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In Bach flower therapy, developed over 60 years ago by the English physician Edward Bach, 38 individual distilled flower essences are used to affect mental and emotional states. Scheffer is a longtime Bach flower therapy practitioner and the author of previous books on the subject, including Bach Flower Therapy: Theory and Practice. While not an encyclopedia in any traditional sense (it is arranged more like a large-format book), this new volume does provide an exhaustive treatment of the subject. Scheffer covers the history, philosophy, and background of the therapy and then discusses each of the 38 flower essences. The results of Scheffer's years of study and clinical practice are reflected in the information on remedy preparation, interview questionnaires, checklists, tables for selecting remedies, and evaluation sheets for therapeutic use, as well as appendixes containing FAQs and a list of resources. Unfortunately, there is no index. While Bach's original publications remain the standard in this field, this volume represents the most thorough treatment on the subject currently available. Highly recommended for all alternative medicine collections in both public and academic libraries.