



The Essential Herbs Handbook: More Than 100 Herbs for Well-Being, Healing and Happiness

By Lesley Bremness

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Essential Herbs Handbook: More Than 100 Herbs for Well-Being, Healing and Happiness, Lesley Bremness, 'The core of this compact but comprehensive book is a directory of more than 100 herbs, grouped according to their therapeutic qualities so that readers can dip in to find whatever is most useful for them at any given time. Each entry offers a host of invaluable facts about the herb in hand - from its Latin name, its traditional uses and its optimal growing conditions, to the best ways to use it to benefit not only your body, but also your mind and spirit'. 'The introduction explores the role of herbs in traditional cultures and goes on to give expert guidance on growing, maintaining and harvesting your own herbs, whether from seed or as a bought plant, in pots on a balcony, or in a backyard or garden; as well as explaining the key ways to integrate just about any herb into your daily life - whether dried in a therapeutic sachet, soaked to form a skin-soothing compress or infused to make an uplifting tisane. More than just a practical manual, "The Essential Herbs Handbook" is an...



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