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it's good to disconnect for a little while and unwind. Many great writers and philosophers cite nature as an antidote for the demands of the modern world. Behavior scientists also tell us that even viewing scenes of nature reduces anger and stress. So we'd like to encourage you to heed the words of these great American authors, relax with these images, color them as you wish and let your spirits soar.

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Be sure to share your artwork with us on social media by using the hashtags #hammermill and #paperforlife.

#### John Muir

(April 21, 1838 – December 24, 1914) — naturalist, author, environmental philosopher and early advocate of preservation of wilderness in the United States.



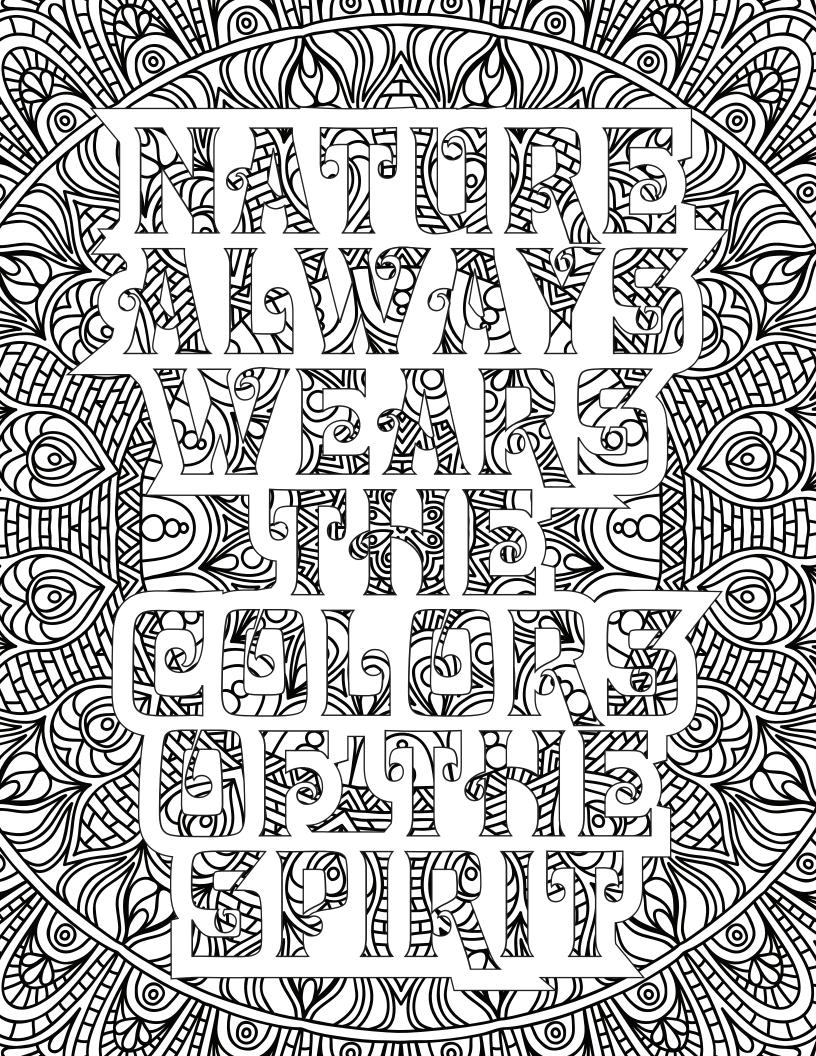
#### Henry David Thoreau

(July 12, 1817 – May 6, 1862) — American author, poet, philosopher, abolitionist, naturalist, tax resister, development critic, surveyor, and historian.



# Ralph Waldo Emerson

(May 25, 1803 – April 27, 1882) — American essayist, lecturer, and poet who led the Transcendentalist movement of the mid-19th century.



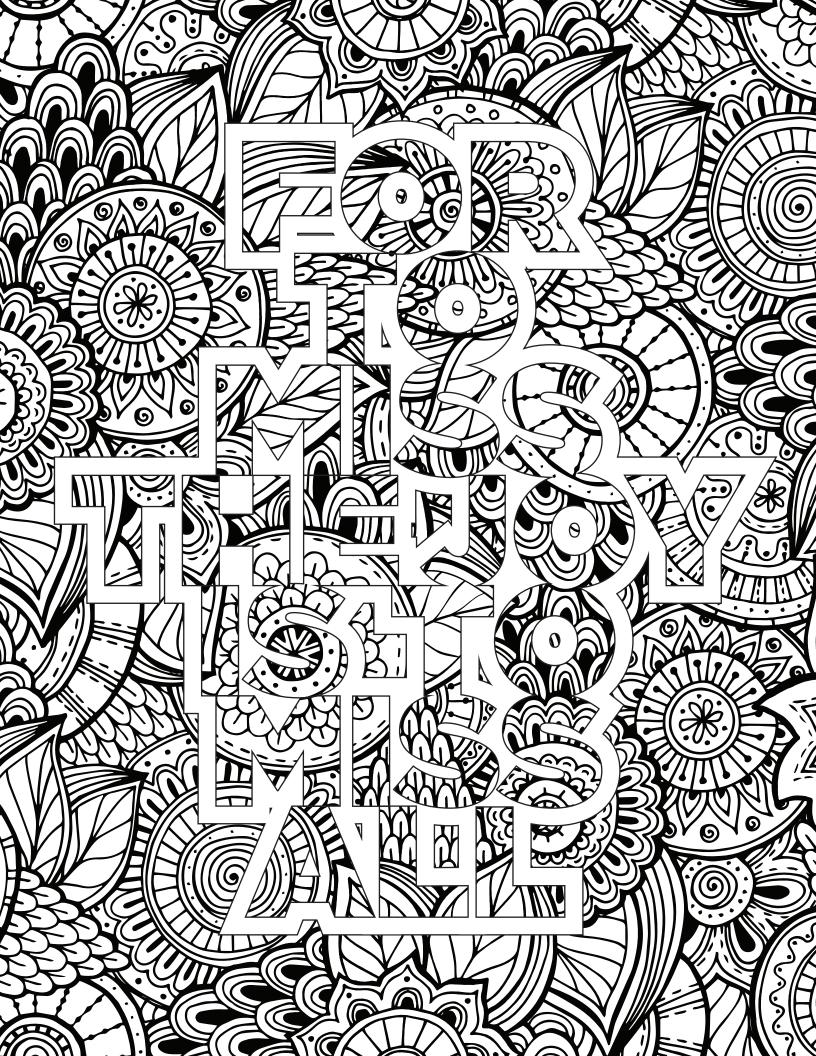
### John Burroughs

(April 3, 1837 – March 29, 1921) — American naturalist and nature essayist, active in the conservation movement.



## Robert Louis (Balfour) Stevenson

(13 November 1850 – 3 December 1894) — Scottish novelist, poet, essayist, and travel writer.



## Walter "Walt" Whitman

(May 31, 1819 – March 26, 1892) — American poet, essayist and journalist. Whitman is among the most influential poets in the American canon.



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