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GARDENING FOR HEALTH: THE NEED TO KNOW GUIDE TO THE HEALTH BENEFITS OF HORTICULTURE



Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Whether you're an experienced gardener or an enthusiastic novice, Angela Youngman's fascinating guide details the extraordinary physical and mental health benefits that can stem from spending time in your garden. Evidencing research that has shown how gardening can help us all to live healthier and happier lives, this insightful book - published by Central YMCA Guides,...

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- Authored by Angela Youngman
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