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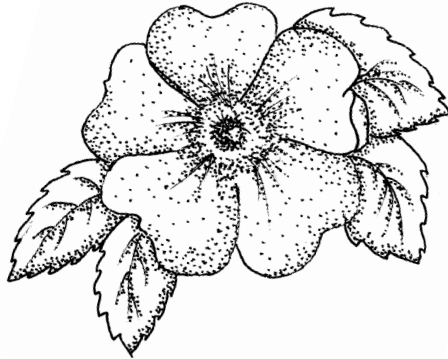
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**Who are the flowers
in your garden?**



I have asked the two most central flowers in my life to write the foreword to *Who are the flowers in your garden?*. My parents represent a tree that is solid, reliable and loving, and I realise how lucky I am to have had such a stable family home growing up. It provided the solid base and roots from which I motivate, inspire and support others to be the best they can be in their world.



Foreword

It was a very special and exciting moment when Julie, our eldest child, was born at the QE II Hospital, Welwyn Garden City, in 1966. Our lives changed forever.

It has been so much fun watching her grow up with her sister and two brothers, enjoying our house and garden, which have provided so many happy memories.

We are so proud that she has matured into a beautiful, intelligent and caring young woman and launched her first book at this very special time in her life.

We hope you will enjoy and benefit from it.

We wish her and Rob every happiness and success in the future.

Terry and Chris Densham



Dedicated to my husband, Rob New,
and the most special flowers in my life,
my daughters Amy and Polly



Introduction by Julie New

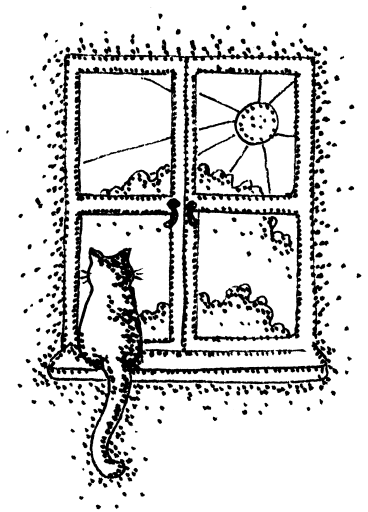
The analogy I describe within this little book about the 'garden' is a direct result of my own life experience. It has not only helped me to heal following difficult times, but it has also helped countless others just like you.

I became a life coach in 2005, following 20 years in nursing and midwifery. I loved my work, but I just knew I had more to do in the world.

The relationships I have had have taken some unexpected twists and turns and truly taught me the importance of healing and forgiveness.



I soon realised that my passion was to help men and women to thrive, not just survive, following difficult times such as divorce and separation, bereavement and illness.



In some cases, it was simply to help them to reach their full potential and live healthy, happy and balanced lives. It was important to me that I worked with individuals on a personal level rather than through a corporate work environment.



Those clients who sought my help were truly ready to make changes and ready to move forward.

After a couple of years, it seemed like the right time to invest in creating a logo and give what I did some kind of identity.

It was then that the sunflower logo was created. It is a vibrant orange colour, full of life, and it set me thinking.

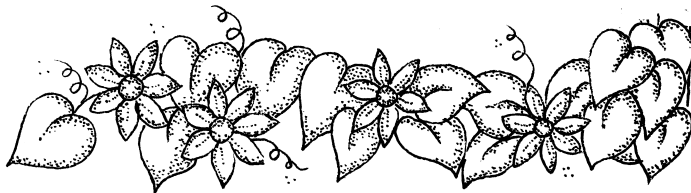


Life is very much like a garden

We need to put energy into maintaining our everyday lives.

We need to tend the relationships we have with those around us, and those people will become the flowers in our garden, which give us joy.

We need to choose carefully the paths we follow in our careers and make sure they stay clear and weed-free.

