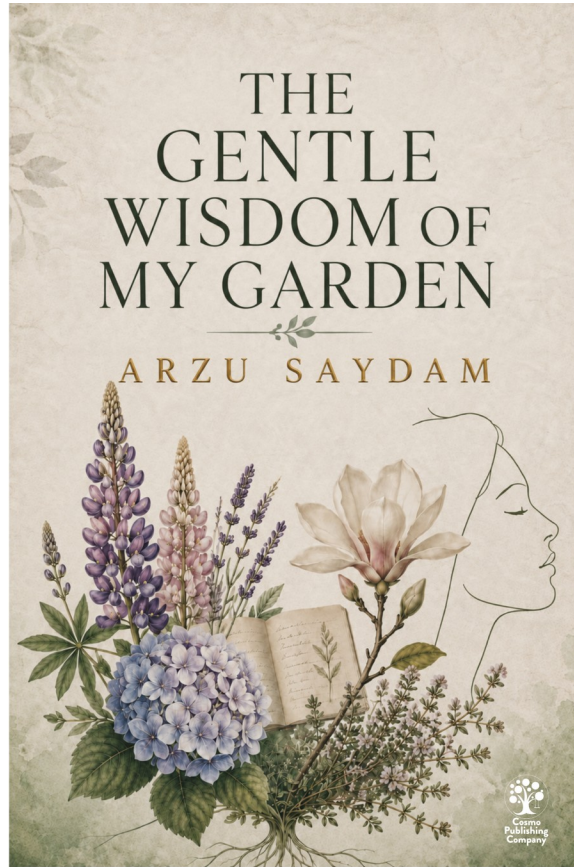


AUTHOR MEDIA KIT

THE GENTLE WISDOM OF MY GARDEN

Arzu Saydam



This is not a gardening book. It is a book of lived experience.

arzusaydamauthor.com | hello@arzusaydamauthor.com

ABOUT THE BOOK

Much more than a garden

The Gentle Wisdom of My Garden is not a how-to gardening guide. Rooted in a real garden in Nova Scotia, it is a personal and reflective journey through patience, belonging, change, boundaries, loss, letting go, and beginning again.

For Arzu Saydam, each plant opens a door to a memory, a question, or a different season of life. Childhood, migration, motherhood, friendship, loss, and changing priorities become intertwined with the rhythms of the garden.

At the heart of the book is a simple idea: we do not only grow plants in a garden. We grow there too.



“While I thought I was tending to it, it was silently tending to me too.”

Arzu Saydam

WHY I WROTE THIS BOOK

I needed to begin somewhere.



I had always wanted to write. For years, I carried many subjects and stories inside me. At some point I needed to break the chain and take the first step. I chose to begin with something that had held a natural place in my life for as long as I can remember: the garden.

My relationship with soil did not begin in adulthood. As a child I played in gardens, spent summers close to nature, followed villagers into fields, and loved picking fruit and vegetables with my own hands. Soil on my hands never felt like dirt to me.

Years later, the garden I created in Nova Scotia became new ground for an old connection. I began with something I loved, but the story was never only about flowers.

“I kneeled to tend my garden, yet I found my own voice in the soil.”

Arzu Saydam

MEET THE AUTHOR

Arzu Saydam

Born and raised in Istanbul, Arzu Saydam studied Political Science and International Relations before building a long career in international banking and finance. Her professional life also expanded into international trade finance, entrepreneurship, and real estate. Encounters with different countries, cultures, and people shaped the way she observes and writes about the world.

Later in life, she made a new home in Nova Scotia, Canada. The Atlantic Ocean, her garden, and the changing seasons are now central sources of inspiration in both her writing and art.

Arzu has worked in encaustic painting since 2013. Nature’s colors, especially turquoise, purple, and autumn tones, recur throughout her visual work. Her completed but not yet published book, *The Quiet Wisdom of Wax*, explores the relationship between encaustic art, wax, layers, creativity, and life.

The Gentle Wisdom of My Garden, first published in Turkish, is now also available in English.



