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Focusing on "The Fragrant Mind", it is an amazing book!
There is so much wonderful information, great recipes for
various blends, a fun and enlightening look at the the different
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personality profiles, not to mention wonderful Quick
Reference Charts.

The Fragrant Mind: Aromatherapy for... book by Valerie Ann

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Valerie Ann Worwood THE FRAGRANT MIND :
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Valerie Ann Worwood THE FRAGRANT MIND :
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Now, in this companion volume, The Fragrant Mind, she paves a unique new way for aromatherapy, concentrating on the emotional, psychological and mood-changing effects of nature's essential oils.

The Fragrant Mind: Aromatherapy for Personality, Mind ...
Although the charts and references in The Fragrant Mind are excellent, in the more descriptive chapters the author takes the viewpoint that modern times are terrible, enumerating the

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many ways that we are constantly bombarded with stress, such that we all need aromatherapy just to get by.

The Fragrant Mind: Aromatherapy for Personality, Mind ...
Title The Fragrant Mind: Aromatherapy for Personality, Mind, Mood and Emotion. Worwood has been one of the world's leading aromatherapists for over 20 years.

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AROMATHERAPY - Healing Hands Massage School
The Fragrant Mind By Valerie Ann Worwood This book paves a unique new way for aromatherapy concentrating on the Emotional, Psychological and Mood-Changing effects of

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natures essential oils. The book is split into three sections.

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It covers both general psychological and aromatherapy information as well as listing emotional conditions (i.e. nicotine addition, phobias, stress, etc.) and the oils that can assist with the condition. It also discusses various personality profiles and the oils most suitable for those personality types.

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