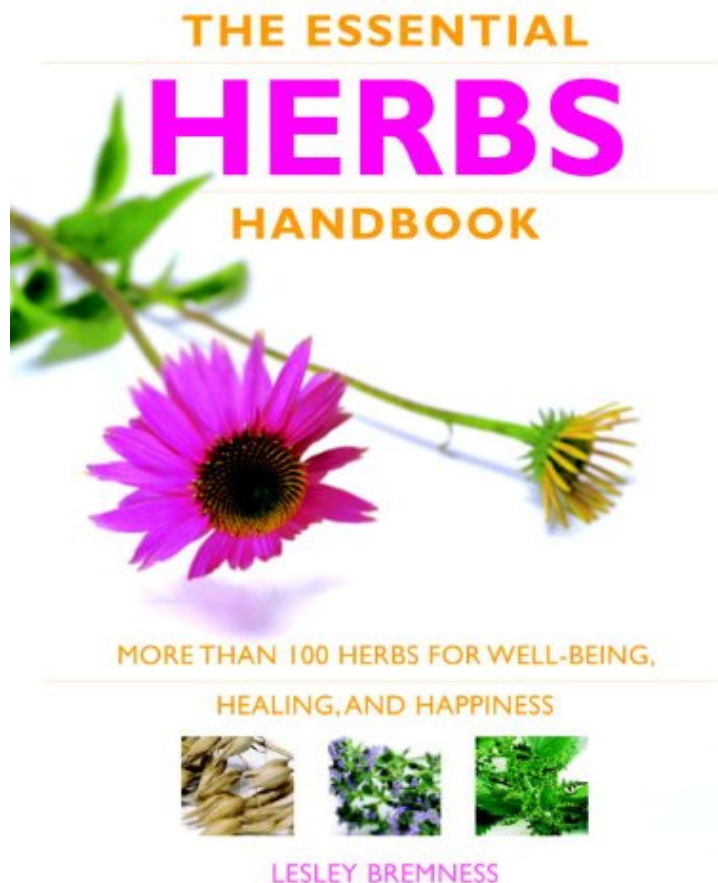


[Mobile ebook] The Essential Herbs Handbook: More Than 100 Herbs for Well-Being, Healing, and Happiness

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

Lesley Bremness

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This third entry in the successful Essential Handbook series squeezes a wealth of fascinating information about herbs into a pocket-sized package. Over 100 life-enriching herbs are catalogued, with comprehensive reference information for each, including its Latin name, traditional uses, optimal growing conditions, and benefits to the body and mind. More than just a practical manual, it also describes key ways to incorporate any herb into daily life, whether dried in a therapeutic sachet, soaked to form a skin-soothing compress, or infused to make an uplifting tisane.

About the Author Lesley Bremness is the author of several books on herbs including *The Complete Book of Herbs* (2 million copies sold worldwide) and *The Herbs Handbook - 700 Herbs of the World* (1 million copies sold worldwide). Her many public garden designs include the award-winning "Through the Moongate" at the RHS Chelsea Flower Show in 2007. Her lecturing, videos and television appearances include her own Channel 4 series, *The World of Herbs*.