



Herbs for Reducing Stress & Anxiety (Rosemary Gladstar's Herbal Remedies)

Rosemary Gladstar

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One of America's foremost herbalists provides concise, simple-to-understand, and practical information for using herbs for health and well-being. Each book contains profiles of specific herbs, cautions, contraindications, and easy-to-make recipes to relieve common ailments.

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