

"Il libro sul giardinaggio più originale che sia mai stato scritto."  
- THE SUNDAY TIMES

SUE STUART-SMITH

*Coltivare il giardino*

DELLA

MENTE



Il potere riparatore della natura

"Uno studio pieno di vita sul piacere un po' speciale che può dare prendersi cura di un giardino, e il far crescere fiori e piante."

- THE GUARDIAN

Rizzoli



Ph. S. Stuart-Smith

*"Combining science and literature, psychoanalysis and storytelling, theoretical investigation and practical advice, this book reminds us of a fundamental truth: taking care of nature is good for our health, our psychological well-being and the planet"*

Book presentation webinar

# THE WELL GARDENED MIND

## THE RESTORATIVE POWER OF NATURE

with the author Dr. Sue Stuart-Smith

Thursday the 11th of November 2021  
from 18.00 to 19.30 h CET

To register: [https://unipd.zoom.us/webinar/register/WN\\_XCuD34naQ4y67QV58Cplig](https://unipd.zoom.us/webinar/register/WN_XCuD34naQ4y67QV58Cplig)

Info: [alessia.portaccio@unipd.it](mailto:alessia.portaccio@unipd.it)



The presentation of the book will be provided in English with the simultaneous translation in Italian by the horticulturist Eleonora Giuliodori



**SUE STUART-SMITH** Sue Stuart-Smith is a psychiatrist and psychotherapist. She teaches at the Tavistock and Portman NHS Foundation Trust in London and is a consultant at DocHealth, a not for profit, psychotherapeutic consultation service for doctors

She is married to Tom Stuart-Smith, the famous garden designer, and, over thirty years together, they have created the wonderful Barn Garden in Hertfordshire