



Bloom: Using Flower Essences for Personal Development and Spiritual Growth

Stefan Ball

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Millions of people the world over use the Bach Flower Remedies to treat poor health and emotional discomfort, but these essences actually have much more to offer us. *Bloom* is the first book to explain how these remedies can enhance our personal and spiritual development. Bach Center consultant Stefan Ball explores the ways in which the 38 remedies relate to different life experiences, detailing their positive effects and paths. Containing a wealth of fascinating testimonies, *Bloom* reveals how the renowned Bach remedies can help every one of us to change our life for the better.

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