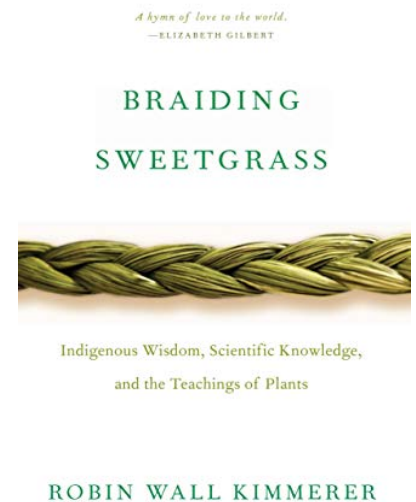


# Braiding Sweetgrass Book Summary (PDF) by Robin Wall Kimmerer

Ready to learn the most important takeaways from Braiding Sweetgrass in less than two minutes? Keep reading!



## Why This Book Matters:

Braiding Sweetgrass discusses the precious relationship between nature and humans.

## The Big Takeaways:

- 1. The author was raised on a Native American reserve and thus was exposed to two completely different societies.**
  1. If Nature provides for humans, so humans need to do their duty and give back to nature.
- 2. The declining amount of sweetgrass reflects Native American history in the United States.**
  1. The sacred plant is becoming increasingly difficult to find due to invasive European plant species.
- 3. The relationship between Mother Earth and people should**

**be based on mutuality and appreciation.**

1. With the factory use of non-renewable resources, there is not mutuality as the resources in nature are being depleted.

**4. We must be one with nature to preserve a sustainable environment.**

1. For example, plant trees to offset some of the effects caused by deforestation.

**5. By using conventional methods, we can offset some of the damage we have caused to nature.**

1. The Three Sisters technique is a conventional method used by Native Americans that can be applied in our society, as well.

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