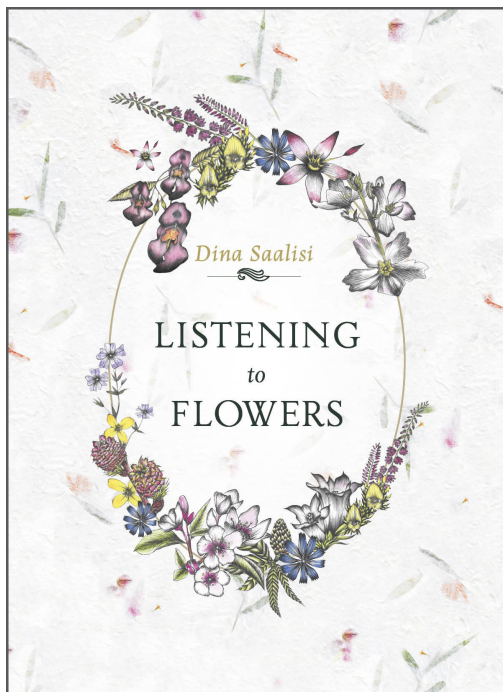


## Listening to Flowers

### Positive Affirmations to Invoke the Healing Energy of the 38 Bach Flowers

*Dina Saalisi, illustrated by Audrey Violet*



#### BOOK DETAILS

ISBN: 978-0-7643-6379-5

Size: box set 4" x 5" x 1"

Illustrations: 39 art cards

Pages: 96

Binding: box set

Price: \$24.99

Atglen, PA — The idea that our emotions govern our physical state is recognized spiritually and scientifically, now more than ever. Develop emotional well-being by using the energy of flowers with this powerful self-help tool that explores the 38 Bach flower essence remedies through the practice of positive affirmations. With illuminating invocations and captivating hand-drawn images, you will discover your higher self by using ancient principles relating to earth energy in a way that is fresh and inspiring. Anyone who loves flowers and is interested in developing a positive mindset to counteract emotional challenges will be enchanted by the beauty and simplicity found within this system. With this deck you will be guided to connect with the healing energy of nature, through a deeper communion with self, and transform the limiting beliefs that hold you back from optimal health and wellness. Embrace the self-nourishment and inspiration available from the soulful prose and exquisite drawings throughout and achieve a harmonious inner dialogue, which will result in greater peace and empowerment. Flower energy is everywhere, and it's here to stay!

Dina Saalisi is a holistic healer who guides others in creating optimal well-being of mind, body, and spirit. Her certifications include National Board Health & Wellness Coach, master flower essence practitioner, and certified hypnotherapist. She lives in California with her family and two pups.

Schiffer Publishing, Ltd. is a family-owned, independent publisher of high-quality books. Since 1974, Schiffer has published thousands of titles on the diverse subjects that fuel our readers' passions. From our traditional subjects of antiques and collectibles, arts and crafts, and military history, Schiffer has expanded its catalog to publish books on contemporary art and artists; architecture and design; food and entertaining; the metaphysical, paranormal, and folklore; and pop and fringe culture, as well as books for children. Visit [www.schifferbooks.com](http://www.schifferbooks.com) to explore our backlist of 5,000+ titles.

For press inquiries, or to request a review copy, please contact Abby Holden at (610) 593-1777 or [abigail.h@schifferbooks.com](mailto:abigail.h@schifferbooks.com).