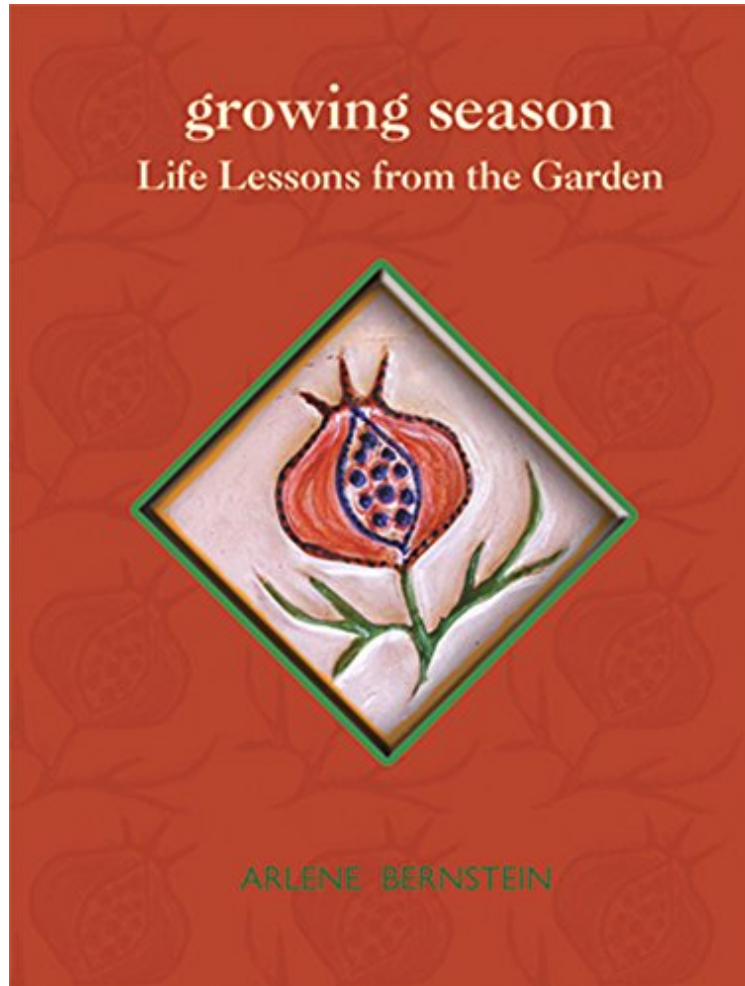


## Growing Season: Life Lessons from the Garden

*Arlene Bernstein*

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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.

About the Author Arlene Bernstein is a psychotherapist, photographer, and artist. Her photos were used in the PBS documentary *Alice Waters and her Delicious Revolution*, and her paintings were part of the international exhibition, *Oncology on Canvas*. She had a one woman exhibition of paintings and photographs at Robert Mondavi Winery in 2010 and at the Napa Library in 2012.