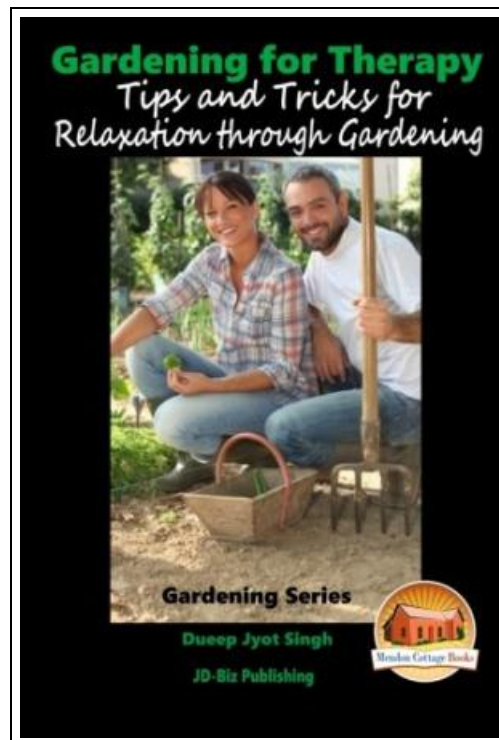


## Gardening for Therapy - Tips and Tricks for Relaxation Through Gardening (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Table of Contents Gardening for Therapy Table of Contents Introduction Gardening for Beginners Gardening Tools Mapping out a Plot Choosing the Right Container Choice of Plants Cacti Best Soil for Cactus Trailing Plants Bonsai Hanging Baskets Making a Retreat - Zen - Garden Water features Different type of water features - Lily pool Informal Pond Formal Pond Garden Retreat Your Garden Sitting Area Mini Tray Gardens Winter Activities Natural Manures Traditional Quick Composting Formula Green Manure Caring for Your Plants - Tips Conclusion Author Bio Publisher Introduction It does not matter about the size of your garden, as long as it is there to give you endless hours of pleasure, you are going to find this a haven in which you can de-stress yourself and relax at the end of a hard day s work. Doctors have begun asking their heart patients to take up gardening as a relaxing therapy, and this book is going to tell you all about how to take full benefit of the gentle exercise for the body, as well as a relaxing and soothing therapy for your mind. According to studies, it has been proved that middle-aged men with high risk of coronary diseases and stress-related diseases are expected to live longer if they take some sort of regular to moderate exercise, especially in the open air, and in a garden. These outdoor activities include gardening, fishing, walking, or doing any sort of activity which does not exert them much in the open air. Gardening has long been known to be an excellent stress buster. Down the ages, anybody who got up in the morning with a bit of a black monkey on his...



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