

## Aromatherapy for Healing the Spirit: A Guide to Restoring Emotional and Mental Balance Through Essential Oils

Gabriel Mojay



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Simply presented for the lay reader--and yet thorough enough for the student or practitioner--this lavishly illustrated volume draws from the traditional wisdom of both East and West to create an effective and safe healing program to treat depression, anxiety, frustration, apathy, and a wide variety of other ailments via the use of essential oils. 100 color photos & illustrations.

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