



# Adagio: Living & Gardening Mindfully

*Trisha Dixon*

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# Adagio: Living & Gardening Mindfully

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**Adagio: Living & Gardening Mindfully** Trisha Dixon

**A charming treatise on slow gardening and the importance of slowing down and enjoying life**

Encouraging readers to stop and enjoy life through slow gardening, this book also has an environmental message regarding living ethically and sustainably. The author seamlessly blends personal anecdote with musings and facts, drawing on her gardening background and her wide-ranging interests in philosophy, music, art, nature, and the environment. This book will appeal to gardeners and dreamers alike—anyone who yearns for a more environmentally-attune life.

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