

*When the Forest Breathes: Renewal and Resilience in the Natural World* is the highly anticipated new book by Dr. Suzanne Simard, New York Times bestselling author of *Finding the Mother Tree*, Professor of Forest Ecology at the University of British Columbia, and leader of the Mother Tree Project & Program.

A pioneering forest ecologist, Dr. Simard's research has transformed how the world understands forests. She is best known for her research on "Mother Trees"—large, highly connected trees shown to play a central role in underground mycorrhizal networks that support forest regeneration, biodiversity, and resilience.

Her work revealed that forests are not collections of isolated trees, but deeply interconnected, cooperative communities.

Launched in 2015, the Mother Tree Project & Program (originally launched as the Mother Tree Project) is a landmark, large-scale scientific initiative spanning a 900-kilometre climate gradient across British Columbia. The program examines how the retention of old trees influences carbon storage, biodiversity, climate resilience, and regenerative forestry practices. From its inception, the work has been grounded in collaboration, integrating Western science with ancestral Indigenous knowledge. A leading advocate for Indigenous-led stewardship, Dr. Simard emphasizes the vital role of traditional ecological knowledge in guiding sustainable forest management and restoring relationships with nature.

An internationally recognized scholar, Dr. Simard has authored more than 200 peer-reviewed scientific publications and shared her work globally. Her TED Talk, *How Trees Talk to One Another*, has reached more than 10 million viewers, and in 2024 she was named one of *TIME* Magazine's 100 Most Influential People in the World for her impact on conservation and forest advocacy.

Her bestselling memoir *Finding the Mother Tree* (Penguin Random House, 2021) captivated readers worldwide with its blend of rigorous science and personal storytelling. In *When the Forest Breathes: Renewal and Resilience in the Natural World* (Penguin Random House, 2026), Dr. Simard builds on this foundation—bringing together cutting-edge science and long-overlooked Indigenous wisdom to place nature's cycles of renewal at the heart of a hopeful vision for the future of forests.