



The Essential Writings of Dr Edward Bach

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The Twelve Healers introduces Dr Bach's world-renowned flower 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 flower 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.

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