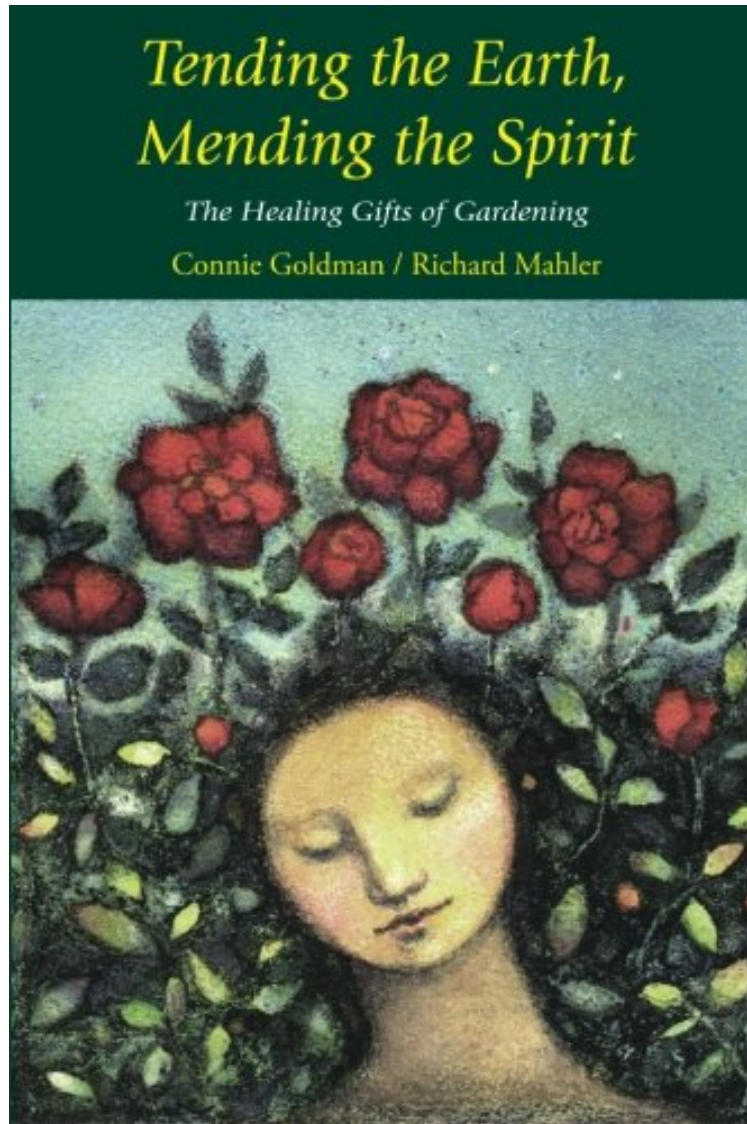


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Tending the Earth, Mending the Spirit: The Healing Gifts of Gardening

Connie Goldman, Richard Mahler
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Connie Goldman, Richard Mahler : Tending the Earth, Mending the Spirit: The Healing Gifts of Gardening before purchasing it in order to gage whether or not it would be worth my time, and all praised Tending the Earth, Mending the Spirit: The Healing Gifts of Gardening:

0 of 0 people found the following review helpful. Great book!!By Maggie SueI like what I have read so far. Gardening has always been a multi-therapeutic activity and this book relates. Perfect for anyone with a spiritual link to nature.23

of 23 people found the following review helpful. Touches the SoulBy jfrugoliConnie Goldman's radio experience shows through in this book-it's not a book written about gardening, or even a book written by Connie Goldman about the spiritual aspects of gardening. Rather, it's a book written by gardeners-many of them. Using the words expressed by numerous gardeners in interviews with her, the author allows regular people to voice what it is about gardening that makes them so passionate about it. If you've ever gardened, you'll find yourself crying "yes-that's it" over and over as you read the book. A wonderful gift, for yourself or another gardener.10 of 10 people found the following review helpful. Green Acres, copper tacks, and stardust....By Dianne FosterBack in the 1960s, Eddie Albert starred in a tv show called "Green Acres" about a city slicker who moved to the country with his classy wife and tried to become a farmer. The show was funny, but I did not know until I read TENDING THE EARTH, MENDING THE SPIRIT by Connie Goldman and Richard Mahler, that Albert was a bona fide gardener--big time.Goldman and Mahler have interviewed dozens of gardeners all over the U.S. (some like Albert, May Sarton, and Lama Surya Das are famous, and others not), and asked a fundamental question, "Why do you garden?" The answers they gathered together in this book are not surprisingly different. Rich and poor, famous and not so famous, most folks find gardening a way to restore the spirit and flex the soul.Gardening leads to the contemplation the meaning of life. Real gardening is not a war with bugs, it's a practice that reflects one's growing awareness of the creator's handiwork. The authors note that some Eastern mystics think the gardener is the last reincarnation. The gardener is acutely aware of the cycle of life, the intricate web of connectedness between and among all living things. The gardener knows human beings are not the center of the universe, and that all living things are precious. It would seem one is nearer God's heart in a garden than anywhere else on earth.And, the earth is the Garden of Eden. It seems we weren't thrown out after all. It's just that we fell from grace and many of us are unable to recognize the garden is still all around us. Original sin is the egocentric destruction the garden. We were charged to be stewards, but we often behave like naughty children smashing our toys. And, sadly, most humans may not recognize this truth until it's too late--the enemy is us.How do humans change and reconnect with the Garden of Eden? The authors tell of kids and adults turning garbage strewn lots into green spaces in the center of the city (Thank you Bette Midler and The Trust for Public Land). They interview the infirm, physically handicapped, mentally challenged--all of whom have been helped through gardening. They talk to older folks who've moved to apartments or retirement homes, and found restoration in a potted plant in a windowsill, a container garden, or a small plot they tend on the grounds of their new lodgings. They tell of prisoners and inmates in mental hospitals grow better after they are provided with access to a garden. And, they interview the average gardener who lives with the ordinary loss, pain, and stress of daily living. More than one over-taxed soul has been restored by reconnecting with nature.As Lama Surya Das, says "Gardening gets us back to the source from whence we came." The garden allows one to act like an innocent child again, to celebrate the sense of awe and wonder. Gardening allows you to find your origins as a human being--to find your real roots.This is a HAZELDON book--wonderful for anyone in recovery.

