



# Mood Enhancing Plants

*Chrissie Wildwood*

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# Mood Enhancing Plants

*Chrissie Wildwood*

## **Mood Enhancing Plants** Chrissie Wildwood

Here is a book to delight plant enthusiasts everywhere, focusing on the less-explored beneficial effects upon mood of common herbs and healing plants. The book not only explores safe alternatives to chemical antidepressants and tranquilizers, but also gives a cornucopia of recipes and ideas for promoting emotional well being.

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