



The Bach Flower Remedies Step by Step: A Complete Guide to Selecting and Using the Remedies

Judy Ramsell Howard

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The Bach Flower Remedies Step by Step is a straightforward yet comprehensive guide to the Bach Flower Remedies system. Written by a consultant at the Dr Edward Bach Centre, the guide includes detailed descriptions of the 38 remedies, as well as helpful information on their preparation and administration. As correct selection is one of the most important ingredients of success in treatment

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