What can you tell a young man looking for motivation in life itself?

The problem, often not discovered until late in life, is that when you look for things like love, meaning, motivation, it implies they are sitting behind a tree or under a rock. The most successful people recognize that in life they create their own love, they manufacture their own meaning, they generate their own motivation. For me, I am driven by two main philosophies: know more today about the world than I knew yesterday, and along the way, lessen the suffering of others. You'd be surprised how far that gets you.

Neil deGrasse Tyson (Reddit AMA, March 1st, 2012)

To Sebastian
About the visual concept of the thesis

The current thesis aims to further the understanding of mental health recovery and rehabilitation, based on the study of care farms. This approach is underscored visually by the photography, which alludes to concepts on which the thesis builds, as well as captures the unique characteristics of the care farm environment. For example, the photo illustration introducing Part 2 presents the reader with a person-centred perspective on mental health recovery (the name tagged board used to mark the garden plot) in the care farm context (the glove), and thus relates to the chapters included in this part. Similarly, the photo illustration introducing Part 3 hints to the heterogeneity of care farm services and practices, analysed in the subsequent pages from a psychiatric rehabilitation approach. The entire concept comes together in the cover, which symbolizes a protected place (the hut), the presence, interest and support of others (the man taking a look inside the hut), an invitation to join the outside world (the entrance with a view), and the quest to find meaning (the bizarre construction in the background, whose purpose awaits to be discovered).
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**Account**

Chapters 4 to 8 and 10 are based on articles that are in press or under review in peer reviewed journals.

**Chapter 4.**

**Chapter 5.**

**Chapter 6.**

**Chapter 7.**

**Chapter 8.**

**Chapter 10.**