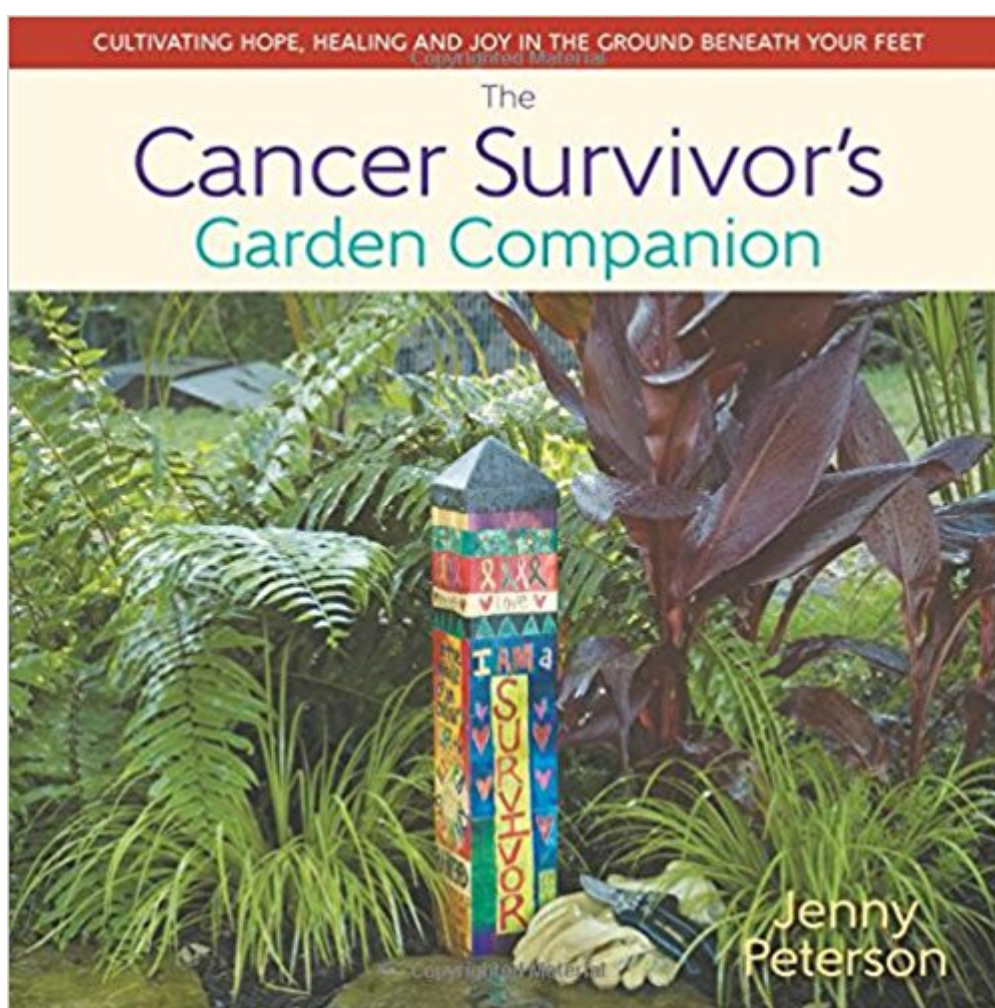


The book was found

The Cancer Survivor's Garden Companion: Cultivating Hope, Healing And Joy In The Ground Beneath Your Feet



Synopsis

THE BOOK IN 19 WORDS: A CANCER PATIENT DISCOVERS THAT GARDENING IS GOOD MEDICINE AND FINDS A POWERFUL HEALING PARTNER IN HER OWN BACKYARD. Jenny Peterson is a breast cancer survivor. Her long road through cancer treatment was hard, emotional and often deeply depressing. The one thing that pulled her out of the darkness was her desire to be able to garden again. Peterson credits her garden with clearing her mental fog and overcoming her depression, physical limitations and pain. The Cancer Survivor's Garden Companion explores the therapeutic benefits of this vital earth connection. With gentle empathy, beautiful photographs and easy how-to steps, she shows others how to create their own backyard haven for healing a personal restorative garden with a bonus of well-grounded guidance about diet, exercise, mental focus and spiritual renewal.

