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## Introduction

This book consists of three sections inspired by John Muir's life, practices and accomplishments: The first part is a series of short descriptions that highlight parts of John Muir's life and accomplishments. He spent a lifetime working to preserve wilderness areas, forests, mountains, rivers and meadows, so wildlife can thrive. He wanted to preserve beautiful places so we can feel a meaningful connection with the natural world, and nourish our bodies, hearts and minds at the same time. So we can observe nature in awe and wonder, listen to the music of the wind, the voices the trees and the sounds of birds and other wildlife as they engage in their daily rituals across landscapes and skies. By reading Muir's thoughts about how he sees the world, you learn his values and what he believed was most important about the natural world.

The second section is a series of actions, questions, and activities to reflect on Muir's life and inspire thinking about how you relate to the places you live, your family stories and your community. *Wonders of Nature* presents opportunities to *listen deeply and watch closely*, become a skilled nature observer, and record experiences in your nature journal. This is your invitation to consider "how you think," in addition to "facts to think about." *Advocacy* presents examples how you can get involved in local issues that concern you and be part of a solution.

As we grow and find our way in our community, we can all benefit from having helpers and guides. These people show us a way through challenges and help us solve problems. By learning about John Muir, you can hold his lifetime practices as a role model for making a difference in your community. He represents individuals around the world – in history and contemporary times - who struggle and persevere to make the world a better place where anyone can thrive.

The third section is the Appendix at the back of the book includes answers to all activities and a glossary. This book scratches the surface of what there is to know about John Muir's life. A list of other books about him and a bibliography citing the sources used to create Muir's profile are also in the Appendix.