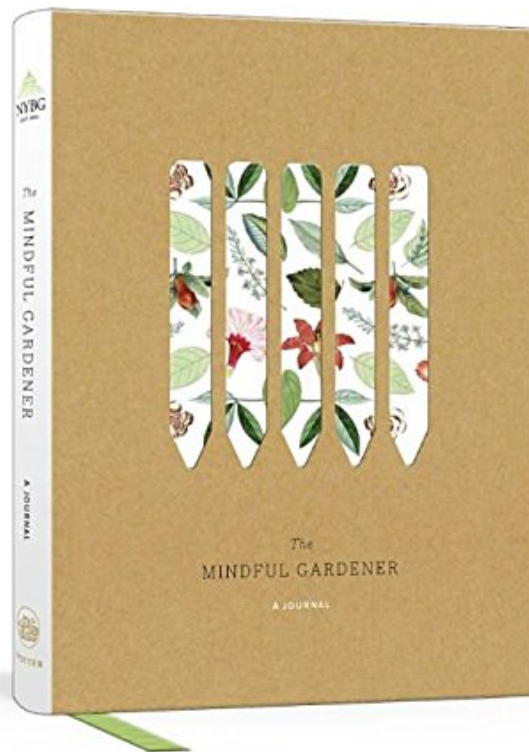


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## The Mindful Gardener: A Journal

*The New York Botanical Garden, Rachel Federman*  
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**The New York Botanical Garden, Rachel Federman : The Mindful Gardener: A Journal** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mindful Gardener: A Journal:

Through writing exercises, inspirational quotes, and simple tutorials, this guided journal for gardeners helps users transform terms like "living in the moment," "meditation," and "mindfulness" from mere buzzwords into helpful everyday practices that will help them de-stress, reconnect, and handle whatever challenges the day brings. Meditations for Gardeners provides the user with a series of simple journaling prompts designed to nurture a positive, calming framework to approach the day. Each of the writing prompts provided is grounded in nature and the garden, offering the user space to examine one's garden and oneself and to ponder some of the basic tenets of mindfulness. The journal can be completed at whatever pace the user prefers to work at (daily, weekly, etc) and features inspirational quotes sprinkled throughout, as well as introductory material on the practice of mindfulness and a list of resources for further reading.

About the Author The New York Botanical Garden is an iconic living museum founded in 1891. It is a National Historic Landmark, with 250-acres supporting over one million living plants. Each year more than one million visitors walk the grounds to enjoy the remarkable diversity of tropical, temperate, and desert flora and to attend beloved annual events such as The Holiday Train Show, and The Orchid Show.