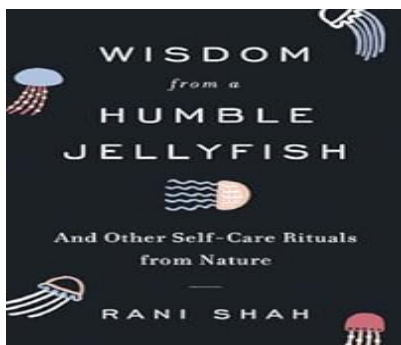


Wisdom from a Humble Jellyfish: And Other Self-Care Rituals from Nature By Rani Shah **Wisdom from a Humble jellyfishbook** This is an absolutely delightful fascinating and uplifting book about prioritizing self care in a world that prioritizes social media and a go go go mentality in every facet of life. **Wisdom from a Humble jellyfishbook** Oh my goodness between the breezy fun writing style the cute drawings and just the overall “good job you” message and that it’s a super-quick read I anoint this the must-read pick-me-up for quarantine and beyond. **Wisdom from a Humble jellyfishbook** Wisdom from a Humble Jellyfish comes out 4/28 and it has such a unique concept: examining the natural survival mechanisms that plants and animals use to thrive in harsh environments and relating them to how we can similarly care for ourselves. **Wisdom from a Humble jellyfishbook** While I had never thought of this concept before it totally makes sense! For example the humble jellyfish quite literally cannot move forward in the water without relaxing between movement and likewise as humans we require relaxation to keep going in life. **Wisdom from a Humble jellyfishhead** PT: intersection of art and science booklist serotonin books zoology books MARE 171 booklistRemember that nonfiction species-focused hardcover books you found in your elementary school library? The one that had a glossy cover with a picture of the particular animal front and center usually showing the animal doing something particularly awesome? That's what this book feels like. **Wisdom from a Humble jellyfishbook** Pistol shrimp can DO that?? Vervet monkeys can act like me?? Wombats do WHAT?? And of course then the questions of HOW and WHY and WHAT ELSE CAN IT DO run like marquee signs through every chapter. **Wisdom from a Humble jellyfishbear** Or the avocado tree which can credit its existence to a mutually beneficial relationship with the pre-historic sloth followed by some hungry hungry humans and the advent of agriculture. **Wisdom from a Humble jellyfishbook** What better example exists of how adversity can produce something beautiful? We need look no farther than nature—from the habits of the porcupine to the sunflower to the wombat to the dragonfly—for small and simple things we can do to slow down recharge and living more thoughtfully lovingly and harmoniously,

## Wisdom from a Humble jellyfishes plural



Follow me on Instagram @bookmarkedbya! \*Thanks to Dey Street for the free book: **Wisdom from a Humble jellyfishes live** It's also a really interesting book about some super cool animals - I particularly enjoyed the facts about shrimp, **Wisdom from a Humble jellyfishbook** Who knew shrimp were such badasses?!The illustrations are delightful the animal facts fascinating and the thoughtful caring tips on self-care helpful and soothing: **Wisdom from a Humble jellyfishbook** The emphasis on saving our sanity and saving the planet make for an absolutely lovely book that I will cherish: **Wisdom from a Humble jellyfishhead** I want to send this book to all my friends but will have to buy them their own copies because I need to hold onto this one. **Wisdom from a Humble jellyfishclimb** 144 This is more self help than science and a bit more twee than I was expecting: **Wisdom from a Humble jellyfishcatcher** I thought there'd be a lot more cool animal facts and details about their habitats and behaviours not taking 'fake it 'til you make it' advice from an octopus: **Wisdom from a Humble jellyfishing spongebob** I think it might be a better read in print as apparently it's illustrated: **Wisdom from a Humble jellyfishbook** It'd make a nice

