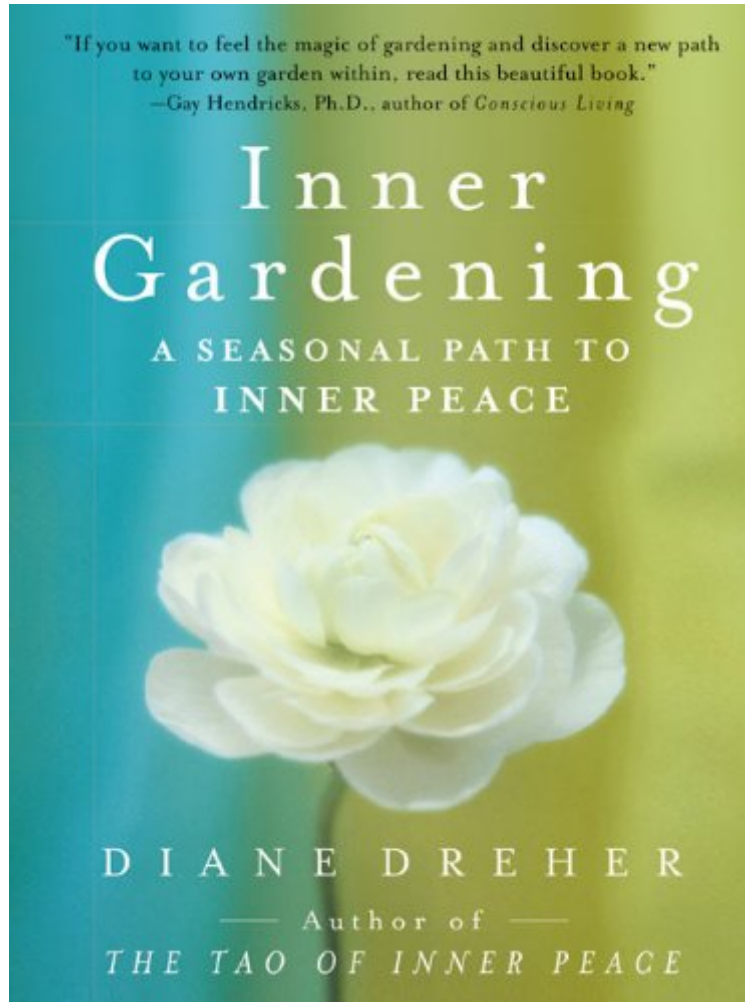


(Read ebook) Inner Gardening: A Seasonal Path to Inner Peace

Inner Gardening: A Seasonal Path to Inner Peace

Diane Dreher

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Diane Dreher : Inner Gardening: A Seasonal Path to Inner Peace before purchasing it in order to gauge whether or not it would be worth my time, and all praised Inner Gardening: A Seasonal Path to Inner Peace:

8 of 8 people found the following review helpful. a gentle, sublime, and moving read you will return to By SliverThis book strikes me (maybe that description is too harsh for such a book) as an informative, healing, and spiritually-thoughtful book. I felt like I was being wrapped in a glowy, enveloping, surrogate home every time I picked it up, which is more often now since I seek more comfort these days in our insecure world. The writer chronicles each month of the year in terms of gardening, so that you are doing something garden-related, even in the Winter months, when most of us are just pipe-dreaming of the first sprout of the year. There are so many ideas and so many questions the writer poses to you, many involving your inner self, that it will take some time to process it all. Luckily, you can work on these questions monthly, and pick and choose whichever month of the year you want to pore over (I couldn't

resist). There are also sonnets and other literary entries by various writers, which will surely make you ponder or simply smile. This book made me take notice of all the life around me, down to the grass growing outside, and to live more in the season and the moment. You may be inspired or spurred to take action once reading this delightful book, and don't be fooled by its docile, calming nature. Great change can spring forth from such quiet contemplation. I have begun to live this truth. Maybe it will help you live a more healthy, vivacious and thoughtful life, or maybe it will just bring you home. Either way, it will certainly help you create change within yourself and your life. I think in just the small excerpts I would read at times, I would glean some replenishing freedom for my oft-parched soul, and it is sometimes just what I needed. I hope you, too, find some freedom in just such a book. Ultimately, this is a useful book that was written to guide you through your spiritual growth AND your gardening (it doesn't get much better than that) in a way that a gardener can understand and relate to, to the molten, stormy core. I must say that there are many things in this book which I did not mention, as I am sure you will find them yourself, with your own unique perspective. I thought I found this book; but truly, this book found ME. 0 of 0 people found the following review helpful. For your spiritual garden By Indo Irish Enjoyed reading it. I love gardening and study spirituality. I got some nice ideas from it.

Whether you're a first-time gardener or a veteran, you'll find something to inspire you in this beautifully written book that reveals the myriad ways in which working in a garden can enhance your life and deepen your connection to the world. Season by season, Diane Dreher leads you through a journey of peace and renewal. A monthly set of gardening tasks helps you plan, design, and care for your garden, along with illuminating details of gardening history, lore, and tradition. But here you'll also find ways to tend your own inner garden: how to plant seeds of ideas and dreams, weed out bad habits, and design new challenges one step at a time. Brimming with life-enhancing strategies and filled with words of wisdom that will invigorate your spirit, *Inner Gardening* is a book to treasure and use every day, indoors and out.

About the Author Diane Dreher, Ph.D., is the author of *The Tao of Inner Peace*, *The Tao of Womanhood*, and *The Tao of Personal Leadership*. She holds a Ph.D. in English from UCLA, with credentials in spiritual counseling and holistic health. Diane leads workshops on balance and personal growth nationwide. She teaches Renaissance literature and creative writing at Santa Clara University and cultivates her garden at home in the San Francisco Bay Area.