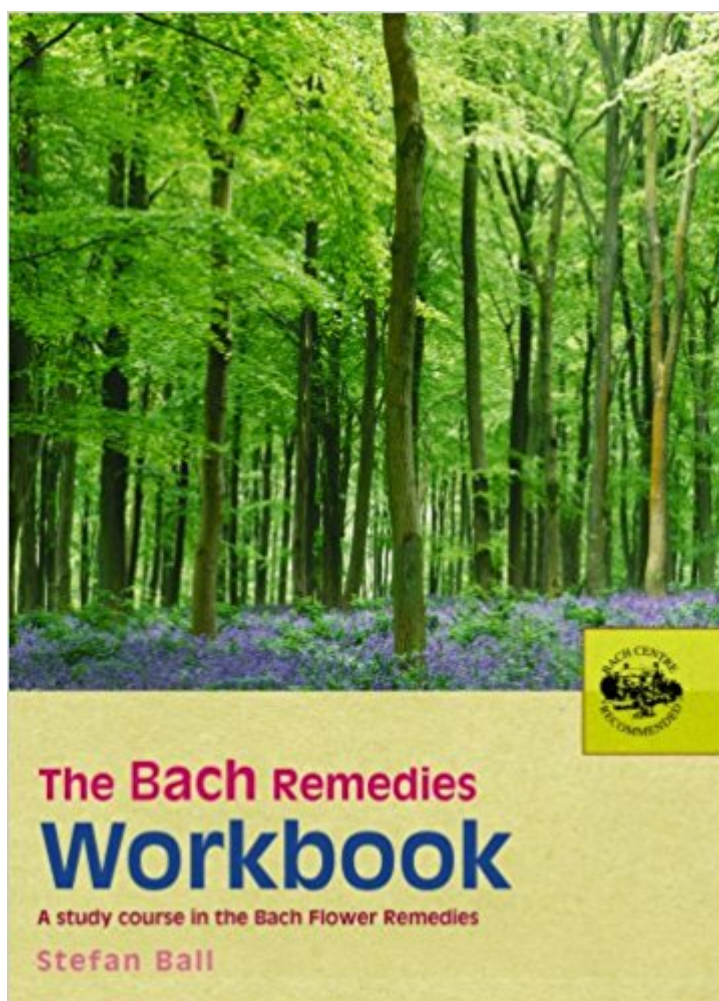


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# The Bach Remedies Workbook: A Study Course In The Bach Flower Remedies



## 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

Paperback: 192 pages

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Average Customer Review: 4.4 out of 5 stars 40 customer reviews

Best Sellers Rank: #284,105 in Books (See Top 100 in Books) #95 in [Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy](#) #104 in [Books > Science & Math > Biological Sciences > Plants > Flowers](#) #238 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#)

## Customer Reviews

Stefan Ball has been a full-time consultant at the Dr Edward Bach Centre since 1996, where he is involved in developing and presenting the Practitioner Course and in all other aspects of the Centre's work. He is the author of *The Bach Remedies Workbook* and *Bach Flower Remedies for Men*.

The information in this book is great but I am wondering if I have a counterfeit printing. The case histories in highlighted boxes throughout the book are so dark they are unreadable.

The format of this book is straightforward and brilliant. The remedies are grouped into similar emotional expressions with scenarios for each remedy. This makes it clear to the student how to choose from different remedies which may seem to elicit the same response. The quizzes are quick yet inspire thought. It's nice that successive quiz "questions" reach back and have you continue to keep in mind the previous remedies. The comment about the quality of the book I found to be partially true. There are a few editorial issues, the note-boxes could stand to have higher contrast

between the background and the type - but all in all, these are minor compared to the knowledge provided. Yes, it is a paperback. Yes, it would be nice to have pretty glossy pictures. But remember, this is a WORKbook, and meant to be one. My all-time favorite quote about books is, "A book is less important for what it says than what it makes you think" - from author Louis L'Amour. In the case of "The Back Remedies Workbook", the book says a lot and provokes us to think even more. I'm very happy to have found it and to add it to my natural health bookshelf. I expect to read this again and will definitely recommend it.

The only complaint I have with this book is that the 'Case History's' are practically illegible due to the dark ink and probably due to the dark ink being on not so good newsprint type paper. I struggle to read them, and for the most part have given up. It's too bad too, because of the few I have been able to decipher, I got some good information.

I am studying Flower Essences and this book is very useful for testing yourself. I wish they would reprint on better paper so you could clearly read the content in the shaded boxes.

I read many reviews that criticised the art or simplicity of this book. However, I think both the art and the simplicity serve the reader well. This is an excellent place to begin if you want a tutorial on Bach Flowers that will give you a pretty good overall understanding of what they are, how they work and actually a bit of a working knowledge that can get you using Bach Flowers in a very useful and accurate way. I think it would be a great beginners book, but it is also useful as a quick reference for those more advanced.

People, flowers have always been there for our health and joy. Don't send flowers anymore...send flower essences made from the flowers and each flower has it own strengths and encouragement and electrical pattern for your health. They make an incredible difference and got me out of anxiety and panic attacks.

Clearly written by someone who understands the learning process of the brain. He uses helpful case studies for demonstration of the various flower essences. The exercises require thoughtful consideration, which gets you familiar with your own process of deduction.

Sorry but this book is not helpful and difficult to read.

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