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FOR IMMEDIATE RELEASE

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FINDING TRANQUILITY IN YOUR OWN GARDEN

Cheryl Wilfong, author of *The Meditative Gardener: Cultivating Mindfulness of Body, Feelings, and Mind* will visit Your Bookstore in Your Town on Saturday from noon to 2:00 p.m to read from and discuss her new book. Call 123-456-7890 for book and event reservations or visit www.yourbookstore.com.

In this wise, down-to-earth book, Vermont Master Gardener and mindfulness meditation teacher Cheryl Wilfong offers a rich bouquet of meditations. Her gentle, friendly, and humorous tone creates a nurturing environment in which to practice mindfulness in our very own gardens. Wilfong invites us to stroll beside our flowerbeds, appreciating them just as they are, and noticing the joy they bring us.

Wilfong holds a Master's degree in Counseling Psychology from Antioch New England, with a concentration in Mindfulness and completed an internship with Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program. She is also the author of *Following the Nez Perce Trail: a guide to the Nee-Me-Poo National Historic Trail with eyewitness accounts*, 2nd edition.

About the Author:

Cheryl Wilfong teaches mindfulness meditation at Vermont Insight Meditation Center in Brattleboro when she isn't rearranging one of her 28 flower beds or tending her vegetable garden. Master Gardener and mistress of metaphor, she shows the parallels between nature and human nature with jewel-like clarity. She holds a Master's degree in Counseling Psychology from Antioch New England, with a concentration in Mindfulness and completed an internship with Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

Cheryl Wilfong is also the author of *Following the Nez Perce Trail: a guide to the Nee-Me-Poo National Historic Trail with eyewitness accounts*, 2nd edition, published by Oregon State University Press in 2006.

About the Book:

The Meditative Gardener: Cultivating Mindfulness of Body, Feelings, and Mind

Cheryl Wilfong

\$35

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