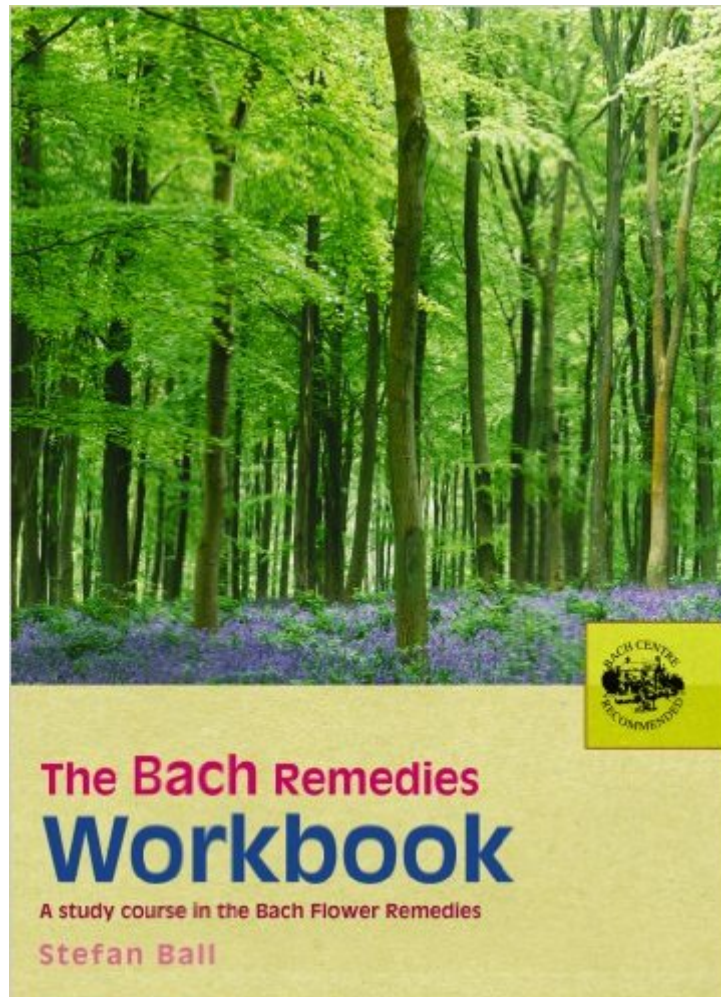


The book was found

The Bach Remedies Workbook: A Study Course In The Bach Flower Remedies



Synopsis

Here is a complete, self-contained course in the selection and use of the Bach Flower Remedies. The course begins with first principles, then in seven progressive sections covers all 38 of the remedies and their uses.

Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (35 customer reviews)

Best Sellers Rank: #208,477 in Books (See Top 100 in Books) #94 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy #111 inÂ Books > Science & Math > Biological Sciences > Plants > Flowers #179 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

I work professionally with Bach Flower Essences, so I keep up to date with all the books that are published. I've just finished going through the Bach Remedies Workbook and I'm bowled over by it. It's a really fresh approach. Most writers just list what each remedy is for, but Ball makes every essence come alive by making you think about it and helping you see its relevance to your own life. This is a book all about empowerment, and comes highly recommended, not least by the Bach Centre which has (according to a friend of mine) made it the main text for its distance learning course.

This book has great organization which groups remedies into categories with similar properties. It teaches, quizzes, reviews and provides a wonderful enthusiasm for learning more about the Bach flower essences. I have read many books on the topic and this one is one of the best for anyone who is a serious student of these wonderful life tools.

I signed up to take the official Bach Flower Essence Program and the first thing I read from other

students was a suggested reading list: This was one of the suggested books - boy am I glad I bought it. With all of the more technical books I have had to read this one was the best book that gave me the edge I needed in the Bach program. As soon as I received it I started to read and could not put it down. I am so impressed at how well written it is, how easy it is to understand but best of all it is just like a school book. It has self tests after each unit and the answers for your review. For me that makes this book the best on the market because I want to be able to test my skills. I felt like the author was right there with me teaching me directly. So if you ever wanted to learn about Flower essences and need a good starting point then this book is a must! If you are thinking of or signed up to become a certified Bach Practitioner then this book is a must read before you begin the program. It will give you a head start and will make all of the other books easier to understand. Overall: A must read for anyone interested in Flower Essences. Easy to read & comprehend. The author gives you case studies which are easily understood. Fast shipping & arrival, excellent condition.

I wasn't expecting much, as I went into the whole Bach Remedies thing (and homeopathy in general) as a skeptic. After all, no one has ever been able to provide any scientific proof for how homeopathy works. But anyone who's read any of my reviews knows that I have an incurable autoimmune disease and I'm always on the lookout for ways to treat my symptoms that won't interact with all the pharmaceutical drugs I have to take. So I read this book and I was REALLY impressed with how the lessons are laid out. I feel like I got a very solid education on the whole Bach line of flower remedies. Then I went out and actually bought a few different bottles, to put my lessons to the test. I mixed up a few batches, according to the book's directions, and, surprise, it actually worked! Not only that, but the symptoms haven't come back and it's been several months. I still don't know how this works - not even Dr. Bach himself knew - but I am very happy that I bought this book and found something new for my arsenal.

This format of this book is incredibly effective for learning the basic applications of all the Bach Flower Essences. It's a quick and fun read. A week ago, I had very little knowledge about the remedies and now after finishing this book, I feel like I have a solid basic understanding of the remedies and how to prescribe them.

I started with the remedies a few months ago. I now prepare them regularly for myself, my fiancé, and my friends. My fiancé and I are amazed, how well the flowers work (my friends have not reported yet). One of the really good points of the system is, that you get to know yourself better,

since you do not heal yourself from being ill, but you work on your moods and your character (e.g. impatience, depression, anger, fear, horror, shock). The more I read about the remedies, the better I know myself, my fiancée, other people, and how to use the remedies. "Know thyself", indicated in the inscription close to the Temple of Apollo in Delphi, is certainly one of the keys to your personality and, therefore, to the healing. You have to be honest with yourself, in order to help yourself. Not easy at all! One of the really useful books on the topic is this one. It is very well written and I very much recommend it. The author is not only an expert on the Bach flower remedies, but also an excellent teacher. He knows exactly, what the difficulties with the system are: very often, we do not listen carefully, when our loved ones tell us, how they feel, so we cut things short and give them the wrong remedy. Or we misinterpret their stories. Or we are blinded, because the truth about our own or their character would be too hurtful. The lessons in the book are very carefully prepared and are fun to read. Together with Philip Chancellor's "Handbook of The Bach Flower Remedies" (and of course the original writings of Dr. Edward Bach) and Julian Barnard's "A Guide to the Bach Flower Remedies", which is a very nice introduction to the topic, this book helps you to actually understand, to use, and even to "play around" with the Bach flower remedies.

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