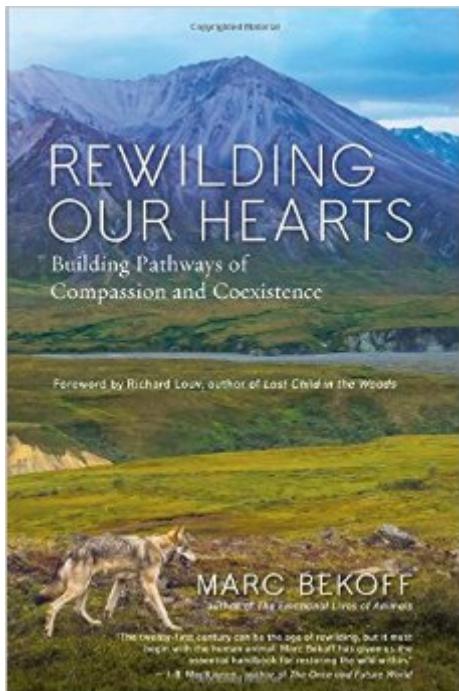


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# Rewilding Our Hearts: Building Pathways Of Compassion And Coexistence



## Synopsis

In wildlife conservation, rewilding refers to restoring habitats and creating corridors between preserved lands to allow declining populations to rebound. Marc Bekoff, one of the world's leading animal experts and activists, here applies rewilding to human attitudes. *Rewilding Our Hearts* invites readers to do the essential work of becoming reenchanted with the world, acting from the inside out, and dissolving false boundaries to truly connect with both nature and themselves.

## Book Information

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## Customer Reviews

*Rewilding Our Hearts: Building Pathways of Compassion and Coexistence* is a thoughtful and wise entreaty for a new ethic to guide our relationship to other animals and natural landscapes. The author, animal activist and professor of ecology and evolutionary biology at the University of Colorado, Marc Bekoff borrows a term from wildlife conservation when he calls for a "rewilding" of our human attitudes. Instead of restoring habitats and creating corridors between wild spaces to help animal populations recover, Bekoff proposes that we need to dissolve the barriers we have erected between ourselves and nature letting the wonder we were born with reinstate itself. Seeding our imagination with stories of kinship and kindness, he says, will let each of us reclaim our compassionate, empathic, and moral nature. Bekoff's appeal is at once his unswerving dedication to the animals he loves and his relentless unmasking of the injustices still being perpetuated in the world--like the emphasis in nature documentaries on sex and violence instead of the friendships and community life of a species. He also acknowledges the complexity of the problems we have created by putting ourselves above nature and the unlikely possibility of a world where everyone can feel or

acknowledge our deep connection to other animals. Still, this book is about the present and the future and the importance of a single individual's rewilding of self. Never underestimate the power of one to make a difference.

This book is a great way to become grounded again if you or feel other people have lost touch with nature. Every page has a message about compassion with sharp insight and an inspirational message. If you are for animal rights at all, then you will find reason to keep fighting the good fight and be exposed to ways to talk to other people about this topic. The emphasis here is on optimism and acting now to help out the future, not dwelling on the past. Nothing but good can come from reading this book.

Marc Bekoff's latest work is pivotal. I'm grateful that his past titles have proven why animals deserve increased appreciation and protection, and this book explores something even more fundamental: humans and our actions that cause incredible damage to our planet. It's not just the animals that are suffering - it's the plants, the land, the air... and us. This concept is not new, of course, but with this book, the author offers a literal breath of fresh air by suggesting a realistic, easily accessible solution. In simple and easy to understand terms, Bekoff tells us that we must rewild ourselves. In the process, we will begin to rewild our world. This is not just for the benefit of everything else in the biosphere. This is what is best for humans as well! He reminds us that getting reacquainted with nature feels like "coming home to a comfortable place." Why would we not want to do this? Bekoff proves the need to rewild, without soft romanticism but instead with the scientific facts that are the norm with his work. It is our obligation as citizens of the globe to examine the consequences of our actions. A change of priorities is inevitable and necessary. "Caring is ok", Bekoff tells us, "...it is essential." So is this book.

Yet another wonderful book by a most insightful author. Marc Bekoff shows us how to 'rewild our hearts', by reminding us who we are and how we can make a difference. This easy to read book is also difficult to put down, as he explores our relationship to the planet, ourselves, animals and each other, and offers up hope for those feeling helpless and alone. This book doesn't preach, rather, it invites us to come on a journey of connection, and compassion. A wonderful book that I will be giving to friends.

Anything by Dr. Marc Bekoff is bound to be great, and this book is no exception. In wildlife

conservation work, rewilding refers to habitat restoration and the creation of corridors between preserved lands to allow declining populations to rebound. Bekoff's "Rewilding" is the rehabilitation of our hearts and souls and love for ourselves, other animals, and the places we call home. Put simply: Reconnecting with the world and everything in it. Bekoff has the guts to address human overpopulation, asking, "Why have kids if they're headed into an impoverished world?" and says that part of rewilding means that we need to stop making more of us, as overpopulation and over-consumption are decimating us and our one and only planet. Less really can be more. Rewilding calls for being open to learning about all views and being kind even to people with whom one disagrees. We need to talk with others, not to them or at them. Bekoff points out that decent people who are trying to do good sometimes make the wrong choices, like feeling like they must do big things like found an organization or make large monetary donations, instead of everyday acts of kindness and compassion. He says we must not be "slacktivists" talking about an urgent problem but taking few or no real steps to do anything about it. One again Bekoff takes on difficult subjects, without making the message unobtainable. He forces the reader to take a hard look at their own choices and how those choices impact everything and everyone else. Highly recommend this book, or anything written by this keenly insightful ethicist.

This book discusses an important topic: connecting again with nature. In our day-to-day lives, many of us have little to no connection with the wild world. As such, we miss out on an important source of happiness and enlightenment. With all their mysteries and intricacies, animals have the power to not just teach us, but also to heal our hearts. Marc Bekoff argues dexterously for a deeper connection with nature.

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