, and magic embodied by trees. Read this book—and find a tree."

—**Suzanne I. Barchers**, writer

"With wit, charm, and wisdom, Anthony D. Fredericks weaves inspiring life lessons with evocative arboreal imagery into every page of this delightful volume. Like taking a leisurely walk along a verdant forest path with a beloved guide, let The Hidden Wisdom of the Forest take you deep into Nature to reveal your own nature, teaching how to live fully, gratefully, and with grace. Beautifully written, I was so enchanted, I could hardly put it down."

—**Cathy Katin-Grazzini**, sustainable chef and author of *Love the Foods That Love the Planet* and *Love the Foods That Love You Back*

"Anthony D. Fredericks reaches deep into your soul to remind you of your power, resilience, influence, and above all, humanity. This is not just a book—it's a quiet forest path that leads you back to yourself."

—**Crystal Robertson**, leadership coach and employee experience consultant

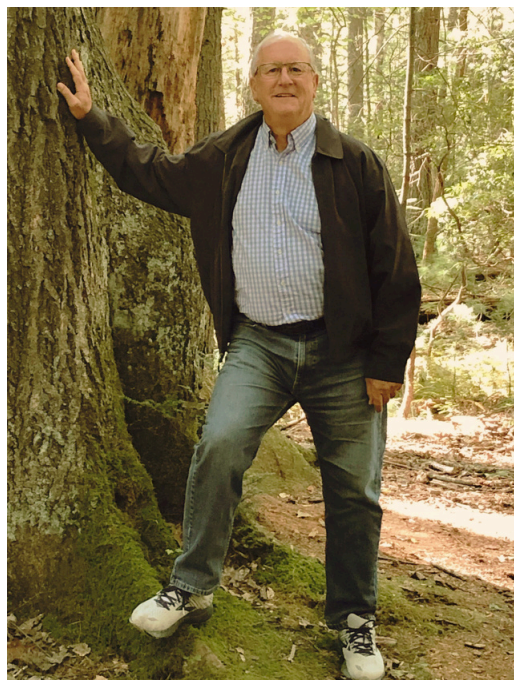
"The Healing Wisdom of the Forest is a gentle and enjoyable ramble through not only lovely forests and trees, but also through wise and gentle ways of handling life more enjoyably, and with a lot less stress. Just as the ancient trees withstand the varieties of life, this book will help you emulate their natural strategies and become, like them, adaptable, unflappable, and ultimately wiser for it. Recommended for all who wish to live more at peace with themselves and the world."

—**Michael Zajackowski**, author of *The Owner's Manual to Life: In Case You Missed That Day in School When They Handed It Out*

"A nurturing book, full of thought-provoking observations and insights."

—**Tristan Gooley**, author of *How to Read a Tree: Clues and Patterns from Bark to Leaves*

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