



# Mastering Bach Flower Therapies: A Guide to Diagnosis and Treatment

*Mechthild Scheffer*

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## Mastering Bach Flower Therapies: A Guide to Diagnosis and Treatment Mechthild Scheffer

In *Mastering Bach Flower Therapies: A Guide to Diagnosis and Treatment*, Mechthild Scheffer presents a comprehensive guide to incorporating Bach flowers into your life. The first practitioner to recognize the psychological underpinnings of the Bach flower remedies, Scheffer demonstrates that emotional and physical well-being are inextricably linked and shows how the flower therapies can be a powerful tool-not only for healing individual symptoms, but for putting the course of one's life back on track. With a thorough diagnostic questionnaire and color spectrographs of the most popular flowers, *Mastering Bach Flower Therapies* gives you all the expertise you need to put the healing therapies to work.

Scheffer's groundbreaking best-seller *Bach Flower Therapy: Theory and Practice* revolutionized the science of Bach flower remedies, detailing the healing properties of each individual flower.

Rather than using a dry, theoretical approach to treatment, Scheffer gives first-hand accounts of patients cured by the flowers and provides expert commentary on the course of their diagnosis, treatment, and recovery.

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