

[Download] The Healing Garden: Natural Healing for Mind, Body, and Soul

The Healing Garden: Natural Healing for Mind, Body, and Soul

David Squire

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David Squire : The Healing Garden: Natural Healing for Mind, Body, and Soul before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Healing Garden: Natural Healing for Mind, Body, and Soul:

Combining gardening with history, folklore, and the concept of natural healing, this unique book is packed with practical ideas and tips on how to create a "healing garden". Squire explores the healing properties of dozens of specific herbs, flowers, fruits and berries, vegetables and nuts, trees, and other plants, and shows readers how to incorporate the healing powers of color, scent, shape, sound, and texture into their garden. 300 color photos illustrations.

.com David Squire has produced an inspirational and quite practical guide to how the garden can be turned into both a place of healing and a place of calming, restoring energy. Scent, sound, water, and touch can be an integral part of mental and physical healing, or simply an added enhancement to good health and a sense of overall well-being. This book draws on many cultural traditions of healing, starting with the basics of caring lovingly for the soil itself to the use of sounds, water, and color to create powerful emotional states and provide a serene, meditational experience for

the gardener and anyone who ventures into the healing garden itself. Beautifully illustrated throughout, this is a charming book for the serious gardener, of course, but it will also inspire the person who delights in simply thinking and dreaming of the garden. --Mark A. Hetts