

"FOR TOO LONG WE HAVE SPLIT PERSONAL
ECOLOGY FROM CARE OF THE GREEN WORLD AROUND
US. *GROWING MYSELF* IS A BEAUTIFULLY WRITTEN,
HONEST STORY THAT DEMONSTRATES HOW WE CAN
BE EDUCATED BY NATURE AND EVENTUALLY
DISCOVER OURSELVES IN THE GROWING AND DYING
NATURE AROUND US. WE MAY FIND THAT AT
ROOT WE ARE A PLANT."

—THOMAS MOORE,
AUTHOR OF *CARE OF THE SOUL*

In this rich and beautiful book, the former garden columnist for *Vogue* and *New Age Journal* chronicles her journey through indoor and outdoor gardening to greater understanding of both herself and the green world. Inspired by the famed Findhorn Garden in Scotland, Judith Handelsman began to explore the wonders of plants while still a city dweller. She quickly grew to understand the fundamentals of gardening with a difference, a magical experience she calls "inner gardening."

Whether you have a potted plant in the city, acres of land in the country, or simply enjoy nature, Judith Handelsman shows you how to cultivate love and sensitivity to life, and discover the fantastic in the mundane.



"Handelsman's wonderful insights help us see the connection in all things."
—Susan Jeffers, Ph.D.

"Self-discovery and healing through gardening. . . Inspires us to have
faith in our own stories."—Diana von Welanetz Wentworth,
coauthor of *The Chicken Soup for the Soul Cookbook*