



## The Fragrant Mind: Aromatherapy for Personality, Mind, Mood, and Emotion

By Valerie Ann Worwood



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The Fragrant Mind is written in an easy, accessible style for anyone who wishes to learn how essential oils can influence our minds and emotions and how to use aromatherapy to maintain a peaceful equilibrium or bring about positive change.

Valerie Worwood's The Complete Book of Essential Oils and Aromatherapy (over 200,000 copies sold) has become the encyclopedia of essential oils and aromatherapy, earning itself the status of a popular household and reference classic. In this companion volume, Worwood concentrates on the emotional, psychological, and mood-changing effects of nature's oils.

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### **Editorial Review**

#### Review

This encyclopedia of aromatherapy presents the latest scientific research about aroma's effects on the mind and body. This title goes beyond listing aromas for specific ailments: it tells how to mix oils for massage, how to understand herbal mood enhancers, and how to review the information on aromatherapy and personality. An essential handbook. -- *Midwest Book Review*

#### About the Author

Valerie Ann Worwood is internationally acknowledged as one of the world's leading aromatherapists and is the author of the bestselling *The Fragrant Pharmacy*, *The Fragrant Mind* and *The Fragrant Heavens*. Awarded a Doctorate in 1990, she has served on the executive councils of the International Federation of Aromatherapists and the Aromatherapy Organizations Council, and has initiated research projects into the clinical use of essential oils.

### **Users Review**

#### **From reader reviews:**

##### **Pamela Dudley:**

The experience that you get from *The Fragrant Mind: Aromatherapy for Personality, Mind, Mood, and Emotion* is a more deep you digging the information that hide inside the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to know but *The Fragrant Mind: Aromatherapy for Personality, Mind, Mood, and Emotion* giving you excitement feeling of reading. The article writer conveys their point in a number of way that can be understood through anyone who read it because the author of this book is well-known enough. This particular book also makes your own personal vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this specific *The Fragrant Mind: Aromatherapy for Personality, Mind, Mood, and Emotion* instantly.

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