



# The Little Book of Bach Flower Remedies

*Sven Sommer*

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# The Little Book of Bach Flower Remedies

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## **The Little Book of Bach Flower Remedies** Sven Sommer

Bach Flower Remedies are extremely helpful in treating emotional conditions such as anxiety, depression, grief and lack of self-confidence as well as many physical conditions, especially those such as tension-headaches, high blood pressure, insomnia, and IBS, or the effects of physical trauma. This little book is a comprehensive introduction to all 38 of the Bach flower remedies, explaining their specific benefits, how they should be taken and the various emotional and physical complaints for which the remedies are recommended, in a handy A-Z format. It's the perfect little guide that you can keep in your bag or in the bathroom cabinet for instant and easy reference.

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