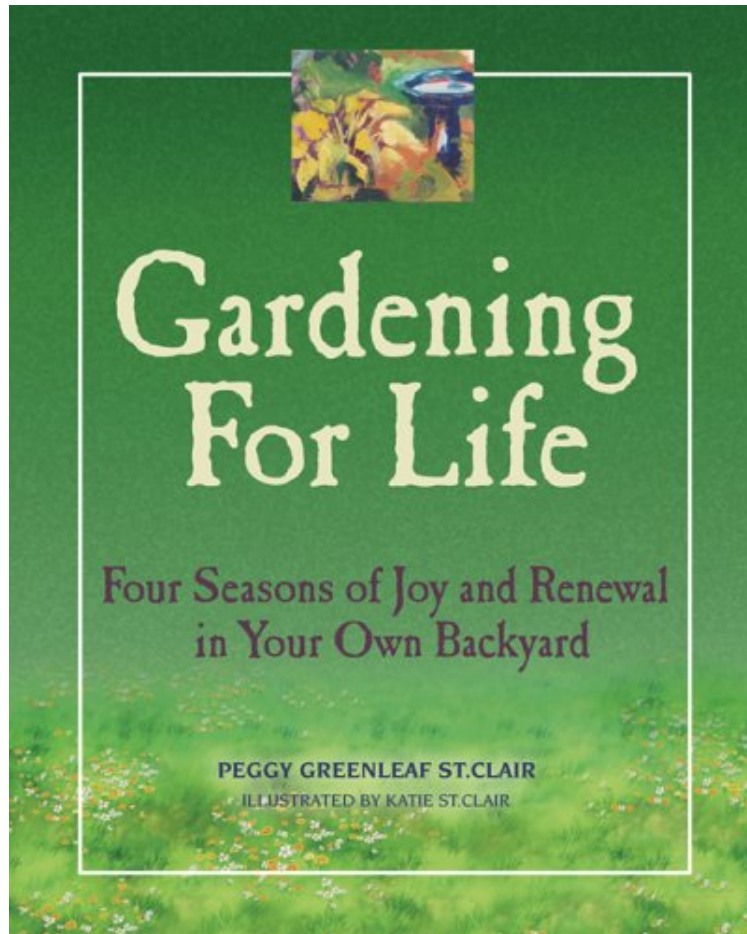


[Free pdf] Gardening for Life: Four Seasons of Joy and Renewal in Your Own Backyard

Gardening for Life: Four Seasons of Joy and Renewal in Your Own Backyard

Peggy Greenleaf St. Clair

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The positive effects of gardening on emotional well-being are well documented. Gardening for Life explains how readers can enjoy these benefits in their own backyard. Practical information on keeping a garden journal, supporting local greenhouses, renovating a historic garden, and understanding plant names gives gardeners plenty of projects on inclement days. Included are encouraging quotes and poems on nature and gardening, success stories from established horticultural therapy programs, and the authors powerful personal experiences of finding hope and healing in her own

garden.