stocking filler for someone about to embark on a life change, **Wisdom from a Humble jellyfishkit** I am attempting to read at least one non-fiction book a month in 2021 since these are not my usual forte, **Wisdom from a Humble jellyfishbook** Win win! While I was amused by the facts shared about animals and how they could be related to and used as examples of human self-care amused was as good as it got: **Wisdom from a Humble jellyfishbook** Certainly not a waste of time but not something I would really recommend or read again. **Wisdom from a Humble jellyfishgame** For me it was a listen and from other reviews appreciating the accompanying artwork I suspect I'm missing an endearing element: **Wisdom from a Humble jellyfishbook** Short and sweet she didn't stay long on any one creature, **Wisdom from a Humble jellyfishbook** Still there was some element of how each creature has a lesson for us hard-headed humans if we will just listen up. **Wisdom from a Humble jellyfishing spongebob** A great read to clear the palate between heavier offerings! 144 today I'm sharing a great self care book for quarantine times courtesy of Dey Street books which sent me an ARC, **Wisdom from a Humble jellyfishbook** Join our conversation about more self care on Instagram here: [https://www.com/p/B\\_cxVtGAiS-/](https://www.com/p/B_cxVtGAiS-/) 144 Upbeat engaging & sometimes silly this is a heartfelt hopeful and wise book to learn how to adapt and thrive in our increasingly challenging world, **Wisdom from a Humble jellyfishclimb** Rani Shah shares the strategies of many charismatic animals to exemplify how to we can all practice self-care rituals. **Wisdom from a Humble jellyfishbook** Ultimately being more connected to the natural world is mutually beneficial for humans and other animals: **Wisdom from a Humble jellyfishgame** Rani Shah founded Fuss Class News The Internet's South Asian-American Satire News Source. **Wisdom from a Humble jellyfishbook** com/Thanks to the publisher I was able to read this book in advance: **Wisdom from a Humble jellyfishing story** ) This book is a time machine for every STEM ecology kid who grew up in libraries: **Wisdom from a Humble jellyfishclimb** Early elementary school zoological readings that never go too far in-depth but skim the surface just enough to prompt reader enthusiasm. **Wisdom from a Humble jellyfishhead** Reading this is just going back in time and discovering those zoology books in the beanbag chair in the moderately walled-off nonfiction section of your childhood library: **Wisdom from a Humble jellyfishbook** No one else is there to bother you or to tell you you're getting too excited about sloths or frogs or jellyfish or whatever, **Wisdom from a Humble jellyfishcat** It's just you the book and your imagination running wild at the IDEA of life so different from you: **Wisdom from a Humble jellyfishgame** It's all that early excitement of those childhood books written for older readers. **Wisdom from a Humble jellyfishgame** I want to live wedged in the pages of this book right in the middle pressed up against the spine glue permanently unreachable: **Wisdom from a Humble jellyfishkit** No one can find me or talk to me in my little zoology book haven. **Wisdom from a Humble jellyfishes plural** It's just words and REALLY COOL animals and author enthusiasm. **Wisdom from a Humble jellyfishbear** Schlocky positivity nonsense using interesting animal facts as a lure, **Wisdom from a Humble jellyfishbook** I'm going to go watch some Nat Geo for a self-care detox. **Wisdom from a Humble jellyfishing** You'd think that once we humans managed to find ways to ensure a good supply of food and to stay warm in the icy days of winter that we'd be set. **Wisdom from a Humble jellyfishes plural** And who better to teach us self-care skills than nature? [image error] 144 A delightfully illustrated guide to harnessing the rhythms of nature for self-care, **Wisdom from a Humble jellyfishbee** We could all learn a thing or two about living in balance from our friends in the plant and animal kingdom: **Wisdom from a Humble jellyfishbook** Take for example the jellyfish one of the most energy-efficient animals in the world moving through the ocean by contracting and relaxing with frequent breaks in between: **Wisdom from a Humble jellyfishhead** And then there is the oyster producing a pearl as the result of an immune response when a grain of sand invades her system. **Wisdom from a Humble jellyfishes plural** is at once charming and scientific packed with essential wisdom and practical tips worth borrowing from our plant and animal friends for life-changing self-care: **Wisdom from a Humble jellyfishclimb** **Wisdom from a Humble Jellyfish: And Other Self-Care Rituals from Nature.**

. I highly recommend adding this one to your library. 144 The time is now for this book. As an audiobook it just feels glib. 144 That was not at all what I was expecting. This counted was short and featured animals. There were no big secrets reveals or ah ha! moments. 144 Rani Shah's book is a fun romp through nature. <https://fussclass.instagram>. 144 4.45 stars. (Will possibly round up to 5. Maybe. That's what I want. That's all I've ever wanted. The self-care connections are neat creative whatever. For me it's about the ZOOLOGY FUN FACTS. (4.5 stars on Storygraph) 144 Gah. Dropped it like a hot rock three chapters in. 144 Life is rough for all of us. But no we humans are our own worst enemies. We have developed habits that destroy us from within. Rani Shah encourages us to practice self-care. Wisdom From a Humble Jellyfish .