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RHS Gardening for Mindfulness (Hardback)

By Holly Farrell, The Royal horticultural society

Octopus Publishing Group, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Gardening, like mindfulness, is a way of finding a sense of calm in an otherwise chaotic world, a simpler existence, even if it is only for a few minutes. Both forge a connection to the world around us, to nature and wildlife, which can bring pleasure and peace. In this beautifully illustrated guide to gardening for mindfulness, horticulturalist and mindfulness practitioner Holly Farrell provides a blueprint for a more contemplative way to garden, including projects, meditations and inspiration. Projects for the mindful gardener, including growing something from seed, planting a tree and creating a mandala, put the theory of mindfulness into practice, while plant lists and design ideas aim to enhance mindfulness in the garden through the senses. Beautifully packaged and easy to follow, this is the perfect book for keen gardeners, devotees of mindfulness, or simply those looking for calm in a busy and hectic world.

Reviews

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