

# PALM BEACH ILLUSTRATED®

## WONDER WOMEN

3 VISIONARIES WITH A NOVEL APPROACH TO LEARNING

GABRIELLE MCGEE, SUSAN WEMETTE, CHRISTINE SYLVAIN

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# THE EDUCATION ISSUE



## GOOD NATURE

# No Place LIKE HOME

CULTIVATING AN EMOTIONAL ATTACHMENT TO WHERE YOU LIVE UNLEASHES UNEXPECTED CONTENTMENT

BY TAMMY FENDER

» What makes a place feel like home? For me, it's the little things. Strengthening our sense of home puts the physiology at ease and is essential for our emotional and physical well-being. In fact, research shows, and functional MRI brain scans demonstrate, that the places to which we form deep emotional bonds activate key emotional areas of the brain.

In the past we might have believed that discovering a sense of home was like falling in love—something that just happens effortlessly. It's truer, perhaps,



to realize that cultivating a feeling of home—building that relationship with a special place—is just as important as bringing conscious care to the other relationships in our lives. It can feel inspiring to look at a familiar place with fresh eyes, taking the time to rediscover and to appreciate the very special character of its unique beauty, just as we might when rekindling a romance. Maybe rediscovering home is like going on a date night with your favorite place.

Like most locals, when I consider Palm Beach's unique charm and special appeal, I don't think only of its glamour. I contemplate the luxuriously easy feeling of strolling for an hour or

two on a Saturday afternoon, wandering the old vias and meandering in and out of the shady courtyards. Lush foliage brings this place to life, as does the bright color of its bougainvillea. I love the plashing sound of all the little fountains and glimmer of water that winks from both the Intracoastal and the oceanside. The little details thrill my soul—the stone-paved walkways, the hand-painted tiles, stopping into some little shop to find things made with artisanal craftsmanship.

For me, Palm Beach is also a portal to the natural world. There is nothing quite like dropping by Amici Market in the morning—its own happy hour—to pick up a South Ocean juice and say hello to

the owner, Mia. (Of course, beyond the sweet-tart taste of pineapple, kale, baby spinach, lime, kiwis, and green apple, this blend does wonders for the skin.) I also love the garden at The Society of the Four Arts, which is a quiet oasis of green beauty encompassing so many small nooks where you can sit, take in the stillness, and appreciate the good fortune of being home. <<

**ENJOYING THE PLEASURES AND BEAUTY OF ONE'S LOCAL ENVIRONMENT RESULTS IN A SENSE OF WELL-BEING.**

