

Out of the Lyme Light and Into the Sunlight



Birding as Therapy
for the Chronically Ill

ROBERT C. BELL





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DEDICATION

This is for you, Dad.

Thanks for both instilling and nurturing my love of nature and science.



When my favourite band, Led Zeppelin, performed in concert, lead singer Robert Plant would often introduce their epic “Stairway to Heaven” as “a song of hope.” My goal is that readers living with a chronic illness might find this book “a story of hope,” though I hasten to add that I’m certainly not making any comparison between it and the brilliance of “Stairway to Heaven.”

Alex Trebek, the longtime host of the hit TV show “Jeopardy!” and a fellow Canadian from northern Ontario, once said: “If you can’t be in awe of Mother Nature, there’s something wrong with you.” Amen to that.

Anne Frank, in the classic “The Diary of a Young Girl”: “Nature makes me feel humble and ready to face every blow with courage!”

For me, the word “birds” is an acronym for “Birding Inevitably Reduces Disease Symptoms!”

—Bob Bell

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