



Read! Fest 2021 invites you on a forward-looking journey of self-discovery. With the theme of *Reboot*, take a moment to re-examine and refresh your lenses on ubiquitous aspects of life today – such as how we approach work, nature, creativity, identity, and technology.

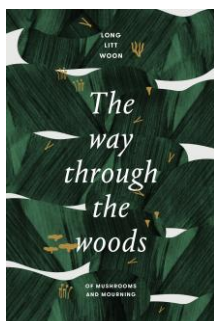
This resource guide is produced in accompaniment with the Read! Fest 2021 featured title: **The Way Through the Woods: Of Mushrooms and Mourning by Long Litt Woon.**

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RESOURCE LIST

The Way Through the Woods: Of Mushrooms and Mourning by Long Litt Woon

In *The Way Through the Woods*, Long Litt Woon finds a lifeline out of her grief when she discovers for the first time the fascinating world of mushrooms in the forests of Norway. The power of nature to captivate, uplift and restore resonates particularly well with us in this Covid-19 period where more people are experiencing mental stress. Perhaps more so now than ever, we need to understand and connect to the therapeutic effects of nature. In this resource package, you will get to know more about the wonders of nature and its impact on our well-being and health.

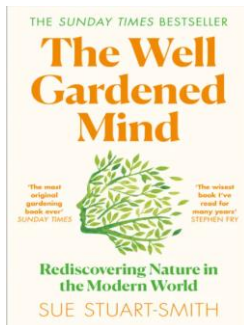


The Way Through the Woods: Of Mushrooms and Mourning

Long, Litt Woon (2019). *The Way Through the Woods: Of Mushrooms and Mourning*. Random House Publishing Group.

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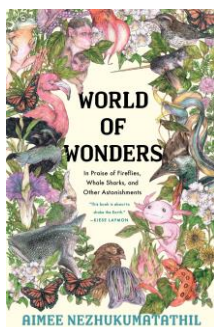
eBooks



The Well Gardened Mind: Rediscovering Nature in the Modern World

Stuart-Smith, Sue (2020). *The Well Gardened Mind: Rediscovering Nature in the Modern World*. HarperCollins Publishers.

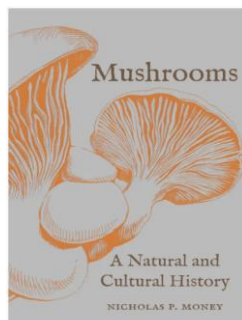
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World of Wonders: In Praise of Fireflies, Whale Sharks and other Astonishments

Nezhukumatathil, Aimee (2020). *World of Wonders: In Praise of Fireflies, Whale Sharks and other Astonishments*. Milkweed Editions.

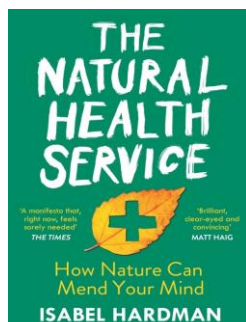
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Mushrooms: A Natural and Cultural History

Money, Nicholas P. (2017). *Mushrooms: A Natural and Cultural History*. Reaktion Books.

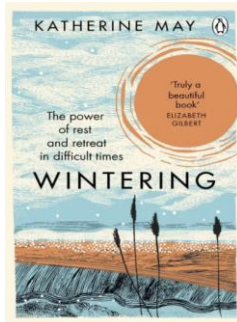
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The Natural Health Service: How Nature Can Mend Your Mind

Hardman, Isabel (2020). *The Natural Health Service: How Nature Can Mend Your Mind*. Atlantic Books.

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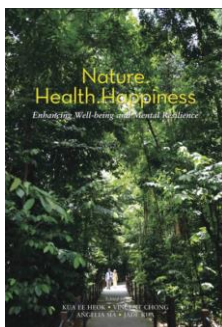


Wintering: How I Learned to Flourish When Life Became Frozen

May, Katherine (2020). *Wintering: How I Learned to Flourish When Life Became Frozen*. Ebury Publishing.

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Nature, Health, Happiness: Enhancing Well-Being and Mental Resilience

Kua, Ee Heok, Chong, Vincent, Sia, Angelia, Kua, Jade (Eds.) (2020). *Nature, Health, Happiness: Enhancing Well-Being and Mental Resilience*. Singapore: Write Editions.

Videos

[I Was Saved By The Mushrooms](#)

BBC. (2019, August 8). *I Was Saved By The Mushrooms*. Retrieved 2021, May 21.

[Forest Bathing In Singapore: Walk Slowly, Connect Deeply](#)

The Straits Times. (2021, March 30). *Forest bathing in Singapore: Walk slowly, connect deeply*. Retrieved 2021, May 21.

Websites

[The Surprising World of Mushrooms](#)

Devlin, Kayleen. The Surprising World of Mushrooms. BBC Earth. Retrieved 2021, May 21.

[Fungi, Folklore, and Fairyland](#)

Jay, Mike. 2020, October 7. Fungi, Folklore, and Fairyland. The Public Domain Review. Retrieved 2021, May 21.

[The Tiger Moth Review – an eco journal of art and literature](#)

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