

BACH FLOWER REMEDIES

TRANSFORM YOUR NEGATIVE EMOTIONS



FEAR

Fear of unknown origin **Aspen**
 Fear of losing control **Cherry Plum**
 Phobias, shyness **Mimulus**
 Fear for loved ones **Red Chestnut**
 Terror, panic **Rock Rose**

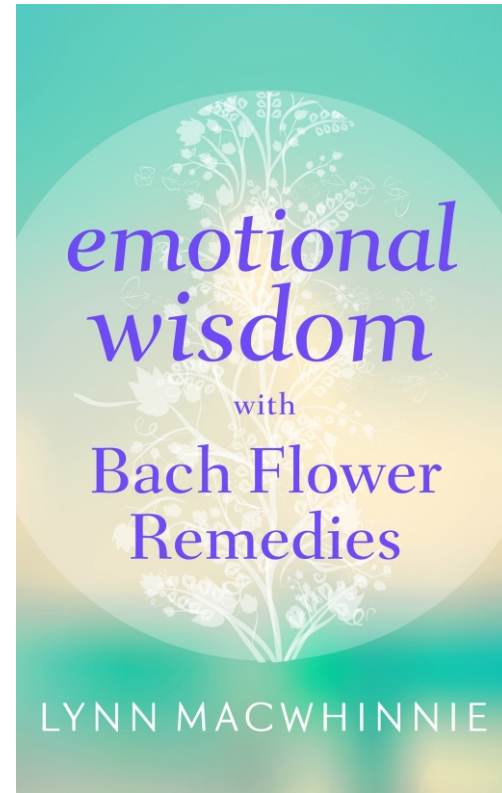
UNCERTAINTY

Self-doubt **Cerato**
 Discouraged by setbacks **Gentian**
 Hopeless, helpless **Gorse**
 Procrastination **Hornbeam**
 Internalised indecision **Scleranthus**
 Restlessness **Wild Oat**



INSUFFICIENT INTEREST IN PRESENT CIRCUMSTANCES

Unable to learn from mistakes **Chestnut Bud**
 Daydreaming, fantasising **Clematis**
 Homesick, lives in the past **Honeysuckle**
 Gloom of unknown origin **Mustard**
 Exhaustion **Olive**
 Incessant unwanted thoughts **White Chestnut**
 Apathy, resignation **Wild Rose**



Paperback book. 80pp. 38 colour photos
 £6.99 + p&p



OVER-CARE FOR THE WELFARE OF OTHERS

Intolerant, critical **Beech**
 Manipulative, possessive **Chicory**
 Self-denial, perfectionist **Rock Water**
 Zealous, opinionated **Vervain**
 Controlling, forceful **Vine**

DESPONDENCY OR DESPAIR

Obsessive, self-disgust **Crab Apple**
 Overwhelmed **Elm**
 Lack of confidence **Larch**
 Struggles on dutifully **Oak**
 Self-recrimination **Pine**
 Trauma, bereavement **Star of Bethlehem**
 Deep anguish, despair **Sweet Chestnut**
 Self-pity, bitterness **Willow**



LONELINESS

Talkative about self **Heather**
 Impatience **Impatiens**
 Isolated **Water Violet**



OVER-SENSITIVE TO INFLUENCES AND IDEAS

Humour masking turmoil **Agrimony**
 Subservient, unable to say no **Centaury**
 Spite, anger, jealousy **Holly**
 Challenging changes **Walnut**



A simple profound system of healing that unlocks your emotional wisdom. This book includes remedy personality types and emotions & full colour photographs of the 38 flowers.

Reviews

"A book as beautiful and powerful in its simplicity as the remedies themselves."

"This is a book I shall be recommending to many of my clients."

"Love this book!"

"Lynn Macwhinnie is the best teacher! I was fortunate to learn not only about Bach Flower Remedies under her guidance but also the true meaning of life."

"Highly commendable and definitely recommended."

"A different perspective that makes it simple, but so profound."

