



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

*Valerie Ann Worwood*

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

*Valerie Ann Worwood*

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Written in an accessible style and aimed at aromatherapists, practitioners of alternative medicine, and anyone wishing to use aromatherapy to maintain a peaceful equilibrium or bring about positive change, this book concentrates on the mood-changing effects of natural oils. "A good addition to alternative medicine collections."--Library Journal.

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