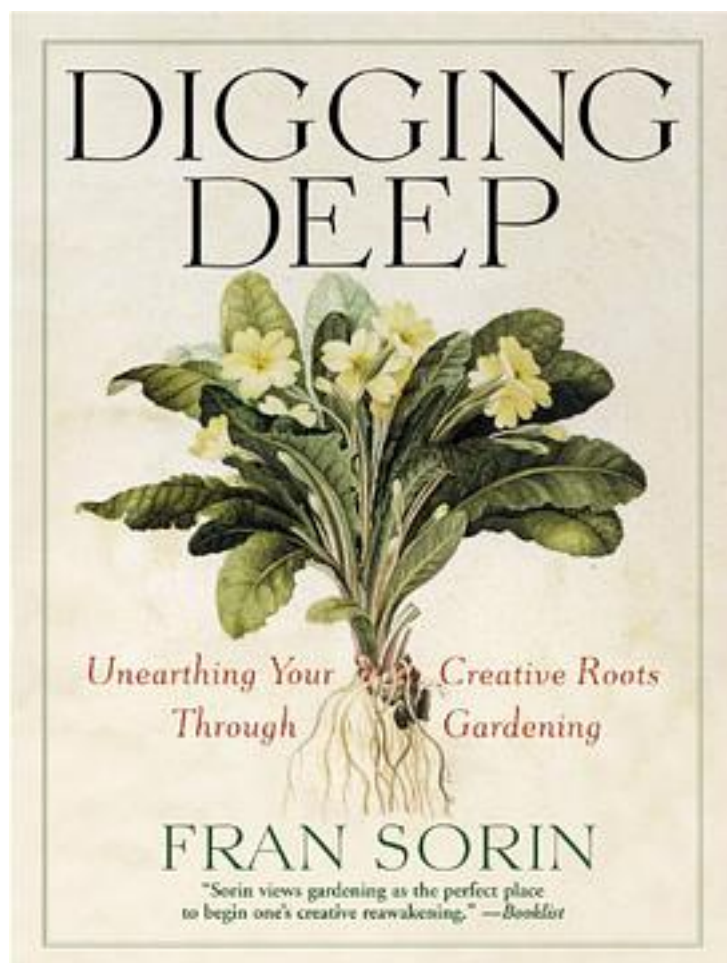


# Digging Deep



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出版者:Grand Central Pub

出版时间:2006-2

装帧:Pap

isbn:9780446694025

In Digging Deep: Unearthing Your Creative Roots Through Gardening , author Fran Sorin guides you - step by step- through her 7 stages of creative unfolding. You will learn all you need to know to design your personal paradise - in both the garden and

life. Why you're creative and always have been. How to re-awaken your creative spirit and develop techniques that will help you design your own unique, personal landscape in your garden and life. To appreciate the process of gardening, not just the end result. The seven steps of creative awakening that will help you develop the knowledge, skills, and confidence to move forward. How to use your 'creative muscles' to help you get unstuck in the garden and in life. To have confidence and know that you can create the life you're supposed to be living. To use gardening as a conduit for living a more joyful, healthier, and meaningful life. If you take one thing from this book, let it be to play. Not just in your garden, but play with ideas, projects, and possibilities. Digging Deep guides you to give shape to your dreams and helps you bloom along with your flowers!

作者介绍:

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