



Giving back to our community,
one house at a time.

So Much to be Thankful For

Through the Local Giving Project, I make a donation on behalf of my clients after each transaction. To date I have donated more than \$35,000. Here are some of the organizations I've been privileged to support.



More info at: www.holcenberg.com/giving-back

Michelle Holcenberg
www.holcenberg.com



michelle@holcenberg.com
925-324-0405
CalDRE #01373412



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Digging Deep with Goddess Gardener, Cynthia Brian

Growing with gratitude



Photo Cynthia Brian

The colorful fruit on the arching branches of a graceful female pistache tree.

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While visiting a small town, I happened upon a front yard that featured a rusty tricycle, alongside pumpkins, hydrangeas, and a vintage bicycle with a basket filled with yellow mums. The gardenscape could have been tidier, yet it was an interesting combination of elements that piqued my imagination and brought a big smile to my face.

This is the time of year when gratitude is at the forefront of our thoughts and intentions. For me, being grateful for nature and gardens is rooted in the numerous benefits to our well-being, physical, emotional, and mental. Nature is my cathedral where I feel connected to the earth and the cycles of life.

How can we grow with gratitude this autumn? The benefits are immense. Let us count the ways!

1. Spending time surrounded by nature promotes a healthier lifestyle by encouraging physical activity.
2. Gardening is a moderate-intensity exercise that contributes to stronger hearts and body flexibility.
3. To reduce stress, anxiety, and depression, while increasing positivity in mental health, get your hands in the dirt.
4. Experiencing the fall colors, smells, and sounds of the rustling leaves calms our nerves and rejuvenates our minds.

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