



The Little Book of Home Remedies: Mind and Body: Natural Recipes for Peace of Mind

Linda B. White, Barbara Seeber

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In this giftable mini booklet of The Little Book of Home Remedies, Mind and Body, Barbara H. Seeber and Barbara Brownell Grogan join Dr. Linda White to draw on years of training in the area of natural healing to help you ease your stress and the effects that it has on the body. This handy guide provides remedies and advice for stress, anxiety, fatigue, depression, and more.

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