



Bloom: Using flower essences for personal development and spiritual growth

Stefan Ball

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Insightful and engaging, *Bloom* explains how to use the Bach Flower Remedies for personal and spiritual growth. Written by a key team member at the Dr Edward Bach Centre, *Bloom* reveals how the Bach flower essences offer a complete system that can help us to change our lives for the better.

Chapters 1-7 explore the ways in which the remedies relate to different life experiences, as well as intriguing schools of religious and philosophical belief. Interspersed with chapters 1-7, chapters i-vii look closely at the individual remedies in the system, explaining when to take each one and what they will do for you.

Containing a wealth of personal stories, individual testimonies and fascinating anecdotes, *Bloom* has something to offer to anyone interested in the Bach Flower Remedies or drawn to personal development in general.

Discover how to use the remedies to improve your own life and to grow into your full potential.

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