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# The Essential Writings Of Dr. Edward Bach: The Twelve Healers And Heal Thyself



## Synopsis

The Twelve Healers introduces Dr. Bach's world-renowned remedies, which provide a system for healing the mental and spiritual anguish at the root of ill health and unhappiness. The 38 remedies are grouped in seven helpful categories and advice is given on the types of personality most likely to benefit from each remedy. In *Heal Thyself*, Dr. Bach explains the philosophy that underpins any practical work with the remedies. He looks at the real cause and cure of disease, and gives practical as well as spiritual guidance on how we can all help to heal ourselves.

## Book Information

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## Customer Reviews

Two short classic works by Dr. Edward Bach: essential reading for anyone interested in the Bach Flower Remedies.

Dr Edward Bach studied medicine at the University College Hospital, London and, after several years, gave up his lucrative medical career and Harley Street practice to travel the countryside in order to complete his discovery into the healing benefits of herbs and plants. One by one he found the remedies he wanted, each aimed at a particular mental state or emotion and his highly successful system of medicine is now used all over the world.

This book is part of my small library. I am a practitioner of the Flower Remedies. I studied under Dr. Bach thru correspondence many years ago. I attest to the fact that the Twelve Healers actually

work. It also helps to have an expectation of positive healing results from your endeavor, too. The Rescue Remedy turned my depressed teenager around within 1-hour, from doom and gloom back to himself. Within 4-hours he was being a natural teenager again, jumping around, playing and looking for food. By the way, he was so depressed he had stopped eating for over 36- hrs. I have noticed that if you are being counseled according to your need, using spiritual psychology, you snap out of the emotional thing faster with permanent elimination of the negative emotional symptoms. Delivery, price, quality, all good..

This book started me on learning about the miracle of Flower ESSENCES! (Not flower essential oils, which I work with and love too) but the SPIRIT of healing these flowers have! Please, if you want to be more well and learn more about yourself, buy this book! Jaime Ste.Joan Grandy

The 12 Healers part of the book filled me with gratitude and clarity about the genuine "essence" of each essence. There was no more need to search for supplementary explanations, they would seem rather redundant and disturbing. The Heal Thyself part - although rather lengthy than the 12 Healers - speak the real core truth of human life - no matter which century, country, social status we come from. Highly recommendable and impressive. Thank you!

This book was written years ago but there is so much in it that applies to us today. It is a great book, I loved it!

Haven't read it yet, but so far I love all of his books.

Dr. Bach was way ahead of his time in understanding that nature supplies all anyone needs to heal themselves. With his essential 38 essences, he has addressed many of the ailments of mankind. Bach's writing is so filled with genuine love and compassion, reading it will warm your heart. I use his Rescue Remedy with adults, children and animals with great success. A must have if you are interested in flower essences. Lorraine Castro, LMFT

It was a gift for a friend and she liked very much, she described it as very useful!

Excellent. You must read if you practice or are studying the Flower Remedies. It has a lot of information in regards to how the Remedies work.

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