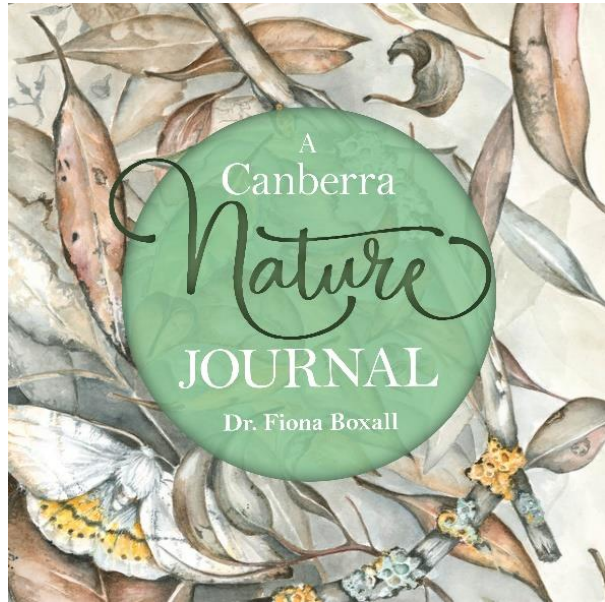


# A Canberra *Nature* Journal

Dr. Fiona Boxall



**NATURE JOURNALING IS A GROWING PHENOMENON WHICH I BELIEVE IS DUE TO THE GROWING ENVIRONMENTAL AWARENESS AND ANXIETY AMONG AN ACTIVE COHORT OF INDIVIDUALS.**

Born out of my practice of writing scientific field notes, my nature journaling combines writing and drawing/painting to create visual and highly personal impressions of the world around us.

I am an avid journal creator. In the space of 18 months, I have accrued four journals worth of material. Most of my journal entries would resonate with lovers of all nature around the world.

Nature journaling is about articulating emotional and imaginative responses to a place, which I also believe is an essential means of motivating others to take an interest in the environment and the art of journaling.

Given that nature journaling is supposed to be spontaneous or at the very least a relaxed and pleasurable way to be in the single moment, I think it is important to take a subtle approach. This is not a field of pedagogy with rules and regulations, it is a practice designed to help reconnect with the natural world and your own sense of wonder.

I invite you into my impression of our wonderful nature. Thank you for caring about our small planet and all its natural beauty.

*"A collected works of true beauty and inspiration for the love of nature and the patience of a craft...A collectible book for all to share and enjoy..."*  
*Dianne, IndieBook Reviewer*

## **AUTHOR BIO**

Fiona is a practicing artist, nature enthusiast and writer living in Canberra. Through her art and journaling, she combines her multiple interests in the environment, botany, the natural world and the written word. She works with numerous mediums, including graphite, watercolour and coloured pencils. Prior to expanding her art practice, she gained a doctorate in anthropology and worked for many years as a magazine journalist and editor. This is her first published book of collected nature references which she hopes will inspire readers to observe the world around them.

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Audience	General
Location	Canberra, ACT

**Price available on our site**

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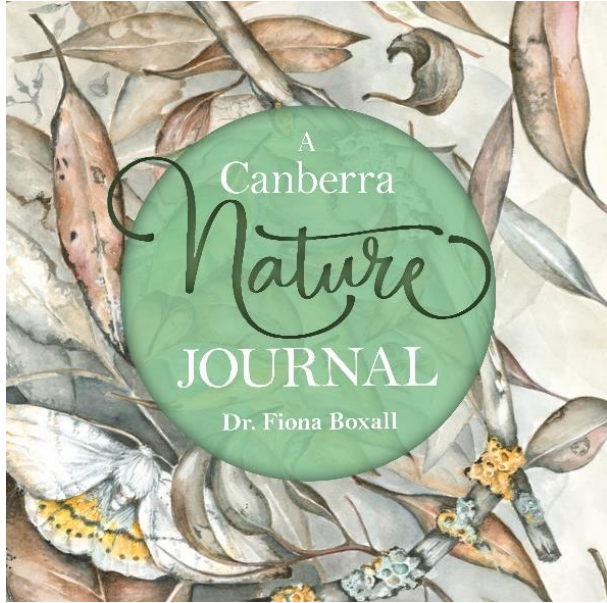
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## A CONVERSATION WITH THE AUTHOR

### WHY DID YOU WRITE 'A CANBERRA NATURE JOURNAL'? WHAT WERE YOUR INSPIRATIONS?

*A few years ago, in the aftermath of the drought, bushfires and covid, I was looking for a way to articulate my environmental concerns and expand my knowledge of the natural world. I was already a practicing artist and had long been involved in feature writing and magazine editing, so nature journaling with its combination of images and words seemed like the perfect fit. Growing out of the practice of writing scientific field notes, nature journaling combines writing and drawing/painting to create visual and highly personal impressions of the world around us. They are often spontaneous, even rough, but they are also vibrant and reflect vividly the things about our immediate environment that catch our attention and create meaning for us.*

### WHAT LITERARY PILGRIMAGES HAVE YOU GONE ON?

*I've always been a voracious reader. As a teenager I became interested in science fiction and fantasy, but as I grew older my choice of reading material tended to mirror my interests in gardening, cooking and craft. As I got older, I realised the natural world held wonders the best science fiction and fantasy couldn't match. Now my bookshelves hold books on biology, botany, zoology and botanical art as well.*

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