



## The Fragrant Mind (Paperback)

By Valerie Ann Worwood

Transworld Publishers Ltd, United Kingdom, 1997. Paperback. Condition: New. Language: English . Brand New Book. Valerie Ann Worwood s The Fragrant Pharmacy has become the classic encyclopaedia of aromatherapy and essential oils. Now, in this companion volume, The Fragrant Mind, she paves a unique new way for aromatherapy, concentrating on the emotional, psychological and mood-changing effects of nature s essential oils. The Fragrant Mind falls into three parts. Part One presents a fascinating background to the subject, and explains how essential oils work on the brain. Part Two explains how essential oils can enhance emotional well-being and promote positive feelings, and includes a practical A-Z section which advises on a wide range of emotional problems, from stress and depression to moodiness and insomnia. Part Three introduces a whole new concept in aromatherapy - personality enhancement - and explains the particular characteristics of individual essential oils and how they can be matched to human personality types. You can find out, for example, whether you are a Floral, Herbie, Rootie, Woodie, Fruitie or Seedie type, and create your own tailor-made personality blends. Encyclopaedic in scope, and based on the most up-to-date research, The Fragrant Mind offers a wealth of information in an...



**READ ONLINE**  
[ 2.43 MB ]

### Reviews

*Extremely helpful for all class of folks. It is really simplified but excitement from the 50 percent of your ebook. You wont sense monotony at at any moment of your time (that's what catalogs are for about if you check with me).*

*-- Prof. Zachary Pollich V*

*This publication is fantastic. It really is full of knowledge and wisdom You are going to like just how the author write this publication.*

*-- Harmon Watsica II*

## Other PDFs



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



### **RCadvisor s Modify: Design and Build From Scratch Your Own Modern Flying Model Airplane In One Day for Just**

Rcadvisor.com, United States, 2009. Paperback. Book Condition: New. 238 x 166 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Experience firsthand the joys of building and flying your very own model airplane design. Put into practice the lessons from...



### **Let's Find Out!: Building Content Knowledge With Young Children**

Stenhouse Publishers. Paperback. Book Condition: new. BRAND NEW, Let's Find Out!: Building Content Knowledge With Young Children, Sue Kempton, Ellin Oliver Keene, In her new book, Let's Find Out!, kindergarten teacher Susan Kempton talks about the importance of helping children build the...



### **TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...