"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
Info: 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

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