



My Schizo-Affective Garden of Eden

Anne-Louise Lowrey

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This collection is a kind of mood diary of about one year when she was undergoing treatment for anxiety and depression, working in the garden, revisiting her practice of meditation and learning to be at one with the outdoors, human nature and consequently herself.

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Playing with family in a park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love My Schizo-Affective Garden of Eden, you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

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