

PREPARATION FOR THE LEVEL 3 COURSE

Reading list

Consolidating remedy knowledge...

- Ball, Stefan, *Teach Yourself Bach Flower Remedies* (Teach Yourself Books, 2003; ISBN 978-0340867693)
- Chancellor, Phillip, *Illustrated Handbook of the Bach Flower Remedies* (Vermilion, 2005; ISBN 978-0091906481)

Working with specific groups...

- Ramsell Howard, Judy, *Bach Flower Remedies for Women* (new edition, Vermilion, 2005; ISBN 978-0091906542)
- Ramsell Howard, Judy, *Growing Up with Bach Flower Remedies* (The CW Daniel Co, 1994, ISBN 978-0852072738)
- Ball, Stefan & Howard, Judy & Simpson, Heather, *Emotional Healing for Horses and Ponies* (CW Daniel, 2001; ISBN 978-0852073544)*

Philosophy and history...

- Free downloads: <https://www.bachcentre.com/en/education/books-and-reading-lists/free-downloads/>
- Ramsell, John and Howard, Judy (editors), *The Original Writings of Edward Bach* (The CW Daniel Co, 1990; ISBN 978-0852072301)

Visiting a practitioner

We strongly recommend that students book at least one consultation with a Bach Foundation Registered Practitioner (BFRP) before attending a Level 3 course.

As well as useful input into your personal journey with the remedies, this will give you practical insight into how a client experiences a consultation, and an opportunity to see a BFRP at work.

To find the name of a BFRP near you use the search box at <https://www.bachcentre.com/en/contact/practitioners/>.

* The most insightful of the animal books, and of interest to anyone interested in helping any animal

Join an informal study or discussion group

Many practitioners run regular groups, often open to students, where you can talk about the Bach system with like-minded people. Some are face-to-face, others online. New groups come together all the time, in many different languages. To see what is going on now go to <https://www.bachcentre.com/en/education/informal-and-special-interest-courses/>.