

ISLE OF HEALING: THE SOOTHING POWER OF TAIWAN'S FORESTS IN 60 AROMAS

療癒之島：在 60 種森林香 氣裡，聞見台灣的力量

An ethnobotanist and an aromatherapist introduce you to 60 plants from the deep forests of Taiwan, unveiling the secrets to using them to promote healing and relaxation, and their connections to the cultures of Taiwan's native tribes.

For modern people, time spent in the forest can be a soothing balm for tense nerves and work-weary minds. In this book, a botanist and an aromatherapist will guide you deep into Taiwan's mountain forests to learn about 60 native plants and the healing properties of their scents.

The book is organized into twelve chapters, each covering the native forests of a different indigenous tribe. Each chapter opens with a tribal legend, and then introduces five plants which have cultural significance for the tribe. Scientific knowledge concerning the distribution, habitat, reproduction, and growth of each species is paired with a structural analysis of the plant's aroma and its healing properties. Stories and illustrations complete a multi-faceted feast of the senses.

Weaving together strands of botany, anthropology, history, folklore, and alternative healing, *Isle of Healing* will appeal to readers with a wide variety of backgrounds and interests.



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Text by Yang Chih-Kai 楊智凱

An assistant professor of forestry at National Pingtung University of Science and Technology and director of the Forest Ecology and Ethnobotany Lab, Yang Chih-Kai has developed a deep respect for the wisdom of native people's interactions with their environments. His mission is to integrate knowledge from botany and tribal culture to write the definitive ethnobotanical guide to the plants of Austronesia.

Text by Wen Yo-June 溫佑君

A graduate of University of Kent's department of philosophy and the London School of Aromatherapy, and founder of the Canjune retail aromatherapy website, Wen Yo-June has been promoting aromatherapy in Taiwan for over 20 years. Her expansive view of aromatherapy incorporates traditional Chinese medicine, ayurveda, and other systems of natural healing. Integrating the philosophies of East and West, she guides her students on an olfactory journey to greater self-awareness. She has written extensively on the subjects of aromatherapy and natural healing, and her books are perennial best-sellers within these categories.

Illustrated by Seesign 種籽設計

Seesign is a design studio that believes in the power of words, illustrations, and hand-made products. The studio has illustrated numerous books on ecology and the natural world, and maintains a keen interest in issues related to food and the environment.