

Bach Flower Book List

“The 38 Bach Flower Essences - An Introduction and Guide to the 38 Flower Essences” ~ Wigmore Publications Ltd.
(A great choice if you’re only going to buy one book!)

“A Guide to the Bach Flower Remedies” ~ Julian Barnard

“The Bach Flower Remedies - the unique treatment: why it works and how to benefit from its 38 powerful essences” ~ Keats Publishing, Inc.
(contains 3 books ‘Heal Thyself’ and ‘The Twelve Healers’ both by Edward Bach, M.D., and ‘The Bach Remedies Repertory’ by F.J. Wheeler, M.D.)

“The Bach Remedies Workbook - A study course in the Bach Flower Remedies” ~ Stefan Ball
(A great home study book if you want to get to know all 38 essences)

“The Essential Writings of Dr. Edward Bach - The Twelve Healers & Heal Thyself” ~ Dr Edward Bach (Vermilion London)

“Illustrated Handbook of the Bach Flower Remedies” ~ Philip M. Chancellor

“The Medical Discoveries of Edward Bach” ~ Nora Weeks
(A beautiful biography of the latter part of Dr. Bach’s life and work)

“Bach Flower Therapy - Theory and Practice” ~ Mechthild Scheffer

“Bach Flowers for Crisis Care - Remedies for Emotional and Psychological Well-being” ~ Mechthild Scheffer

“The Encyclopedia of Bach Flower Therapy” (Mechthild Scheffer)
(A gorgeous, full colour, in depth book containing wisdom from over 3 decades of private practice, teaching and research)

Below is the link to the Bach Centre's website and online store:

<https://www.bachcentre.com/new/shop/product-category/books/?product-page=1>

Here is a link to the full range of Mechthild Sheffer's books:

<https://www.innertraditions.com/author/mechthild-scheffer/>