



# YOU ARE STARDUST

**I wrote this book as a celebration,  
one to honor the extraordinary ways in which all of us simply are nature.  
Every example in this book is backed by current science.**

You are stardust.

Every tiny atom in your body came from a star that exploded long before you were born.

You started life as a single cell. So did all other creatures on planet Earth.



Like fish deep in the ocean, you called salt water home.

You swam inside the salty sea of your mother's womb. Salt still flows through your veins, your sweat, and your tears. The sea within you is as salty as the ocean.



The water swirling in your glass once filled the puddles where dinosaurs drank. From ocean to sky to land and back again, the same water has been quenching thirsts for millions of years.





You learned to speak the same way baby birds learn to sing... by chatting with your parents.

“Ma ma ma!”

“Tweet tweet tweet!”

Be still. Listen.

Like you, the Earth breathes.

Your breath is alive with the promise of flowers. Each time you blow a kiss to the world, you spread pollen that might grow to be a new plant.





Inside your brain, electricity stronger than lightning powers your every thought. You sneeze with the force of a tornado. Wind rockets from your nose quicker than a cheetah sprints.



You grow at night when your bones are resting, just like the sheep you count to help you sleep. You may sprout even taller in the spring and summer, just like the plants in your garden.







Your hair falls like autumn leaves. You tend to shed the most hair in early autumn and save your thickest growth for the heart of winter.



Your body constantly changes. New cells line your stomach every three days. You'll replace your skin 100 times by the time you turn ten.

Just as forests grow new trees in place of old ones... you grow entirely new skeletons throughout your life.



If you were a planet, you'd be a lot like the Earth. Rainforests on land and algae in the oceans are the Earth's lungs. From your head to your toes, inside and out, billions of teeny microorganisms live on **PLANET YOU**.



You know how it feels to be a good friend and so do other animals. Bats and sperm whales get their friends to babysit. Elephants remain best buddies for life.



You, me, birds flying through the rainforest.

We are all connected.

We are all nature.

**We are all stardust.**

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*You Are Stardust*  
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