



# **The Essential Herbs Handbook: More Than 100 Herbs for Well-Being, Healing, and Happiness**

*Lesley Bremness*

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# The Essential Herbs Handbook: More Than 100 Herbs for Well-Being, Healing, and Happiness

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This third entry in the successful *Essential Handbook* series squeezes a wealth of fascinating information about herbs into a pocket-sized package. Over 100 life-enriching herbs are catalogued, with comprehensive reference information for each, including its Latin name, traditional uses, optimal growing conditions, and benefits to the body and mind. More than just a practical manual, it also describes key ways to incorporate any herb into daily life, whether dried in a therapeutic sachet, soaked to form a skin-soothing compress, or infused to make an uplifting tisane.

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