

Review of: "Somatic Arts and Liveable Futures: (Re-) Embodying Ecological Connections"

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Potential competing interests: No potential competing interests to declare.

The article inspires the reader to move in a different direction than thinking and worrying about Earth. Participate in it. Through simple exercises, the author provides ways to live more in your body than in your head.

On Page 2, the author says, "To change our worldview, we need to change the way we perceive the world. And to change our perceptions, we need to change the way we think about the world."

I think it would more accurately represent the paper by changing the last phrase to "to change the way we are in the world."

On page 9, section 5, third paragraph, the author makes a confusing statement: "To support the aspirations of ecological futures, we need to inquire into and analyse our anthropomorphic tendency to relate to plants by making them more like us."

I think he is saying that we don't want to relate to plants by making them more like us, but it sounds like the opposite. Clarifying this statement and the message of the first few sentences in the paragraph would be helpful.

Overall, I would have liked more about relating to the plants around us as fellow beings with their own agencies, with far greater wisdom and forgiveness than humans have.