

DR. ANITA PHILLIPS

FOREWORD BY SARAH JAKES ROBERTS

THE
GARDEN
WITHIN

WHERE THE WAR WITH YOUR EMOTIONS ENDS
& YOUR MOST POWERFUL LIFE BEGINS

A PDF COMPANION TO THE AUDIOBOOK

The Garden Within

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ISBN 978-1-4002-3299-4 (ePub)

ISBN 978-1-4002-3298-7 (HC)

Library of Congress Control Number: 2023939259

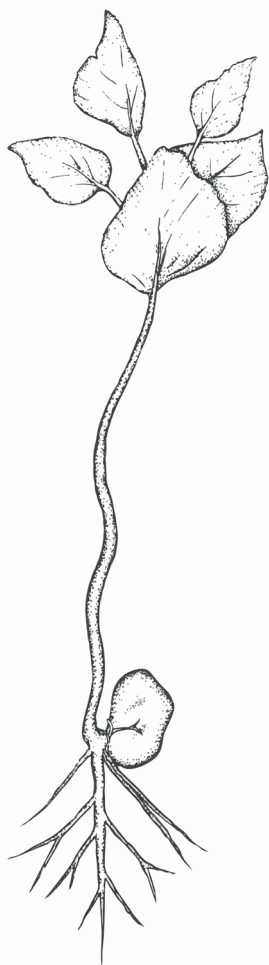
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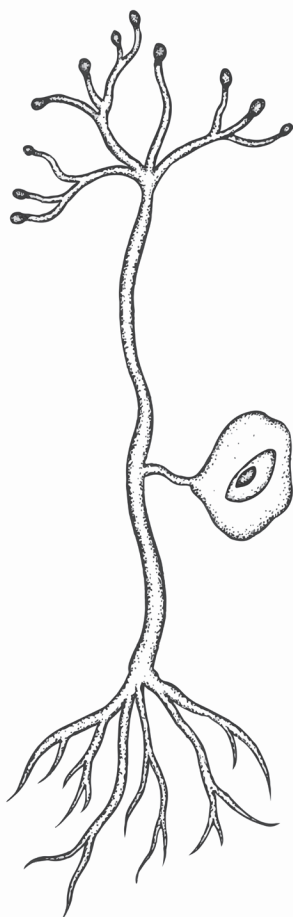


