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Spiral Bound Book: Essential oils are widely used for their physical health benefits, but few have understood their potential in emotional healing. Emotions & Essential Oils bridges this gap as a user-friendly guide for helping you taking charge of your emotional health. The guide first describes the innate physical and emotional properties of common oils and blends. Then, a reference chart and comprehensive index help you choose oils and blends for a wide variety of emotional states. WHEEL: This double-sided reference wheel condenses information from Emotions & Essential Oils. One side categorizes and lists positive emotions and the essential oils that support them. The other side likewise outlines negative emotions and the oils that help release them. Laminated for durability and moisture-resistance. CD: The Five Stages of Healing is a companion lecture for the book, Emotions & Essential Oils. This lecture goes deeper into the concepts of emotional healing with the assistance of essential oils. The result is experiential as well as highly informational. Discover for yourself what lies at the heart of your current challenges and develop a plan for moving on to subsequent stages of healing. He provides valuable tools and exercises, which if utilized, will propel the listener into new heights of awareness and healing.

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