



Heal Thyself

By Edward Bach

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Editorial Review

About the Author

Dr Edward Bach studied medicine at the University College Hospital, London and, after several years, gave up his lucrative medical career and Harley Street practice to travel the countryside in order to complete his discovery into the healing benefits of herbs and plants. One by one he found the remedies he wanted, each aimed at a particular mental state or emotion and his highly successful system of medicine is now used all over the world.

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