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# Making Herbal Dream Pillows : Secret Blends For Pleasant Dreams (The Spirit Of Aromatherapy)



## Synopsis

Discover how you can use herbs to promote positive and healthy dreams. In this inspiring guide, Jim Long shows you how to craft a variety of herbal mixtures that can be tucked into your pillowcase to encourage dreaming experiences that reduce stress, boost creativity, inspire romance, and more. You'll gain an understanding of how specific herbs can affect your dreaming mindset and learn how to customize a dream pillow that is suited to your individual needs.

## Customer Reviews

"You'll love his recipes for potent blends to relax you, excite you, and guide your nocturnal journey."  
-- Phyllis M.K. Shaudys, author of *The Pleasure of Herbs and Herbal Treasures*

Discover the Secret for Pleasant Dreams Tuck a fragrant dream pillow into your pillowcase tonight and you'll summon long-hidden memories and inspire the dreams you've always wanted. In *Making Herbal Dream Pillows*, the healing energies of aromatic herbs and flowers are combined into 17 dream blends specially designed to: -- Reduce stress -- Nurture your creative spirit -- Inspire romantic thoughts -- Increase mental clarity and awareness

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