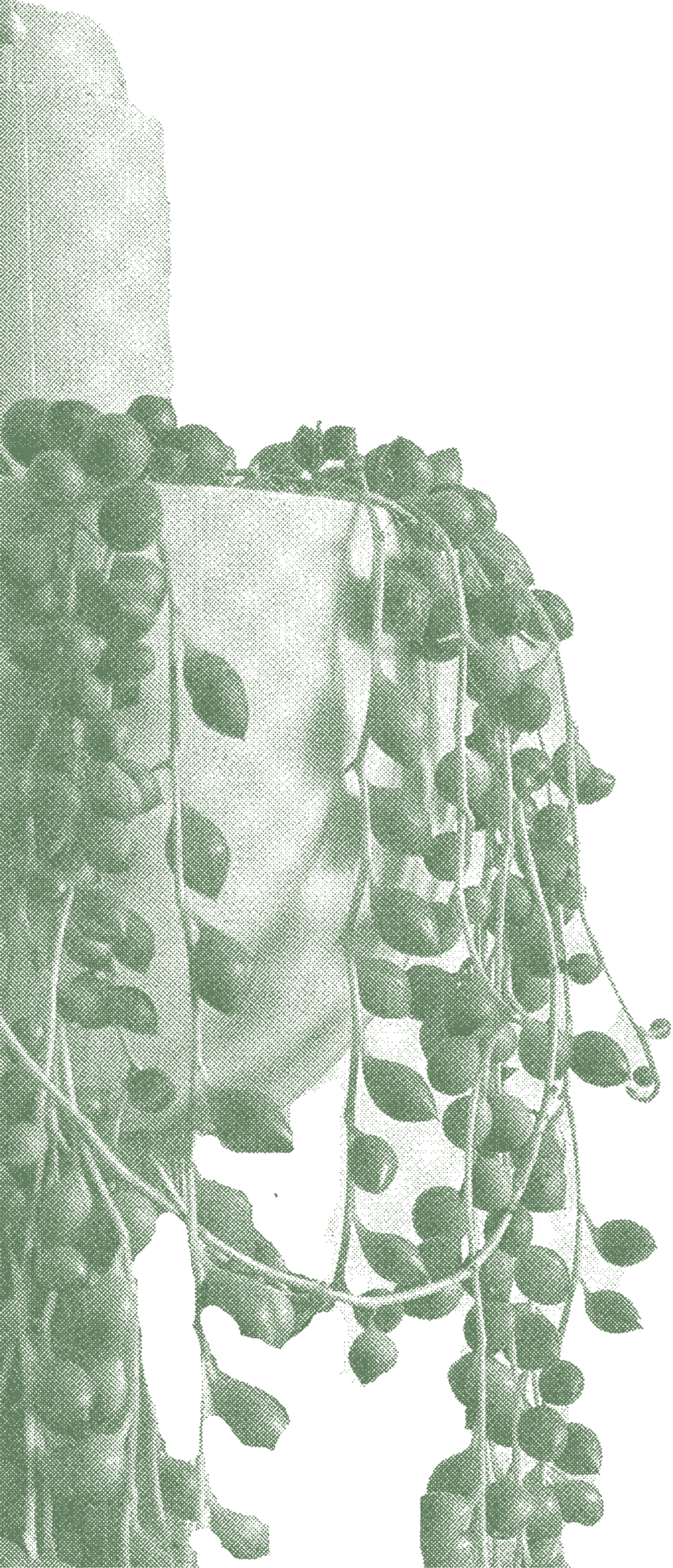


The Biophilia hypothesis suggests that humans have an inborn tendency to seek connections with nature and other living things. This idea, popularized by Edward O. Wilson, is based on the fact that human evolution took place in natural environments. As a result, contact with nature still positively affects our mental and physical well-being.



# C/LIGHT/C