

Shovel It: Reviews

Joel M. Lerner, "Book Pages Worth Turning by Gardeners," Washington Post, December 8, 2001, page H01: "Shovel It: Nature's Health Plan (Writeriffic Publishing Group) by Eva Shaw is one of the most illuminating books I have read on the therapeutic effects of gardening. Shaw is a mental-health professional who gardens. This book is as much about health and healing as gardening, which is what you might expect from a nationally recognized speaker on grief management, health and recovery.

"The 256-page paperback takes you through steps of gardening, treating, acquiring plants, soil preparation, design, planting and more but never loses the focus of her message that if done in her way, by your rules, it will be relaxing, make you happier, reduce the risk of heart attack, make you one with nature and provide coping skills not found in any other way."

Robert J. "Bob" Souvestre, LAU Ag Center, Cooperative Extension Service, from the November 11, 2001, Sunday Advocate, Baton Rouge, LA: "Shaw's book is a pleasure to read...I found it to be a tremendous resource of therapeutic ideas for gardeners and nongardeners. Read it and practice some of Shaw's practical, garden activities. It may eliminate that headache without pills and reduce anxiety.

"I've always enjoyed gardening. It makes me feel good. Reading "Shovel It" gave me so much more to feel good about. Shaw writes about so many things that go on when you pick up a hand trowel and get dirt under your nails. She does a wonderful job connecting the gardening activity with your expectations and presents it in a very down-to-earth manner

"The last chapter is only three pages, but I believe it brings the entire 256-page manuscript together by telling readers to "Shovel It" whenever you are happy, uneasy, tired, out-of-sorts, carefree, anxious, feeling crummy, feeling on top of the world, grief-filled, lonely, pregnant, disappointed, regretful, contented, offended...and in every other mood you feel."

Pat Sturm, "Earth Sturm" Cordell (OK) Beacon: "I just received a copy of the new book, Shovel It: Nature's Health Plan, by Eva Shaw, Ph.D. As I began this book, I thought it might be too simple for my tastes. But the more I read, the more I liked it, and by the last few pages I found myself smiling, knowing that this book touches many phases of my life."

Andrea M. Chester, November 2001, "Inside the Cover Book Reviews," www.absolutewrite.com. "In *Shovel It: Nature's Health Plan*, author Eva Shaw tells us so much more than just how, what and where to plant things. She reminds us that gardening helps 'ground' us, re-establishing contact with our beginnings. She shows us a few of the treasures that we can expect from the tumble task of digging in the dirt. Dr. Shaw celebrates the healing power of reestablishing our 'earthiness.'

"The book makes me yearn to get out in the sunshine. When the author describes the smell of rich, loamy earth or the heady fragrance of jasmine, I want to inhale deeply. When she writes about the tranquility and beauty a garden offers, I feel myself relax a little. When she tells us what her garden looks like, I feel as if it's a place she'd invite me to come enjoy a cup of coffee and some conversation.

"*Shovel It* is a treat to read, but don't expect to blitz through it, and be done with the book. You'll come back to it again and again, for its gentle wisdom, for its hints on how to relax and enjoy your garden, and for the marvelous quotations, sprinkled like seeds, throughout the pages. Let the benefits of this book take root and grow in your life!"

Jane Hogue, "Garden Gleanings from the Prairie Pedlar: "Gardening has become a perfect anti-depressant in dealing with the tragedy that has struck our nation. Nature reminds us everyday to reach past disappointments, tragedies, and losses that are beyond our control. A garden is about life and living. Perhaps one reason I connected with the book is because it came in the mail at this very appropriate time.

"But truly I would have loved the book no matter when I had received it. *Shovel It: Nature's Health Plan* expresses many sentiments that I believe about gardening. Eva Shaw, Ph.D., is an award-winning writer, a university professor, speaker and expert on recovery after life-changing ordeals. And she's a gardener! I sat down with the book and a highlighter and began reading. Soon the pages were covered with neon ink and I was captivated with her message: 'The garden is the ultimate therapist and offers the supreme recovery program.' Get yourself a copy and feel better, too!"

Midwest Book Review: "A soul-and-body satisfying approach to gardening. In *Shovel It: Nature's Health Plan*, educator, gardener, and expert on recovery from life-changing ordeals Eva Shaw offers a blend of cutting-edge medical research and timeless gardening secrets. The result is a wonderfully effective, fun, soul-and-body satisfying approach to gardening that will lift and ease the spirit, amplify physical and emotional health, and enhance one of the most creative, and life-affirming avocations available to men and women -- working in the garden."

Health Sense, Mary Jane Holt, syndicated in: *The Citizen* in Fayetteville GA; *The News-Daily* in Jonesboro, GA; *The Daily Herald* in McDonough, GA; *The Times-Herald* in Newnan, GA; *The Hogansville Herald* in Hogansville, GA; *The Merewether Vindicator* in Manchester, GA; *The Richmond Register* in Richmond, VA; *The Citizen* in Fayetteville, GA. "I recently discovered the most phenomenal book: "*Shovel It: Nature's Health Plan*." Actually, it was brought to my attention a while back and I immediately was drawn to the cover, but was rather disappointed when I opened it and there were no pretty pictures on the inside. Just words.

"How foolish I was not to start reading at once. Weeks later I picked it up again only to discover that the words within may be worth a thousand pictures."

Christy Selter, *Inland Empire* magazine review: "Eva's done it again. Imparting her down-to-earth good sense, she talks with her reader ' never at them ' as only a friend could. A perfect book for these turbulent and unsettling times, Eva reminds us of what is good in life. And, she encourages us to take the time to enjoy it. A must-have read for all gardeners ' or those who want to garden. To borrow from a popular credit card commercial: *Shovel It: Nature's Health Plan*, gardening gloves, \$5; a pack of seeds, \$2; a mitt full of soil and endless hours of soul-soothing enjoyment priceless."

From an online (Amazon) "Top 10 Reviewer" in Prince Edward Island, Canada: "AN AMAZING WAY TO RELIEVE STRESS!": Anyone who loves to work in their garden understands the enormous feeling of satisfaction that comes from tenderly caring for plants and flowers. I know people who tend their gardens with as much vigor and passion as those who tend to the care of their children and animal companions. There is something about getting back to the Earth that also reduces stress and soothes our tensions, unless of course you have a fear of anything that creeps, crawls and slithers, in which case gardening could potentially elevate your blood pressure to new heights!

"Personally, I thoroughly enjoyed this book because it is not just about gardening, but about spirituality, philosophy and meditation as a means of combating stress. To me, this book gives the message that it is time to get away from the materialistic world some of us live in and get back to the basics of life - the good things in life and those that really matter. The book is well written and the author is no stranger to the world of writing. Shovel It - a unique title and, indeed, a unique and inspirational book!"
