

“Muhteşem doğanın sağlığımıza yararlarını güncel bilimsel araştırmalarla destekleyen heyecan verici bir çalışma” —WALL STREET JOURNAL

# DOĞANIN TERAPİ GÜCÜ



Neden doğa bizleri daha mutlu, daha sağlıklı ve daha yaratıcı yapıyor?

**F l o r e n c e W i l l i a m s**

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*En bařından beri bana dođal yařamı gsteren ve onu  
her zaman benim iin byl kılan babam John Skelton  
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## İÇİNDEKİLER

TÜRKÇE BASKI İÇİN ÖNSÖZ.....	vii
GİRİŞ: SAMİMİ BİR ATMOSFER.....	1

### BİRİNCİ BÖLÜM

#### DOĞA NÖRONLARINI ARAMAK

1. Biyofili Etkisi.....	20
2. Geven Otu Bulmak İçin Kaç Sinirbilimci Gerekliyor?.....	40

### İKİNCİ BÖLÜM

#### YAKINDAKİ DOĞA: İLK BEŞ DAKİKA

3. Koku Ve Hayatta Kalma .....	72
4. Kuş Beyni.....	102
5. Yeryüzü .....	127

### ÜÇÜNCÜ BÖLÜM

#### AYDA BEŞ SAAT

6. Çömelip Bir Bitkiye Dokunabilirsiniz.....	158
7. Keyif Bahçesi.....	180
8. Doğa Yürüyüşüne Devam.....	205

### DÖRDÜNCÜ BÖLÜM

#### DOĞADAKİ BEYİN

9. Sen Kimsin Ki: Vaşşi Doğa, Yaratıcılık ve Huşunun Gücü! .....	226
10. Su ve Beyin.....	246
11. Bana Testereyi Uzatır Mısın?.....	269

### BEŞİNCİ BÖLÜM

#### BAHÇELER ŞEHRİ

12. Geri Kalanımız İçin Doğa.....	292
SONSÖZ.....	307
TEŞEKKÜRLER .....	315
REFERANSLAR .....	318

## DOĞANIN TERAPİ GÜCÜ KİTABI İÇİN DİĞER ÖVGÜLER

“Williams açık havada geçirilen zaman için ikna edici bir argüman sunuyor. “Orman banyosu” (Japonların ormanda duyuşal yürüyüş geleneđi), İskoçya’da ekoterapiyi ve doğanın nasıl psikodelig (zihin-deđiştiren) ilaçlarla aynı etkileri ortaya çıkarabileceđini de içeren yeni bir yaklaşım sunuyor. Düşündürücü ve mükemmel.” —BBC Wildlife

“Doğada vakit geçirmenin sağlıđa faydaları hakkında kapsamlı bir içgörü. (Nihayet, kumsalda uzanmanın insanlara gerçekten iyi geldiđi ispatlandı!)”

“Williams zarif ve bir o kadarda esprili bir yazar ve müthiş bir rehber.” —*Success dergisi*

“Kıdemli bir Gazeteci olan Williams, Dođanın Terapi Gücü kitabında gelişmiş habercilik kaslarını esnetiyor. Hızlı tempolu olan bu kitap, okuyucuları, psikologlardan ormancılara kadar her türden uzmanı takip ederken üç kıtaya götürüyor.” —*Earth Island Günlüğü*

“Basit ama güçlü bir mesajı olan, düşündürücü, canlandırıcı bir kitap.” —*Kirkus Reviews*

“Çevreciliđi savunmak için güçlü bir çağrı.” —*Publishers Weekly*

“Dođanın Terapi Gücü kitabı, artık biyoloji, psikoloji ve tıp alanındaki kanıtlarla desteklenen, insan yaşamının önemli bir ilkesinin güzelce yazılmış ve güçlü tat veren bir açıklaması.”

—*Edward O. Wilson, Fahri Üniversite Araştırma Profesörü, Harvard Üniversitesi*

“Ağaçları kucaklayan bir çevreci değilim ama Doğanın Terapi Gücü kitabı, dışarı çıkıp en yakın meşe ağacını kucaklamak istememe neden oldu. Ağacın hatırı için değil, kendim için. Florence Williams, doğanın sadece güzel değil, aynı zamanda iyi olduğuna dair ikna edici ve zarif bir açıklama yapıyor. Bugün Thoreau modern nörobilimle uğraşıyor olsaydı birde sevecen ve alçak gönüllü bir mizah anlayışına sahip olsaydı, sonuç elinizde tuttuğunuz bu kitap olurdu.” —*Eric Weiner, The Geography of Genius kitabıyla New York Times’in en çok satan yazarı*

“Keskin bir gözlemci, usta bir yazar olan Florence Williams burada büyüleyici bir mozaik yaratıyor. İnsanlığın doğadan giderek daha fazla kopmasının -bize!- maliyeti nedir? Bu tehdit altındaki ilişkiyi sürdürmenin -bize!- olası faydaları nelerdir?... Büyük.” —*David Quammen, Spillover kitabıyla New York Times’in en çok satan yazarı*

“[Doğanın Terapi Gücü], insan sağlığıyla ilgilenen herkese -şehir planlamacıları ve sağlık çalışanlarından tutunda eğitimcilere ve bilim insanlarına... ve kendi refahıyla ilgilenen herkese- birçok şey sunuyor.” —*Esther Jackson, New York Botanik Bahçesi’nde kamu hizmetleri kütüphanecisi*

## TÜRKÇE BASKI İÇİN ÖNSÖZ

Orijinal ismi “**The Nature Fix**” olan bu kitabı Türkçe’ye çevirirken iki temel motivasyon kaynağımız vardı. İlki, yazar Florence Williams’ın da amaçladığı gibi doğanın bizim için ne kadar önemli olduğu mesajını geniş kitlelere ulaştırarak toplumsal farkındalığı arttırmaktı. Popüler bilim türünde yazılmış bu kitaptaki öğretilerin kişisel dönüşüm için bir katalizör ve harekete geçme çağrısı olarak hizmet etmesini amaçlıyoruz. Ayrıca gezegenimizi iyileştirmesini ve gelecek nesillerin refahına katkıda bulunmasını ümit ediyoruz.

