



Creating Your Herbal Profile: How and Where to Find the Herbs that Match Your Personality Traits and Health Needs

Dorothy Hall

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If you hold a grudge a long time...or if you've learned the hard way how to let go of the past..your herbal 'person-picture' may include the hydrangea, as Dorothy Hall's fascinating new book explains. Whether your profile fits the chamomile type, or gentian or ginger or vervain, you'll find yourself (and your friends) and your herb here, along with advice on how to use all 60 herbs discussed in detail for specific therapy and general health enhancement.

A third-generation herbalist with an extensive practice in her native Australia, Dorothy Hall offers here a compact course in herbalism, including the basic chemical properties and actions of medicinal plants, along with the insightful and often amusing portfolio of herb-related personality profiles.

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