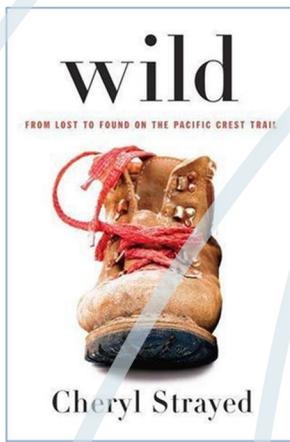


# THREE TO READ: SOLACE IN NATURE

It seems that people find solace in nature when life is not going according to plan, and they are looking for a change in their lives. After they do without unessential things while they seek refuge from society, they are usually better off when they decide to go back to society... if they do come back.

Recommended by Carlos C. from High Tech High International

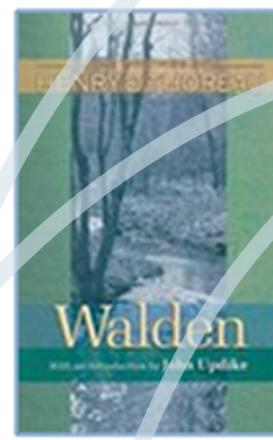


**Wild**

by Cheryl Strayed

*Wild* is about a girl in her twenties whose mother died at a very young age and very suddenly. Cheryl writes about her journey through the Pacific Crest Trail. She decided to go on this trip to escape the reality of her life. She relies on the kindness of others for rides into towns to pick up supplies she sent to herself. Along the way, she faces tragedies as well as triumphs. 315 pages

[LP] B/STRAYED



**Walden**

by Henry David Thoreau

*Walden* is about a man who goes into the forest during the 1800s and builds his own cabin. He comes to the realization that you have not lived until you have lived self sufficiently. *Walden* is a very inspirational piece that has encouraged people to go out and live self-sufficiently. He sought solace in nature because he wanted to live a life that he was in complete control of. While in the cabin, Thoreau spent a lot of his time reading, farming, and enjoying the nature. 384 pages

AC 818.303/THOREAU



**Into The Wild**

by Jon Krakauer

*Into the Wild* is about a college graduate who dropped everything in his life, the rest of his college fund, car, and apartment for a road trip to the Alaskan bush. He makes his way across North America to get to Alaska, on his way he prepares himself by learning different skills needed to survive from people he meets on his way. The only reason he gets to Alaska is because of people's kindness. This book is good for people who are thinking of traveling, because it gives a glimpse of a lesser known form of traveling. 207 pages

917.98045/KRAKauer