"It is a book to start one's journey to healing. I must introduce it to my students!"

"An amazing teacher. The title of this book is so very apt; you made me understand the true meaning of 'emotional wisdom' with Bach flower remedies."

"I thoroughly enjoyed this book, it is written in very accessible language and gave me lots of new ideas and concepts and insight into another method of support and healing."

"The author's wealth of knowledge and experience provides a marvellous guide. A lovely book."

"A wonderful gem and highly recommended. I keep it next to my box of Bach Flower Remedies."

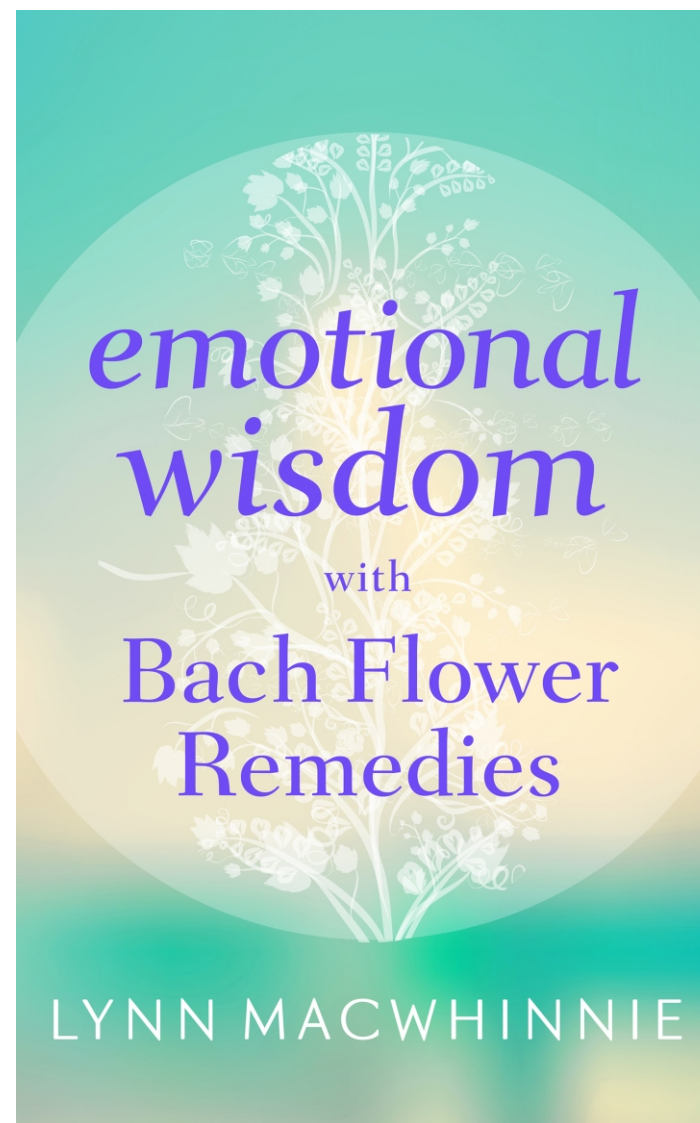
"Lynn writes in a simple, wise, and concise way so quite a lot of information weightlessly flows in as each paragraph naturally weaves a gentle path of healing for the reader."



For 20 years I have travelled the world training trainers and practitioners in Dr Edward Bach's simple, gentle, self-help system of healing which he discovered in the 1930s.

The many, many wonderful stories I hear from my clients and Bach Centre students continue to echo my first and abiding impression that Bach flower remedies are the missing link in healthcare.

I have a MSc in Organisation Consulting (Ashridge), am a Fellow of British Association for Counselling & Psychotherapy, and Founding Life Fellow of Association for Coaching. As a Leadership Coach, supervisor, and former psychotherapist, Bach flower remedies are woven through the tapestry of my work and life.



Printed edition available from www.LynnMacwhinnie.com

Ebook available from Amazon, Apple, B&N, Google, Kobo,

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