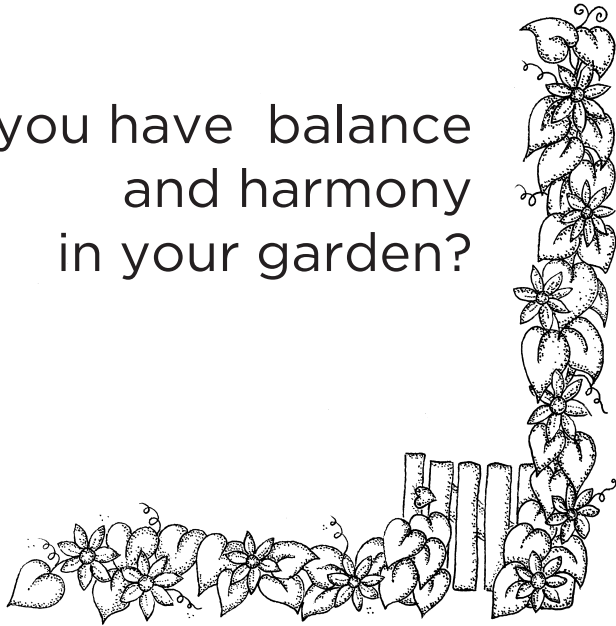


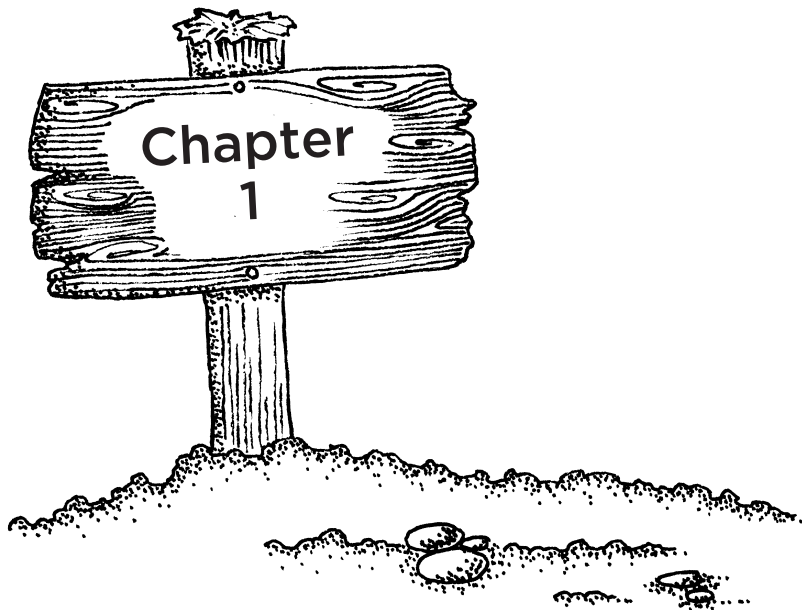
It is very easy to allow branches of our lives, such as work, to take priority, and to ignore the ones that are equally important. We need to achieve balance and harmony in our garden.

Each of us is more than just the gardener in our own garden. It is the place where we put down roots, from where we take the nourishment we need to grow and develop, and to expand into the sunshine. You are the tree at the heart of your garden.



Do you have balance
and harmony
in your garden?

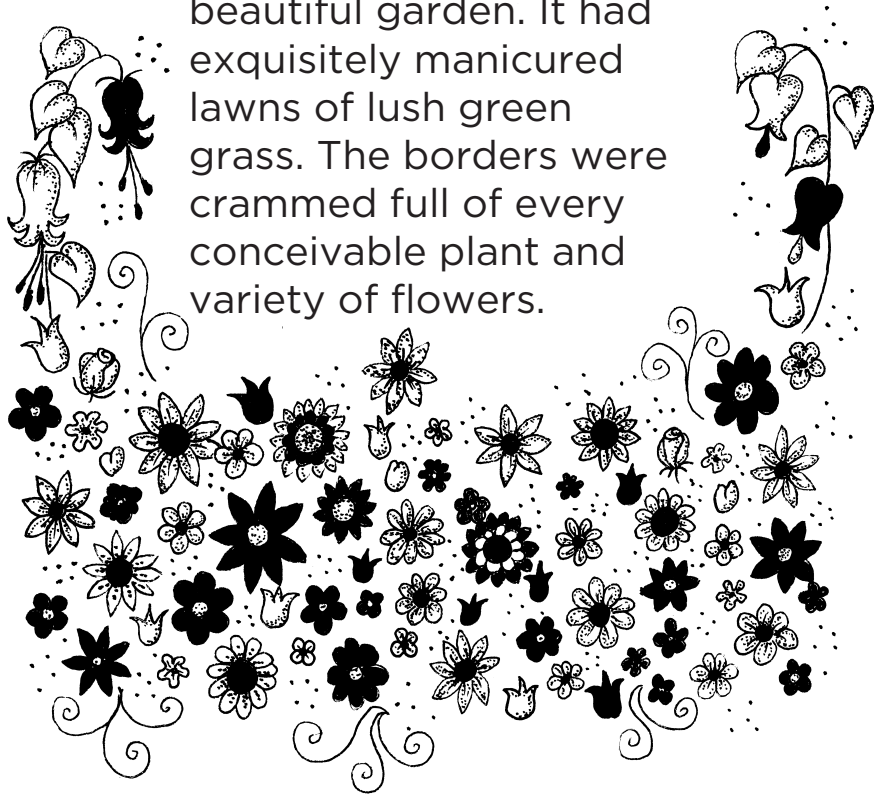




The story of a garden

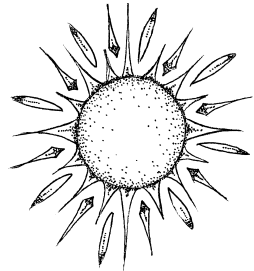


Once there was a beautiful garden. It had exquisitely manicured lawns of lush green grass. The borders were crammed full of every conceivable plant and variety of flowers.



Each plant was carefully chosen with its position in mind. Its needs were met perfectly in terms of soil type and weather and protection from the elements.

As spring sprang each year, the buds would start to develop and eventually colour would magically appear.



The weather provided a balance of rain to hydrate the garden and sun to keep everything growing. The sun rose in the morning and set in the evening, and the loveliest rainbows appeared when the sun shone and the skies cried with sparkling drops.

