



## How to Be a Wildflower: A Field Guide

*Katie Daisy (Visual Art)*

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A fresh perspective, an outdoor exploration, a new adventure about to begin—*How to Be a Wildflower* is the book to celebrate these and other wide-open occasions. Encouraging self-discovery through encounters with nature, beloved artist Katie Daisy brings her beautiful paintings and lettering to this collection of things to do and make, quotes, meditations, natural history, and more. A recipe for strawberry rhubarb pie, a prompt to hike by the light of the moon, a place to press flowers: every page inside the charming textured two-piece case invites readers to wander, gather, savor, and ponder the natural world around them. For every wild and free spirit—and those who aspire to be—this is a field guide to living life to the fullest.

## How to Be a Wildflower: A Field Guide Details

Date : Published February 16th 2016 by Chronicle Books

ISBN : 9781452142685

Author : Katie Daisy (Visual Art)

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## **From Reader Review How to Be a Wildflower: A Field Guide for online ebook**

### **Em says**

I loved this book. The illustrations are incredible vivid and beyond beautiful. I feel like I want to frame each and every one of them and keep them with me everywhere I go. Katie Daisy will make you want to travel the world and discover everything about the universe.

There's volcanoes, hot springs and deep forests, raspberry pie recipes, so many flowers, and mushrooms called "Old man of the Woods". You can fill it in yourself with places you've been or want to visit, doodles and dreams, or you just read, relax and view the dazzling creation that is nature.

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### **Emily says**

Very beautiful artwork and very relatable to my time spent in nature, but it gets very iffy when she starts quoting Laura Ingalls Wilder and talks about building teepees and finding your spirit animal- especially when there is no acknowledgement of the indigenous peoples who belong to the land/to whom the land belongs to when talking about its value, beauty, and spiritual meaning.

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### **Tori says**

What a gem! A beautiful tapestry of nostalgia and wanderlust, this book is a journal/scrapbook filled with charming artwork, scraps of poetry, quotes, and recipes. Definitely recommend to anyone with a healthy sense of fernweh and a love for nature. My personal favorite has to be "How to Evoke a Daydream," but I also look forward to making the lavender syrup! A perfect read to feel calm and at peace.

P.S. Although I got this at the library, if you purchase the book from Katie Daisy or her Etsy store, you receive lots of lovely extras such as seeds, handmade bookmarks, and pressed flowers.

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### **Julie Suzanne says**

Found this in the free bin in the library when I made a pit-stop on my way to enjoy a day at Pixley Falls. So while my son and his friend played in the water, I sat and read this book all the way through. It's whimsical, nature-loving Sark-like hippy stuff. The art is just the kind that I like, and it made me smile and warmed me from within. There were also some useful basic recipes for things like lavender lemonade and your own bath salts and stuff, and this would be a perfect graduation gift for a girl to encourage her to go climb mountains, explore forests, discover waterfalls, and identify mushrooms and leaves. Very surface-level stuff--do not use this in lieu of a real field guide! Just inspirational life-worship: very happy-making.

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### **Amanda says**

Such a cute and lovely book of wonder, adventure, and beauty. I love this type of stuff. The quotes and paintings were so pretty and magical. This was a fast read and the images from this artist inspire a love of nature and simple beauty. Recommended for nature lovers, adventurers, and wanderers.

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### **Erica says**

A book of quotes, recipes and guides for getting outside and enjoying nature around you. A lovely gift book for nature-loving friends. It made me want to get out and explore. As I was reading it, I thought this woman doesn't have small children only to find she has a young child who was born in the middle of the project. Maybe she'll put out another book on being wild flowers as a family as many of the suggestions on this book are for solitary exploration.

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### **Shaley says**

This is the first book I had the pleasure of reading for the new year of 2017!

This is a marvel of a book.

Katie Daisy is an amazing artist and this book is full of beautiful pages filled with her art work with inspirational quotes, pages designed for you to press flowers, recipes, and more!

This book feels like a growing flower on my shelf.

A little ray of sunshine in the mists of such a cold winter.

I highly recommend that everyone own this book.

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### **Ash says**

This book is more of a dear keepsake than a novel. It's full of lovely things, ideas and inspiration. It calls me back to my childhood, where much of my life was spent outdoors running through the woods and wild, untamed plains, making adventures from tree heights and creek ends. In those days, a daisy crown was the finest, most beloved accessory and a handful of pretty stones a great treasure, or quest reward. The memories from my childhood are a sanctuary to me, and traveling back to them from time to time is healing. This book can uncover the sights and smells of my memories so easily, and I find something kindred in a soul who cherishes their childhood as I did, who walked away from it maintaining their imagination and own personal sense of magic. To me, the individual who can still look on the world with eyes of wonder, the individual who can still find magic, is a rare, beautiful, appreciated thing, and while commonly misunderstood as immaturity, in actuality reveals a deep, plentiful mind and a heart as vast and colorful as the fields of my

youth.

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### **Anne Lawson says**

The artwork and design in this book is beautiful and it gave my son several ideas for nature journaling. However, it is more of a design book than a useful guide for anything you would really want to do outdoors. Some of the suggestions are unrealistic or too saccharine. In addition, I think it's important for some to know that the book contains information about crystal energy and spirit animals and for this reason may want to be avoided.

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### **Heather says**

My last book of the year: chosen for the fact that I could finish it quickly, I now realize I couldn't have picked a better book to end the year with. I loved reading it all bundled up and cozy, and imagining the warm, happy days of spring and summer coming back again. The seeds for spring and summer are present, even in the heart of winter. I recommend this book to anyone who loves nature or beautiful books. This happy, peaceful, beautiful book makes my soul feel good. Love!

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### **Rose says**

My new favorite book! Every page was beautiful and light. It made we want to run outside in a field of wildflowers and trek through the woods ???

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### **Susie says**

What an incredibly sweet and inspiring book!

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### **Sarah Arwen says**

10/10 can confirm that this book is GORGEOUS  
It isn't a book to read maybe so much as a book to live in and those are nice kinds of books.  
Bonus: effect is magnified if absorbed while listening to Jonsi's We Bought a Zoo soundtrack ahhh  
To adventures and finding magic everywhere!<3

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### **Vicki says**

This book was given to me by a kind work colleague with the words, "I thought of your line of work and how some days you could use some sunshine ..." I enjoyed this little read, turning every page was a delight

for the visual senses and certainly gave some lovely ideas for finding balance and appreciating the natural wonderment of our world. Thankyou dear friend.

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### **Jennifer says**

A simply stunning book on both a visual and emotional level. My husband gifted this to me and I will treasure it always. We plan to use it as a basis for journeys together! Some adventures listed we have already taken, so I will journal the memories on the beautiful pages.

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