Book Information

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Customer Reviews

I recently received a book for review, "Cancer Survivor's Garden Companion" by Jenny Peterson. Not sure what to expect, I was pleasantly surprised with the content. It encourages the cancer survivor to go out in or return to the garden. The book is appropriate for anyone recovering from or experiencing the difficulties weakness, lack of stamina, inflexibility, so common with many illnesses. The author speaks with authority as a cancer survivor and gardener. (Sue Kittek The Morning Call) This book is especially meaningful to me because over a year ago my brother was diagnosed with pancreatic cancer. Sadly, my brother passed away in the fall. As I thumbed through

the pages of *The Cancer Survivor's Garden Companion*, I wished Jenny Peterson's book had been available earlier. It would have been a wonderful gift for my brother and his family. From now on, *The Cancer Survivor's Garden Companion* will be part of any care package I might give to friends and loved ones with health challenges. Jenny's book is filled with simple and enjoyable gardening activities to restore body, mind, and spirit, especially during treatment. I thought about my brother's small backyard garden, which was a bit neglected after his diagnosis, and how this book might have inspired him to continue enjoying manageable tasks on his tiny plot of tomatoes and eggplants. (Valorie Grace Hallinan *Books Can Save A Life*) I wasn't sure how the contents would apply to my own life. After just a few pages, however, I could see that her advice has an universal appeal to anyone who is trying to rekindle their connection of the healing powers of nature. (Teresa O'Connor *Seasonal Wisdom*) *The Cancer Survivor's Garden Companion* by Jenny Peterson (St. Lynn's Press) is many things. Above all, it is a book of reassurance, but not by falsely promising everyone they will get better. Peterson says if we enjoyed gardening before our cancer, we can continue to enjoy it. It just takes some extra safety precautions, balance and adaptations. (Jill Sell *The Cleveland Plain Dealer*) I wish Jenny Peterson didn't have to write her new gardening book, but I'm glad she did. *The Cancer Survivor's Garden Companion* is an inspiring approach to dealing with cancer by using the garden as therapy. If you have a cancer (or a chronic illness) you need Jenny's book. If you have a friend, relative or acquaintance recently diagnosed or going through treatment, they would also benefit from reading this book. *The Cancer Survivor's Garden Companion* is the most uplifting approach I've read for moving through the disease process from diagnosis to treatment to healing. It really is a book for "cultivating hope, healing and joy in the ground beneath your feet." (Jodi Torpey *VegetableGardener.com*)

As a psychologist/horticultural therapist, I have great faith in the healing power of gardening, which played a critical role in my personal recovery from stage 3 cancer. In *The Cancer Survivor's Garden Companion*, Jenny Peterson guides you to view your garden as an invaluable resource in your healing journey. This book shows that gardening is more than an act of faith for cancer survivors, it is also an act of self-love and of healing. • ~ Florence Strang, M.Ed., co-author of *100 Perks of Having Cancer Plus 100 Health Tips for Surviving It* • Jenny's beautiful book reminds us all that life can be found in the healing, meditative act of gardening. By lovingly tending a garden, we can learn to nurture ourselves, restoring our mind, body and spirit in the process. • ~ Ray Anne Evans, Executive Director, Breast Cancer Resource Centers of Texas "The Cancer Survivor's Garden Companion is an inspiring guide to the spiritual journey awaiting you in your own backyard.

As a cancer survivor and garden designer, Jenny Peterson writes with authority, positive energy and an understanding heart. What she discovered in her personal journey will galvanize anyone who is open to possibilities to look to the garden for healing and well-being. A beautiful, informative, and wise book." Fran Sorin, author of *Digging Deep: Unearthing Your Creative Roots Through Gardening*, 10th Anniversary Edition • "Get this book! Whether you are a gardener, a cancer patient or survivor, or caretaking someone who is, you need to read this book. As a doctor and gardener myself, I can assure you her approach is spot on; not only will your garden soothe your spirit, it can literally heal your body. Seeing your garden as a reflection of your own physical, mental, spiritual and emotional bodies can provide a fabulous mirror for self-healing. I preach the benefits of being grounded to my patients; there's no better way than gardening and this book will lead you there." • ~ Dr. Robin Mayfield, DC, A.C.N., featured in *Five Steps to Selecting the Best Alternative Medicine* • "In this book, Jenny's personality lights up each page with her intelligence, honesty, hopefulness and wit. Gardeners struggling with cancer will feel as if a good friend is there beside them, encouraging them to keep doing what they love to do. Non-gardeners may want to start! Friends and family will also benefit, understanding their loved one's experience in a new light and, perhaps, being inspired to connect with them in the garden." • ~ Naomi A. Sachs, Founding Director, Therapeutic Landscapes Network; co-author, *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces* • "Jenny Peterson has eloquently and candidly put into words perhaps the most important and powerful reason for gardens • their therapeutic power to heal mind and body." • ~ Joe Lampâ™, Executive Producer and Host of • "Growing a Greener World" • "Jenny's tips for incorporating gardening into your life for mind, body, and spiritual health are ingenious! As a cancer coach, I will definitely be suggesting this book to my clients." • ~ Susan Gonzalez, BSN, CPCC, co-author of *100 Perks of Having Cancer Plus 100 Health Tips for Surviving It*, and editor of *The Savvy Sister* blog

