

# CONTENTS



## Introduction



## Chapter 1 - For Me? Your Gifts of the Garden

Don't Leave Home Therapy

The Roots of Garden Therapy

What to Expect

Call Me Ishmael or Whatever Name You Choose

A Garden Growth Exercise

Say What? Why Are You Too Busy to Hear?

Bug Juice

You Need 'Em. Do These Garden Jobs



## Chapter 2 - Get Your Hands Dirty

Let the Journey Begin

Welcome to Fantasy Land, Your Garden Meditation

What's Your GP? Discovering Your Garden Personality

Get It Off Your Chest

The Garden Bubble

Time-An Essential Garden Job



## Chapter 3 - The Garden of Earthly Delights

Your Garden Journal

Start Where You Are

Gardens Galore

Garden Styles That Beg For You

Draw It All: Your Garden Job



## Chapter 4 - It's You. It's You. It's Personal

Your Sanctuary, Spiritually Speaking

Garden Escape

I Want Color and I Want It Now

Feng Shui And Then Some

Designing a Mini and a Mini-Mini Japanese Garden



## **Chapter 5 - A Trowel, Some Sweat and Better Body**

**Can-Do Gardens for All Needs  
Cultivate A Stronger Body, The Shovel It Workout  
Say Ah: Yoga, Relaxation for the Gardening Soul  
I Meditate, Therefore I Am  
This Breath's for Me**



## **Chapter 6 - Asleep in the Moonlight**

**What Flowers Really Say  
A Tree By Another Name  
Smell Power  
Call Me Herb  
Coping's A Big Garden Job**



## **Chapter 7 - Share Power in The Garden**

**It's Party Time  
Sharing Your Bounty  
Creating A Therapy Garden At A Facility  
Birds Galore  
You're So Photogenic  
Shovel These Thoughts**



## **Bibliography**

**Recommended Reading  
Reaching Eva Shaw, Ph.D.**