



IT'S A WILD WORLD

What do you feel when you stand somewhere breathtakingly wild? Or as a tropical thunderstorm crashes cataclysmically overhead or when a heavy wave smashes on a remote shore? For many, it's a combination of peacefulness and exhilaration. England's Romantic poets described these natural experiences, those that inspired awe, reverence and an almost transcendental emotional response, as 'the sublime'. They sought these reveries, often alone, walking in England's Lake District and beyond, in Europe's alpine regions.

This book is intended to share some of every continent's most sublime corners, from the Arctic's tundra to the great deserts of central Asia, from the world's largest cave to its wind-whipped mountain peaks. We'll meet some of the planet's quirkier residents and be immersed in its most extraordinary natural phenomena.

Scientific studies repeatedly show that being in nature decreases stress. We feel mentally invigorated, spiritually connected, and more optimistic in the wild. Indeed, if we don't get outdoors enough we may even suffer from 'nature deficit disorder', a term coined by author Richard Louv. These photographs will take you to wonderful places, far and wide, and inspire new journeys off the beaten track.

Curating this book, it was clear that humans have left their mark on almost every inch of the globe, from the rainforests of South America and Africa to the oceans' reefs. But, despite all the changes we have wrought upon it, our home still has the power to evoke awe, respect, passion and protectiveness, to comfort and thrill us, to change our lives. Billions of years after it was forged, it's still a wild world.

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