

THE EDGE OF EVERYDAY

with
SANDRA BARGMAN



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The Edge of Everyday | Episode 4 Show Notes

**12/30/2023 | Reweaving the Ragged Edges of
Our Relationship with Nature**

With Anita Adams + Alex Strauss

Anita Adams is a life & leadership coach, podcaster, speaker and author. After spending nearly two decades leading a national non-profit, she courageously decided to listen to her inner wisdom and pivot to something more soul-nourishing.

Today, Anita is on a mission to help others find their true joy, raise the collective consciousness, and design a life bursting with meaning, impact, and well-being. When she's not coaching, recording, or penning her next book, you'll find Anita exploring the world with her husband, best friend, and partner-in-crime of 36 years. Her new book, ***Whispers of the Soul, Your Guide to Clarity of Purpose, Well-Being and Joy***, will be released in January 2024.

Alex Strauss is an writer, speaker, and coach. She is a graduate of Wake Forest University and holds an MA in Journalism and Public Affairs from American University. A former television journalist, Alex has taught public speaking and composition at the college level and has published an award-winning regional business magazine for medical professionals since 2000. She is the author of the Amazon bestseller, ***The Mindful Walker***, published in 2016, and has been featured on numerous podcasts and blogs for women including Escape the 9 to 5, WildChild.live, The Crazy Dog Lady podcast, Women Developing Brilliance, Finding Calm in Chaos and Life on Purpose.

When did Humans become disconnected from Nature? Was it in the Industrial Age when we fell in love with technology? Did it begin with organized religion that came with the notion of dominion over nature? How can we heal this relationship, reconnect with Nature and understand her importance to our well-being?

Listen in on this fascinating conversation, in which both Anita and Alex share the story of how they left high powered jobs, chose to walk in Nature for solace, resulting in a renewed relationship with her. This ultimately deepened and expanded their relationship with themselves and their sense of spirit. We talk about how they assist others on this journey, what some of the challenges of this path can be, as well as the great rewards for mental health, creativity, and the climate crisis to name a few. In these challenging times, this is a must listen.

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