Chapter 1

THE SEEDLING



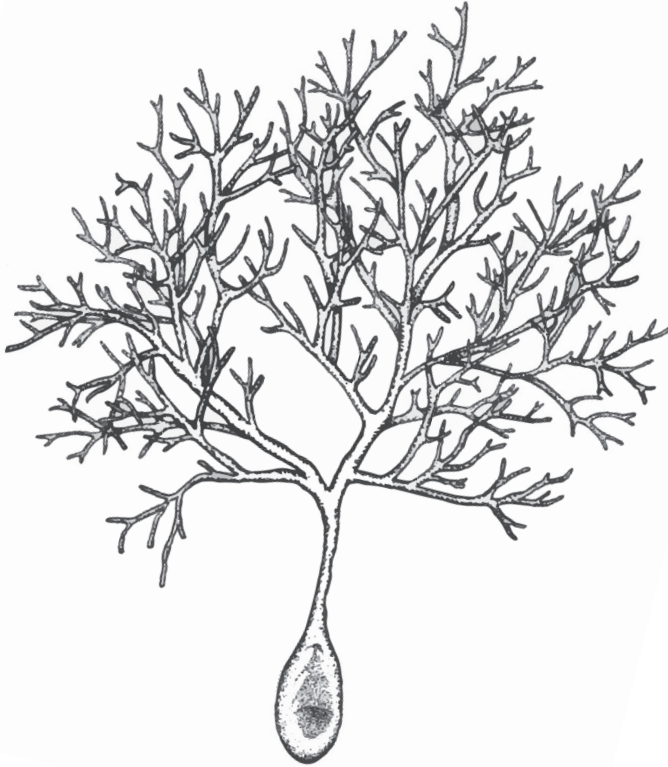
A Seedling



A Neuron

Chapter 6

WATER, WATER EVERYWHERE

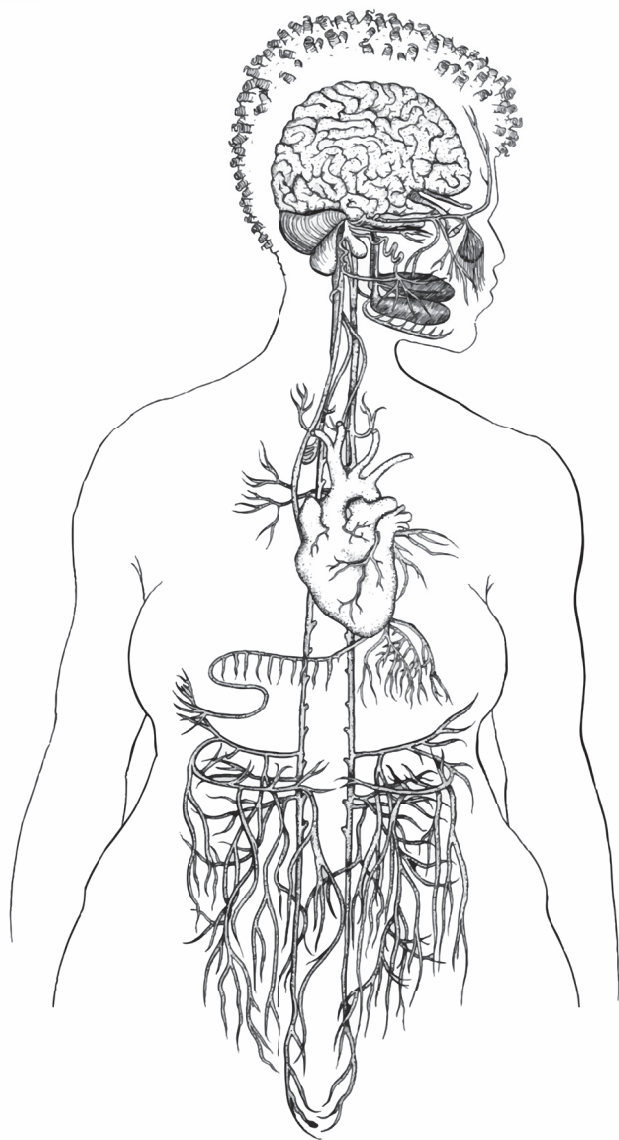


A Purkinje Neuron

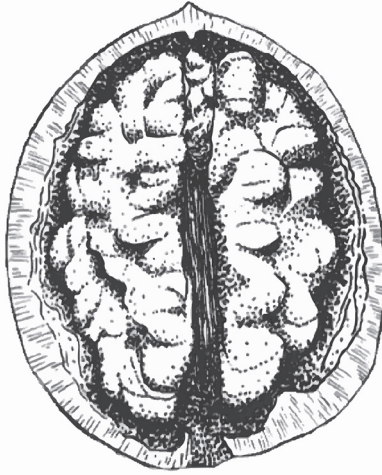


Chapter II

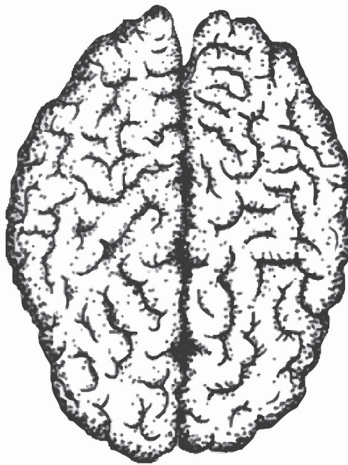
A TREE IN THE TEMPLE



The Embodied Garden



Walnut

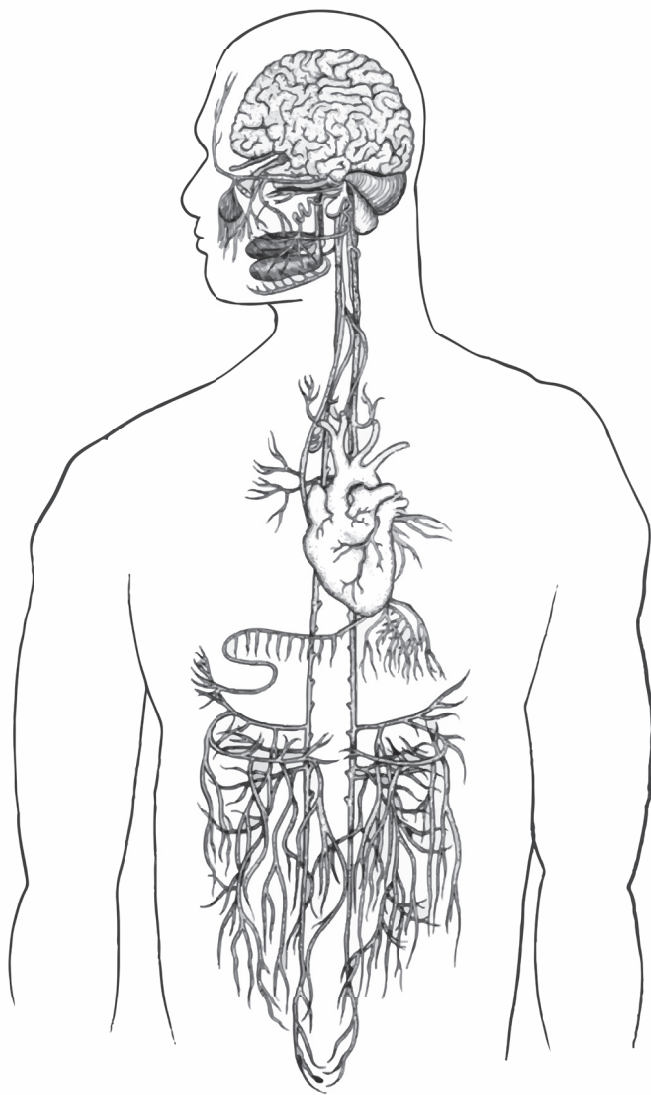


Human Brain



Chapter 13

FREEING THE ANGRY HEART



The Embodied Garden