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9. Sport a wide-brimmed hat and an apron with pockets. My straw fire hat keeps the tree leaves out of my hair and my cooking apron keeps my clothes from becoming tattered while allowing me to store my bottle of water in a pocket for rapid rehydrating. A bottle of sunscreen resides in a side pouch for reapplication during my time outdoors.

10. Know when to ask for help. In my youth, I prided myself on doing everything myself from chopping wood to building stairs up or down steep hillsides to digging trenches for irrigation pipes and carrying hundreds of pounds of rock to create dry riverbeds. Now I'm wiser and ask for assistance with heavy jobs that could present a safety hazard for me.

Gardening enriches our lives in every way. We become physically stronger, mentally more acute, and definitely less stressed. I lose track of time when I'm gardening and a cascade of ideas for various enterprises floods my brain. The bottom line is that being in nature is mandatory for our pleasure and health of body, mind, and spirit. The sounds, smells, and sights of the natural world are soothing and enhance appreciation for life.

Hopefully, like Ann's Dad, I, too, will be found face down with a trowel in hand under a tree digging in my 70s, 80s, 90s, and beyond. Whatever it takes to supplement your abilities, here's permission to do the next best thing!



**Cynthia Brian at sunset amidst the roses and bottle brush.**

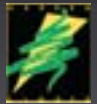
Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's Radio show and order her books at [www.StarStyleRadio.com](http://www.StarStyleRadio.com).

Buy a copy of her books, *Growing with the Goddess Gardener*, *Chicken Soup for the Gardener's Soul*, and *Be the Star You Are! Millennials to Boomers* at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store). Hire Cynthia for projects, consults, and lectures. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com)  
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