



# Growing Season: Life Lessons from the Garden

*Arlene Bernstein*

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## **Growing Season: Life Lessons from the Garden** Arlene Bernstein

After losing three children, Arlene Bernstein retreated to the garden to escape her inner torment and grief. There, in a small patch of land surrounded by the gentle rolling hills of her Napa Valley vineyard she discovered a series of remarkable insights. As she begins to feel grounded in the earth beneath her feet, her inner obstacles and challenges transform into opportunities for celebrating the joys of life. *Growing Season* is an invitation to live mindfully and reconnect with our deepest sources of creativity and nourishment. It teaches us how to slow down and notice what is right in front of us, and how to emerge from grief transformed and renewed.

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