

The Wellness Book That Opens by Admitting It Is Boring

Firmin Joubert publishes the second edition of Forest Bathing — Shinrin-Yoku, the Forest Therapy. He is in his seventies, and he writes under the name of the godfather who raised him.

124 pages · 6 × 9 in. · Paperback and Kindle · ISBN 979-8197041203

“The first twenty minutes are boring. Nobody tells you that.”

That sentence opens the central chapter of Forest Bathing, and it tells you what kind of book this is. In a category built on promises of transformation, Firmin Joubert begins by warning the reader: you will stand in a wood, you will feel nothing at all, your mind will produce a shopping list, and you will feel faintly ridiculous.

Then he tells you to stay anyway. And he explains why.

A Book That Also Says When the Forest Is Not the Answer

That honesty runs through the whole book. There is a full chapter on when the forest is not the answer. There is a passage on the day the practice simply did not work, and the author went home in a worse mood than he arrived. It ends with a complete bibliography, so that every claim can be checked.

No cure is promised. The book states plainly that forest therapy is a complementary wellness practice, not a medical treatment.

“I am not a doctor. I am a man who noticed something under some trees near Lyon, and spent the next thirty years finding out why.”

“There is probably a tree within a mile of you, and it is probably older than you are.”

What Is New in This Second Edition

- A new opening chapter. The author’s childhood in Le Puy-en-Velay, in the house of a godfather named Firmin, while his parents worked in the town’s lace industry.
- Five interludes. A hundred-year-old oak in a Lyon park. Six lines from his tai chi teacher. The day the practice failed. A cellar, a red light, a fear of the barber. And why he began to write in his seventies.
- “Thirty Days in the Forest.” A path the reader can begin tomorrow morning, with five minutes and a single tree.
- A bibliography of twenty references, and a chapter that says what the research does not yet show.

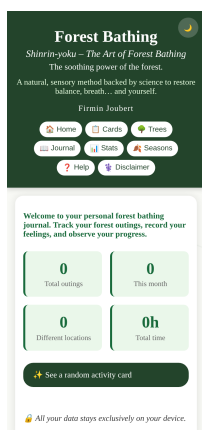
What the Research Shows

- Cortisol. Antonelli, Barbieri & Donelli (2019), Int. J. of Biometeorology: measurable reduction in salivary cortisol. Systematic review and meta-analysis.
- Cardiovascular. Park, Tsunetsugu, Kasetani, Kagawa & Miyazaki (2010): lower blood pressure and heart rate across twenty-four Japanese forests.
- Immune activity. Dr. Qing Li, Nippon Medical School, Tokyo: increased natural killer cell activity after multi-day immersion.
- Brain. Sudimac, Sale & Kühn (2022), Molecular Psychiatry: amygdala activity decreased after a one-hour walk in nature. A comparable urban walk showed no such effect.

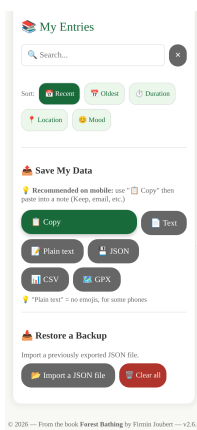
The book reports the published literature and states its limits. It makes no therapeutic claim and promises no cure.

A Free App That Collects Nothing

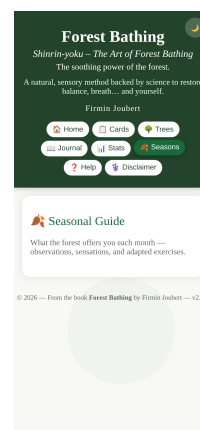
The book offers two journals, and the reader chooses. One is digital: a free companion app, free forever, that works entirely offline — no account, no sign-up, no tracking. Nothing the reader writes ever leaves their phone. The other is paper: fourteen pages bound into the book, for anyone who would rather use a pen. It is a book, and a book can be written in.



Home



Private journal



Seasons

The Author



Firmin Joubert practiced tai chi chuan and qigong for decades. In 1990, at an early-morning qigong retreat held among trees near Lyon, something settled in him that years of indoor practice had never produced. He told nobody for thirty years.

He published his first book in 2023. Firmin Joubert is a pen name, and a debt: Firmin was his godfather. He lives in the Drôme, in southeastern France, among orchards and oaks.

Book Facts

Title	Forest Bathing — Shinrin-Yoku, the Forest Therapy
Author	Firmin Joubert
Edition	Second edition, revised and expanded (2026)
Pages	124 — 6 × 9 in.
ISBN	979-8197041203 (paperback)
Formats	Paperback and Kindle (Amazon KDP)
French edition	La Sylvothérapie — Le shinrin-yoku, le bain de forêt

Links

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Review copies, interviews, excerpts, high-resolution covers (300 dpi) and author photograph on request.

Please note: the author does not speak English. Interviews must be conducted in writing.