



Inner Gardening: The Tao Of Personal Renewal

Diane Dreher

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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.

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