



Michael Smith – Mindfulness in Nature

Description: Filled with photos from Texas ecoregions, this talk will describe how we can visit these places with open awareness and a deeper connection. We will answer the questions, "what do you do when you practice mindfulness?" and "what benefits do nature and mindfulness bring?" The heart of the talk is Texas nature - the images of wildlife and locations, and what it was like to be there.

About the Speaker: Michael Smith is a retired Psychological Associate, writer, and naturalist. He has written three books; two of them on the subject of herpetology and natural history and the third on the practice of mindfulness in various natural places in the state of Texas. He also writes at *Our Lives in Nature* (<https://livesinnature.com>) and for Green Source DFW (<https://greensourcedfw.org>).

His books are: *Herping Texas: The Quest for Reptiles and Amphibians* (coauthored with Clint King); *The Wild Lives of Reptiles and Amphibians: A Young Herpetologist's Guide*; and *Mindfulness in Texas Nature*. All three are published by Texas A&M University Press.