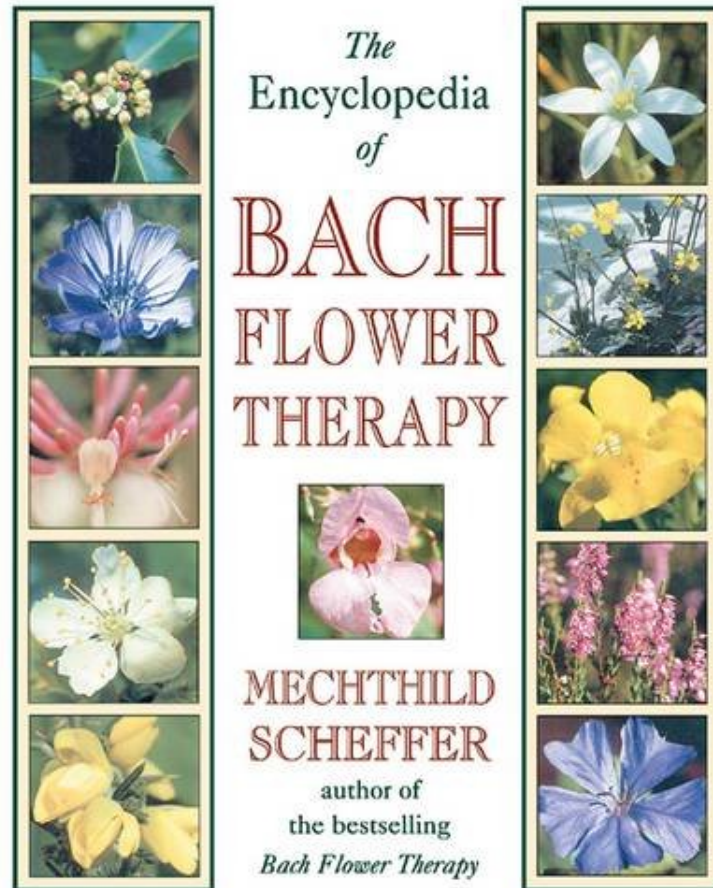


# The Encyclopedia of Bach Flower Therapy

Mechthild Scheffer

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**Mechthild Scheffer : The Encyclopedia of Bach Flower Therapy** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Encyclopedia of Bach Flower Therapy:

1 of 1 people found the following review helpful. My favorite reference book of any I have ever read covering ...By B. Hovis My favorite reference book of any I have ever read covering Bach Flower Remedies. I especially love the questionnaire in the back. As a Certified Natural Health Professional, this has empowered me to help my clients take responsibility for their own emotional well being. The descriptions for each flower are very insightful and practical. I'm thinking I may need to purchase one for my home as well as the office. 0 of 0 people found the following review helpful. Wonderful book; beautiful layout; excellent interpretations of Bach's remedies. By Noodle's mom Wonderful book well organized and beautifully laid out. Excellent interpretations of Bach's remedies. Thanks. 0 of 0 people found the following review helpful. Great resource By BGLW1984 As a natural health lover, I have been wanting to learn more on Bach flower remedies. This book has it all, a great resource to have. Will be using and implementing some very soon!

The most comprehensive reference on Bach flower therapy in print. Includes the latest information on Bach flower remedies, combination remedies, diagnosis, instructions for preparation, body maps, and more. Illustrated with color plates of the Bach flowers and Kirlian photographs of the energy signature of each flower. Mechthild Scheffer's groundbreaking bestseller *Bach Flower Therapy: Theory and Practice* revolutionized the science of Bach flower remedies, detailing the healing properties of each individual flower. Now, for practitioner, student, and patient alike, she offers *The Encyclopedia of Bach Flower Therapy*, the most comprehensive and up-to-date reference available on this gentle, effective therapy. 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 flower therapies can be a powerful tool for healing individual symptoms and restoring balance to one's life. The author provides a therapeutic profile for each remedy and specific instructions for preparing combination remedies to heal more complex conditions. Thorough diagnostic guidelines, interview questions, progress evaluations, and body maps guide both the practitioner and novice to the proper remedies for innumerable emotional and physical ailments. The author also gives advice for using Bach flower remedies in pediatrics and veterinary medicine. With more than 120 color photographs, *The Encyclopedia of Bach Flower Therapy* is the complete reference for everyone who studies and practices this therapy.

From *Library Journal* In Bach flower therapy, developed over 60 years ago by the English physician Edward Bach, 38 individual distilled flower essences are used to affect mental and emotional states. Scheffer is a longtime Bach flower therapy practitioner and the author of previous books on the subject, including *Bach Flower Therapy: Theory and Practice*. While not an encyclopedia in any traditional sense (it is arranged more like a large-format book), this new volume does provide an exhaustive treatment of the subject. Scheffer covers the history, philosophy, and background of the therapy and then discusses each of the 38 flower essences. The results of Scheffer's years of study and clinical practice are reflected in the information on remedy preparation, interview questionnaires, checklists, tables for selecting remedies, and evaluation sheets for therapeutic use, as well as appendixes containing FAQs and a list of resources. Unfortunately, there is no index. While Bach's original publications remain the standard in this field, this volume represents the most thorough treatment on the subject currently available. Highly recommended for all alternative medicine collections in both public and academic libraries. Mary Stout, Pima Community Coll., Tucson Copyright 2001 Reed Business Information, Inc. "A comprehensive guide suitable for the professional practitioner, student, and patient alike." (Chris Lorenz, *Dell Magazines*, September 2002) "This Encyclopedia is recommended for those public and academic libraries that have collections in alternative and complementary medicine." (Lucille Whalen, *ARBAonline*, March 5, 2003) "[This book] will appeal to anyone who is interested in the emotional and spiritual aspects of healing." (Marie-Sabine Thomas, *Bastyr University Library*) "Mechthild Scheffer's encyclopedia is simply the best reference work on Bach flower therapy available today. Splendidly produced, it carefully describes each flower, the symptoms for which each remedy was designed, and the manner of application--complete with color photographs of the virtuous healing plants and many other helpful illustrations." (Georg Feuerstein, *Traditional Yoga Studies Interactive*, Feb. 17, 2006) "This is the best reference book available for learning about Bach Flower Therapy. If you are experiencing any form of negative emotion, or having unexplained pain, this book may offer some very viable solutions. It could truly change your life in a very positive way." (Nora Caterino, *Circlesoflight.com*, Sep 2008) ". . . the most complete profiles available for all the Bach Flowers. . . . a perfect book for everyone who studies and uses this therapy." (*The New Times*, January 2002) ". . . this volume represents the most thorough treatment on the subject currently available. Highly recommended for all alternative medicine collections in both public and academic libraries." (Mary Stout, *Library Journal*, November 2001) About the Author A longtime Bach flower therapy practitioner, Mechthild Scheffer is the author of several books, including *Bach Flower Therapy: Theory and Practice* and *Mastering Bach Flower Therapies: A Guide to Diagnosis and Treatment*. She is the official representative of England's Edward Bach Centre for Germany, Austria, and Switzerland. Ms. Scheffer lives in Germany.