



The well-gardened mind: the restorative power of nature

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Author: [Stuart-Smith, Sue](#)

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[Natural world](#)
[Relaxation Therapy](#)
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Abstract: How can getting outdoors help us to look after our mental health? In a powerful combination of contemporary neuroscience, psychoanalysis and brilliant storytelling, *The Well Gardened Mind* investigates the magic that many gardeners have known for years – working with nature can radically transform our health, wellbeing and confidence. Prisoners given the chance to grow plants are less likely to reoffend. At-risk young people who get their hands in the soil are more likely to stay in education. Elderly people who garden live longer and have a better quality of life. Sue Stuart-Smith tells brilliant, illuminating stories of people struggling with stress, depression, trauma and addiction, from asylum seekers to veterans, inner-city young people to the retired. This is a glorious book of science, insight and anecdote that shows how our understanding of nature and its restorative powers is only just beginning to flower.-- Publisher

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