**新 书 推 荐**



**中文书名：《树木的力量》**

**英文书名：THE POWER OF TREES**

**德语书名：WALDWISSEN: Vom Wald her die Welt verstehen. Erstaunliche Erkenntnisse über den Wald, den Menschen und unsere Zukunft**

**作 者：Peter Wohlleben and Pierre L. Ibisch**

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**审读资料：电子稿**

**类 型：自然写作**

**内容简介：**

**Katha is running a 1-person business, dedicated to pleasing**

**everyone. From an early age, she has learned to fit it, take care**

**of others, and stay out of trouble. Fixing her parents’ marriage**

**may have failed but she continues her work ardently even after**

**her mother moves Katha and her sister to another city.**

**At school, Katha makes new friends with Sofie and her**

**entourage over shared cigarettes behind the gym and joins**

**them for lazy afternoons at Sofie’s house. Where she meets**

**Angelica. Angelica who is something of a friend and**

**surrogate mother to the girls and who listens to Katha like**

**nobody ever has. In her inimitable way, Angelica encourages**

**Katha to question her role as service provider for the wellbeing of others – and to start taking care of herself. But when**

**Angelica falls ill, Katha’s whole world starts falling apart.**

**This is the story of a young woman in which so many will**

**recognize themselves: those who remain silent for fear of**

**saying the wrong thing, who risk vanishing behind the**

**masks they put on for others.**

**Bestselling author Sina Scherzant’s first novel is equal parts**

**tender and powerful, subtly funny and wonderfully rich in**

**early-2000s details – a millennial coming-of-age story as**

**much as a timeless meditation on how to allow ourselves to**

**be all that we are.The creator of the YouTube channel How to ADHD shares hard-won insights and everyday strategies that help her thrive in this accessible and shame-free guide to working with, understanding, and celebrating the ADHD brain.**

Diagnosed with ADHD at age twelve, Jessica McCabe struggled with a brain that she didn’t understand. She constantly lost track of important items and had trouble with relationships. By thirty-two, she had dropped out of college twice, changed jobs fifteen times, and ruined her credit. Determined to understand her challenges, Jessica reached out to experts, read articles, and shared her discoveries on YouTube.

In How to ADHD, Jessica reveals the insights and tools that have changed her life while offering an unflinching look at the realities of living with ADHD. The key to navigating a world not built for the neurodivergent brain isn’t to fix or fight against its natural tendencies but to understand and embrace them. She explains how ADHD affects everyday life, covering executive function impairments, rejection sensitivity, difficulties with attention regulation, and more. You’ll learn to identify the invisible obstacles that those with ADHD face and find tried-and-true strategies for adapting your environment, routines, and systems to work with the ADHD brain, including:

• **Boost the signal and decrease the noise.**Facilitate focus by putting your goals where you can see them and fighting distractions with distractions.
• **Have less stuff to manage.** Learn why you have trouble planning and prioritizing, and why doing more starts with doing less.
• **Build your “time wisdom.”** Work backward when you plan and track how long it actually takes for you to complete a task.
• **Learn about your emotions.** Understand how naming your emotions, letting yourself experience them, and appreciating the guidance they provide will make them easier to regulate.

With quotes from Jessica’s online community, chapter summaries, and reading shortcuts designed for the neurodivergent reader, How to ADHD will help you recognize your challenges, tackle “bad brain days,” and be kinder to yourself in the process.

SEE LESS

森林里绝不仅仅只有树！德国最著名的林学家彼得·渥雷本（Peter Wohlleben）和著名的生物学家皮埃尔·伊比施（Pierre L. Ibisch）在他们第一部合著作品中，结合各自杰出的专业知识和国际科学的最新发现，全面介绍了森林的秘密，呈现了极为复杂的生态系统，利用大自然中引人入胜的实例，揭示了植物、动物、微生物、病毒和真菌之间意想不到的相互作用——在这个世界上，任何元素都是互相关联的。除此之外，还有超级计算机、生物反应器、建造者和造雨者等我们以前所不了解的森林。当然，我们人类也是这个微妙平衡系统的一部分。然而，最新的科学发现促使我们批判性地质疑人类对待森林的方式。人类的历史、文化，乃至整个发展都与森林密不可分，更重要的是，人类的未来，也将与森林息息相关。那么，如何才能在保护森林的同时不破坏我们的生计呢？

森林专家们一起展望森林的未来，也是展望人类的未来。

* 深入洞察复杂的生态系统：浓缩的知识、惊人的洞察力、意想不到的联系
* 关于森林主题最全面的书籍——配有大量照片和生动丰富的插图

**作者简介：**

**彼得·渥雷本（Peter Wohlleben）**出生于1964年，从小就想成为一名自然保护主义者。他曾学习林业，并在国家林业管理部门担任公务员长达二十多年。如今，他在埃菲尔（Eifel）创立的森林学院工作，并在全球范围内为恢复原始森林而奔走。他在许多电视节目中担任嘉宾，举办讲座和研讨会，并撰写了有关森林和自然保护主题的书籍。他的畅销书《树的秘密生命》（*Das geheime Leben der Bäume*）、《动物的精神生活》（*Das Seelenleben der Tiere*）、《大自然的社交网络》（*Das geheime Netzwerk der Natur*）、《人与自然的神密纽带》（*Das geheime Band zwischen Mensch und Natur*）和《树木深长的呼吸》（*Der lange Atem der Bäume*）受到了全世界人们的喜爱。2019 年，他因情感丰富、不拘一格的知识传播方式而荣获巴伐利亚自然保护奖章。2020年，35万人在电影院观看了同名著作的电影《树的秘密生命》。

**皮埃尔·伊比施（Pierre L. Ibisch）**博士出生于1967年，是一位资深的植物学家、生物学家，同时也是埃伯斯瓦尔德可持续发展大学（Hochschule für nachhaltige Entwicklung Eberswalde，HNEE）“自然保护”专业的教授。1991年以来，他在玻利维亚以及拉丁美洲、亚洲、欧洲和非洲许多其他国家的发展合作方面积累了丰富的经验。他发现了许多新的动植物物种。有两种兰花、一种凤梨和一种青蛙物种以他的名字命名。他的研究包括基于生态系统的可持续发展、生态系统与气候变化、森林保护和森林管理的影响，并参与政策宣传。位于利沃夫的乌克兰国立林业大学于2019年授予他荣誉博士学位。由于他在森林自然保护方面的贡献，他于2022年被自然与生物多样性保护联盟（Nature And Biodiversity Conservation Union，NABU）授予森林奖章。皮埃尔·伊比施已婚，有三个孩子。

**感谢您的阅读！**

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