Education	Political Science and International Relations
Based in	Nova Scotia, Canada
Art	Encaustic painting since 2013
Interviews	Turkish and English

THE REAL GARDEN BEHIND THE BOOK

A living Nova Scotia garden, changing and speaking anew each year

This book grew from a real garden. Behind its chapters are real plants, real seasons, and Arzu Saydam's own moments of observation. The garden photographs in this media kit are therefore not stock imagery. They come from the author's own garden.



Magnolia

Time and patience



Lavender

The compassion of distance



Sage

The taste of wisdom

“Real plants. Real seasons. Real lived experience.”

FEATURED PLANTS

Three Plants, Three Doorways

**Magnolia**

"The past is no guarantee."

**Wisteria**

Some longings are not meant to end in reunion.

**Sage**

"Perhaps wisdom is not about accumulating more; it is about letting go of what is unnecessary."

THEMES

The ideas that carry the garden into life

- Patience and time
- Change and resilience
- Loss and letting go
- Beginning again
- Migration and belonging
- Boundaries and distance
- Growing older and maturing
- Paying attention to small things

Selected Lines from the Book

“While I thought I was tending to it, it was silently tending to me too.”

Arzu Saydam

“The past is no guarantee.”

Arzu Saydam

“Perhaps wisdom is not about accumulating more; it is about letting go of what is unnecessary.”

Arzu Saydam

“The garden has grown. And so have we.”

Arzu Saydam



Interview and Conversation Angles

- Why this is not a gardening book
- Nature's quiet language of patience and change
- Boundaries, relationships, and the role of distance in love
- The relationship between painting and writing
- From Istanbul to Nova Scotia: roots, migration, and belonging
- Growing older, simplifying, and releasing unnecessary burdens
- From international banking to writing
- Breaking the first chain and finally beginning to write

Suggested Interview Questions

- How did *The Gentle Wisdom of My Garden* begin?
- When did the garden become more than a garden for you?
- Why are magnolia, wisteria, and sage especially meaningful to you?
- How do migration and belonging enter the book?
- How has your international banking background shaped the way you write?
- How are your encaustic painting and writing connected?
- What do you hope readers carry with them after closing the book?

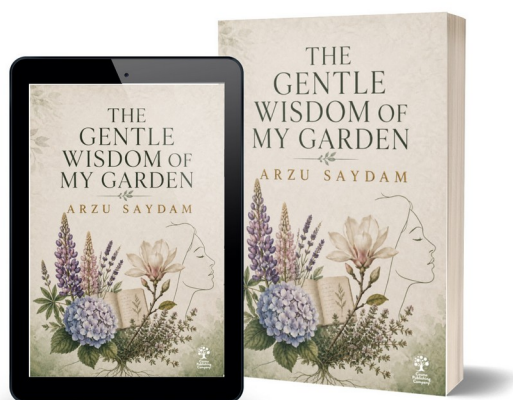
Book Details and Media Contact

Title	The Gentle Wisdom of My Garden
Author	Arzu Saydam
Publisher	Cosmo Publishing
Publication date	August 18, 2026
ISBN	ISBN-13: 978-1-968741-66-2 ISBN-10: 1-968741-66-6
Formats	Paperback and eBook
Language	English
Website	arzusaydamauthor.com
Media	hello@arzusaydamauthor.com

Availability: Published August 18, 2026. Retailer links are being added as distribution becomes available.

Social media: Instagram and Facebook links are available through the author website.

Interviews: Available in Turkish and English.



The Writing Journey Continues

The Gentle Wisdom of My Garden is Arzu Saydam's first published book. First released in Turkish, it is now also available in English. Other completed and developing manuscripts reflect the wide range of subjects she has carried with her for years.

The Quiet Wisdom of Wax, born from her encaustic practice since 2013, is completed but not yet published. It explores color, wax, layers, creativity, and the ways artistic process can reflect life itself.

For Saydam, writing is not separate from the life that came before it. It grows from her education, international career, entrepreneurship, art, migration, and decades of close observation.

"Every single story in these pages began in my garden. Yet, I do not think any of them were truly about the flowers."

Arzu Saydam



arzusaydamauthor.com
hello@arzusaydamauthor.com