



Plant Seed, Pull Weed

Geri Larkin

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Gardens have often been used as metaphors for spiritual nurturing and growth. Zen rock gardens, monastery rose gardens, even your grandmother's vegetable garden all have been described as places of refuge and reflection. Drawing on her experience working at Seattle's premier gardening center, Zen teacher Geri Larkin shows how the act of gardening can help you uncover your inner creativity, enthusiasm, vigilance, and joy. As your garden grows, so will your spirit.

Larkin takes you through the steps of planning, planting, nurturing, and maintaining a garden while offering funny stories and inspiring lessons on what plants can teach us about our lives. As soothing as a bowl of homemade vegetable soup, *Plant Seed, Pull Weed* will entertain, charm, and inspire you to get your hands dirty and dig deep to cultivate your inner self.

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