



# **The Essential Guide to Herbs: More Than 100 Herbs for Well-Being, Healing and Happiness (Essential Guides Series)**

*Lesley Bremness*

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## The Essential Guide to Herbs: More Than 100 Herbs for Well-Being, Healing and Happiness (Essential Guides Series) Lesley Bremness

At once informative, engaging, and inspirational, this concise guide covers more than 100 of today's most important herbs. They're grouped according to their therapeutic qualities, with each entry featuring the herb's Latin name, traditional uses, optimal growing conditions, and ways it can benefit body, mind, and spirit. Readers get expert guidance on harvesting their own herbs, and easy ideas for integrating herbs into daily life, from healing sachets to herbal infusions.

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