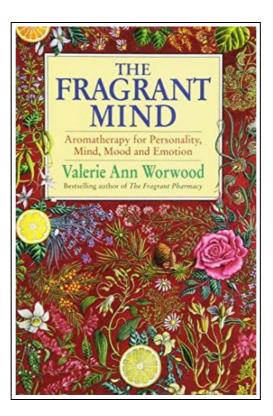
The Fragrant Mind (Paperback)



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Reviews

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THE FRAGRANT MIND (PAPERBACK)



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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 easy, accessible style, and shows the way in which essential oils can influence our minds and emotions.

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