Are you or someone you know and love going through cancer? Or even recovery after cancer? Then you need this book. It's filled with common sense reminders, new ideas, and new ways to view your garden and plants in general as part of your recovery. Jenny Peterson has a very easy-to-read style of writing, and her down-to-earth personality gives you real tips, not just fanciful suggestions. The photos are of real people, working with their diagnosis and working in their gardens for peace and tranquility. Her first hand experience with both gardening and cancer make this a very relatable book. A wonderful gift, to yourself or to a friend that might need a boost.

I received my copy of *The Cancer Survivor's Garden Companion* today and read it cover to cover in one sitting with tears streaming down my cheeks the whole time. This book has inspired me to be my best self. The photos and stories of the author and other survivors are as compelling as they are inspirational. The tips for achieving and maintaining emotional and spiritual good health throughout illness and beyond are practical and doable. I just read a book about navigating life with Cancer and came away from it feeling refreshed, encouraged and empowered. How did she do that? This book fed my soul! Bon Appetite!

I follow many folks on different social media sites to learn about their journeys of cancer healing and thriving so that we can pass that information onto our followers. We find this book a very straight forward, simple to follow guide for treating your mind, body and spirit in a healthy, gentle manner while going through the cancer healing journey and beyond. Don't limit yourself to just this book, but this one is very specific to gardening as a part of the healing process. I like growing and we encourage our clients to grow what they are able to grow. This book encourages the slow approach to how to get it done when cancer strikes. Thanks Jenny for putting this book out there! Andrew Klutz, Founder, President and Juicer-in-Chief at The Mama Edna Project

One of the reasons why I bought this book is that I developed a love of gardening while helping my mother in her beautiful garden. A cancer survivor herself, I instinctively felt her relax and renew her spirit in her garden, and I've carried this important lesson into adulthood. My garden is my refuge and the place where I feel most healthy and alive--and connected to my mother. Jenny's book reminds us that we don't need to be perfect (neither do our gardens), but we do need to care for our mind, body and spirit--especially when we are stressed from a serious illness that impacts every part of us. Sometimes we need to Just Be! This book is going to a dear friend who is currently undergoing treatment for cancer. I hope the beautiful photos and creative ideas will keep her company during treatment and encourage her to use all of nature's best resources to heal.

Although several of my friends have survived cancer, I truthfully did not realize just how overwhelming the experience can be until my best friend was diagnosed with breast cancer. I saw first-hand how exhausting and debilitating the journey towards wellness is. *The Cancer Survivor's Garden Companion* recognizes how gardening can help cancer-survivors cope, both during treatment and after. The focus is on simple, rewarding garden tasks geared towards restoring the mind, body and spirit. This is an honest book written from a very personal perspective,

and the author's decision to share her own story as a cancer survivor creates a strong and meaningful connection.

Jenny Peterson found the way to touch my heart in her thoughtfully written book, *Cancer Survivor's Garden Companion*. Just the word 'cancer' strikes fear in most people, and if it is said to you, your world is immediately turned upside down. This book is written from the heart of a survivor, it may be little in size, but the positive strength of Jenny's words and thoughts make it gigantic as far as I am concerned. If you ever wonder what you can give to a friend that has been diagnosed with cancer, a gift that will not only show them that you care, but will also give them a positive path of personal action for the weeks and months ahead... it is this book. It truly is a gift to feed the soul.

I purchased this book months ago and never grow tired of rereading it! Jen gives great advice about the healing touch of gardening...which I love and did before my cancer but was afraid after treatment and surgeries to do...she encouraged me through her book to return to the garden! The joy it brings me to touch the dirt and see the beauty of my hard work and God's kiss! I highly recommend this book! The pictures are beautiful and the stories of others are real and honest! I am so glad that I purchased the inspirational and encouraging book!

A beautiful book full of hope and powerful stories of cancer survivors. What could be more inspiring than finding calm in nature and creating a haven for healing? I work in the health care field and have shared this book with clinicians. Many studies show health benefits of gardening and creating spaces for reflection and enjoying life one day at a time while recovering. The photos and gardening ideas are presented in a refreshing new way that should inspire even those of us who are not dealing with cancer but love gardens and enjoy creating gardens as a way to relieve stress.

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