As the authors explore the enduring wisdom and spiritual growth that gardening nurtures, they introduce us to a host of gardeners who have learned nature's lessons. The result is a powerful reflection on the holiness of a mindful relationship with the natural world, a book from which both the seasoned gardener and the dewy novice will draw inspiration.

From BooklistGardening is one of the most popular hobbies in the U.S. today, and a large majority of gardeners claim they look to their gardens for spiritual and emotional sustenance. With these essays, Goldman and Mahler add to the growing literature on the spirituality of gardening. Because Goldman's current garden is an apartment balcony, she is especially in tune with the needs of urban gardeners to remain connected with the earth even if they don't own a great deal of it. Goldman is a highly regarded radio producer, and much of the material in the book derives from her interviews with gardeners around the country who, no matter how large or small their gardens, share a similar spiritual awareness. Gardens are healing, they reveal, whether what needs healing is the grief of a loved one's death or the overzealous striving of the contemporary professional. Engaging and full of pithy aphorisms, this is a book of both charm and wisdom. Patricia MonaghanAbout the AuthorRichard Mahler is an independent photojournalist, author, radio producer, editor, and teacher specializing in media, arts, travel, politics, personal transformation, and the environment, as well as Native American and Latino affairs. His newspaper column, Un Poco de Todo, appears biweekly in the Albuquerque Journal. Based in Santa Fe, New Mexico, he travels widely.Since 1978, Mahler has contributed to the programs of National Public Radio and Calendar pages of the Los Angeles Times. He has written dozens of articles for the latter and was TV critic for NPR's Morning Edition from 1986-89. His by-line has also appeared in scores of magazines, including Outside, Ms., Columbia Journalism, Writer's Digest, New West, Whole Earth, LA Style, New Age, Americas, Angeles, Great Expeditions, New Mexico, Seven Days, Inquiring Mind, and Mother Jones. His newspaper credits include the Christian Science Monitor, Miami Herald, LA Weekly, Chicago Tribune, and San Francisco Chronicle. Mahler's work has been distributed by the AP, Pacific News Service, Crain News Service, Los Angeles Times Syndicate, American Library Association, and College Press Service. His programs have aired on CBS, Pacifica, Public Radio Intl., Radio Bilingue, Voice of America, and Canadian Broadcasting Corp.

The Society of American Travel Writers, PEN (international writers' organization), and Radio/TV News Directors Assn. have honored his work with various awards. He has worked as an editor for Indian Artist magazine and John Muir Publications, among others. Mahler is author (with Connie Goldman) of *Secrets of Becoming a Late Bloomer*; (with Riki Stevens) *Plane Truth: The Health and Safety Hazards of Flying*, *Belize: Adventures in Nature*, *Guatemala: Adventures in Nature*, *New Mexico's Best*, and *Tending the Earth, Mending the Spirit: The Healing Gifts of Gardening*, which has been named a finalist in the Home-Garden category of ForeWord Magazine's 2000 Book of the Year Awards. He is currently writing a book about the importance of silence and solitude in daily life. From 1979-80, Mahler was news director of Pacifica's KPFK Los Angeles and held similar positions at other stations. In Los Angeles, he produced programs for KLON, KUSC, KCRW and KXLU, as well as the Southwest Museum. In 1973, Mahler was a founder of the nation's first bilingual public radio outlet, KBBF-FM in Santa Rosa, California. He learned Spanish at Ecuador's La Academia de Español in Ecuador and Santa Fe's Instituto Cervantes. Mahler has taught media courses at the University of Wisconsin-Madison (M.A. Journalism Mass Communications), Loyola Marymount University, Long Beach City College and Santa Fe Community College. He earned a B.A. With Honors in Liberal Studies from Sonoma State University. The founding president of nonprofit RadioWest, Mahler was from 1990-93 a board member of the Association of Independent Radio Producers and editor of its magazine, AIRSPACE. From 1994 to 1999 he was president of The Food Brigade, a food rescue organization serving the homeless and hungry of Santa Fe. Connie Goldman is the former weekend host for National Public Radio's *All Things Considered* and later became NPR's arts reporter. These days she is an independent public radio producer, writer, and sought after public speaker. She is also the co-editor of *The Ageless Spirit*, and co-wrote *Tending The earth, Mending The Spirit*, which has been named a finalist in the Home-Garden category of ForeWord Magazine's 2000 Book of the Year Awards. Her mission is to produce, write and talk about positive images of aging.