

# The Encyclopedia of Bach Flower Therapy

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- ❑ The most comprehensive reference on Bach flower therapy in print.
- ❑ Includes the latest information on Bach flower remedies, combination remedies, diagnosis, instructions for preparation, body maps, and more.
- ❑ Illustrated with color plates of the Bach flowers and Kirlian photographs of the energy signature of each flower.

Mechthild Scheffer's groundbreaking bestseller *Bach Flower Therapy: Theory and Practice* revolutionized the science of Bach flower remedies, detailing the healing properties of each individual flower. Now, for practitioner, student, and patient alike, she offers *The Encyclopedia of Bach Flower Therapy*, the most comprehensive and up-to-date reference available on this gentle, effective therapy. The first practitioner to recognize the psychological underpinnings of the Bach flower remedies, Scheffer demonstrates that emotional and physical well-being are inextricably linked and shows how flower therapies can be a powerful tool for healing individual symptoms and restoring balance to one's life.

The author provides a therapeutic profile for each remedy and specific instructions for preparing combination remedies to heal more complex conditions. Thorough diagnostic guidelines, interview questions, progress evaluations, and body maps guide both the practitioner and novice to the proper remedies for innumerable emotional and physical ailments. The author also gives advice for using Bach flower remedies in pediatrics and veterinary medicine. With more than 120 color photographs, *The Encyclopedia of Bach Flower Therapy* is the complete reference for everyone who studies and practices this therapy.

A longtime Bach flower therapy practitioner, Mechthild Scheffer is the author of several books, including *Bach Flower Therapy: Theory and Practice* and *Mastering Bach Flower Therapies: A Guide to Diagnosis and Treatment*. She is the official representative of England's Edward Bach Centre for Germany, Austria, and Switzerland. Ms. Scheffer lives in Germany. Mechthild Scheffer has been active in the field of Bach Flower Therapy since 1978. She introduced Bach's work into German-speaking countries in 1981 with her first book and has represented the English Bach Centre in Germany, Austria, and Switzerland. She is the founder of the Institutes for Bach Flower Therapy Research and Education in Hamburg, Vienna, and Zurich and is the author of many of the most authoritative books on the subject, including *The Encyclopedia of Bach Flower Therapy*. She lives in Hamburg, Germany.

#### Other Books

*Encyclopedia of New Age Beliefs*, This comprehensive, indexed volume includes short, one-page listings of pertinent facts about a particular movement, its founder, how it claims to work, scientific evaluations done, and its potential dangers. Some topics covered are angels, visualization, shamanism, hypnosis, new age medicine and martial arts.

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