İkincisi ise Türkiye’deki *Ekopsikoloji* alanında yapılan akademik çalışmalara katkıda bulunmaktı. İnsan ve hayvan davranışlarını ve zihinsel süreçlerini tüm yönleriyle ele alan *Psikoloji* bilimi, canlıların hem kendileriyle hem de birbirleriyle kurmuş oldukları her tür iletişimi kapsayan *Ekoloji* bilimiyle bir araya gelerek *Ekopsikoloji* alt alanını oluşturmuştur. *Ekopsikoloji*, insanlar ve doğal çevre arasındaki karşılıklı ilişkiyi inceler, çağımızın duygusal ve psikolojik zorluklarını anlamamız ve ele almamız için benzersiz bir perspektif sunar.

Hızla ilerleyen, değişen ve teknolojiye dayalı bir çağda, ne yazık ki, doğayla olan temel bağımızı kaybetmiş gibiyiz. Ekopsikoloji ve Ekoterapi, bu noktada imdadımıza yetişebilir çünkü bizi, doğa ile daha uyumlu bir ilişkiye yönlendirebilir, birlik olmayı ve çevreyi korumayı teşvik eden bir bilinç geliştirmemize yardımcı olabilir. Ancak, ülkemizde *Ekopsikoloji*’ye gereken ilgi henüz gösterilmemektedir. Bunun yanı sıra akademik dünyada da yeterli Türkçe kaynak bulunmamaktadır. Bu kitabı Türkçe literatüre kazandırarak bu alandaki kaynak sayısını artırmak işte bu yüzden bizim için önemliydi. Gelecekte, bu alanda yapılabilecek çalışmaların bir parçası olmayı umuyoruz.

Vermeye çalıştığı önemli mesajın yanı sıra, “**Doğanın Terapi Gücü**” kitabı bizim için çok değerli çünkü yaptığımız ilk çeviri çalışmasıdır. Kitabı Türkçeye kazandırma önerisi **Dr. Hava Drummond**’dan gelmiştir. Dr. Drummond, İngiltere’de yaşayan bir psikologtur ve Ekopsikoloji alanıyla yakından ilgilenmektedir. Deneysel Psikolog **Dr. Ferihan Tanrıkut**, İstanbul Nişantaşı Üniversitesi’nde öğretim üyesi olarak çalışmaktadır. Dr. Tanrıkut, Ekoterapi alanında yurtdışında çalışmalar yapan Türk uzmanlarını araştırırken Dr. Drummond ile yolları kesişmiştir. Bu alandaki tutkuları onları bu projede bir araya getirmiştir. **Bünyamin Soyugüzel**, 2019-2022 yılları arasında Dr. Hava Drummond’ın asistanlığını yapmış ve sosyal bir girişimde sorumluluk almıştır. Sürdürülebilirlik alanıyla ilgilenen Soyugüzel, halen Boğaziçi Üniversitesi’nde yüksek lisans çalışmalarına devam etmektedir.

Gönüllü bir ekibin emeklerinin ürünü olan bu kitabın çevirisini üç farklı etaptan geçirerek derledik. İlk etapta genel İngilizce çevirisi yaptık, ikinci ve üçüncü etaplarda ise kültüre ve Türk diline uyarladık. İtiraf etmeliyiz ki bilimsel terimlerin yanı sıra çok fazla yöresel deyimler içeren bu çeviri çalışmasına, planladığımızdan daha fazla emek ve zaman harcadık. Sürecin bütün zorluklarına rağmen, doğanın insan hayatına dokunuşunu her açıdan inceleyen bu kitabı çevirmiş olmaktan büyük bir gurur duyuyoruz.

Bu gururumuzu, çalışmanın farklı aşamalarında sorumluluk alan gönüllü stajyerlerimizle de -**Enes Güneş, İlkin Çağlayan, Melis Yiğit, Merve Çopuroğlu, Merve Nur Tetik, Naz Kabalak, Uğur Kin, Zehra Korkmazer ve Zeren Aydın**- paylaşıyoruz ve kendilerine teşekkür ediyoruz. Kitabımızın ilk okuyucuları olan **Pervin Özelçi, Mehmet Ögat ve Şenay Türkmen**’e de desteklerinden dolayı ayrıca teşekkür ederiz.



En önemlisi, böylesine hayati bir konuda iki yıl kadar dünyanın değişik yerlerini ziyaret edip incelemeler yapmış ve elde ettiği bilgileri elinizdeki bu değerli kaynağa dönüştürmüş olan **Florence Williams**'a sonsuz şükranlarımızı sunuyoruz. Son olarak, bu kitabın Türkçe diline çevrilmesine onay veren *W. W. Norton & Company, Inc.*'a ve Türkiye'de sizlerle buluşturmamıza aracı olan *Akademisyen Kitabevi*'ne teşekkür ederiz.

Sevgi ve doğayla kalın,



**Dr. Hava Drummond**



**Dr. Ferihan Tanrıkut**



**Bünyamin Soyugüzel**

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