



Digging Deep: Unearthing Your Creative Roots Through Gardening

Fran Sorin

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For experienced and would-be gardeners alike, this beautiful book leads readers through a process of creative discovery that encourages them to bloom right along with their gardens.

Now more than ever, people are looking for activities that help them to relax and connect with the world--and nothing accomplishes this goal more completely than gardening. By tuning in to the processes of the natural world, millions have discovered that gardening acts as a conduit for experiencing creativity--not just in the garden, but in life. Now, gardening expert Fran Sorin offers this practical, prescriptive, and motivational book to teach readers to use gardening as both a metaphor and a tool for exploring and enhancing creativity in all areas of life. With evocative illustrations and a series of eye-opening, inspirational exercises, DIGGING DEEP encourages gardeners of all levels to enjoy their gardens more deeply and to set their creative selves free.

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