



The Joy of Gardening: An Inspirational Anthology

By -

TRAFALGAR SQUARE, United Kingdom, 2010. Paperback. Book Condition: New. 150 x 109 mm. Language: English . Brand New Book. A selection of quotes to convey the joy of gardening through the seasons, and inspire reflection on how gardening can affect physical health and emotional, psychological, and spiritual well-being Whether an active, hands-on gardener, or someone who simply enjoys looking at gardens, readers will savor this book at any time of year, on a glorious summer s day with a cool drink, or sitting fireside in a cozy armchair. With its rich selection of inspirational quotations from gardeners past and present, as well as from poets, painters, novelists, diarists, and spiritual teachers, this is a book for reflection designed to capture the joy of being alive that gardening evokes. Gardens can make people happy, heal them when sad or depressed, and help them understand profound truths about the relationship between humans and nature.



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