



The Bach Remedies Workbook

By Stefan Ball

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Bach Remedies Workbook, Stefan Ball, The Bach Remedies Workbook is a complete self-contained guide in the selection and use of the Bach Flower Remedies. Written by a consultant at the Dr Edward Bach Centre, the course starts from first principles and in seven progressive sections covers all 38 of the Bach Flower Remedies and the states of mind and emotions they can be used to help. The book includes practical exercises, quizzes and games, as well as grounded advice, to help readers gain a comprehensive grasp of Dr Bach's famous system. Although this unique course has been put together with the beginner in mind, the practical nature of the course-work means that it will be equally useful to experienced users of the remedies and to students preparing to take the Practitioners Courses run by the Dr Edward Bach Foundation.



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