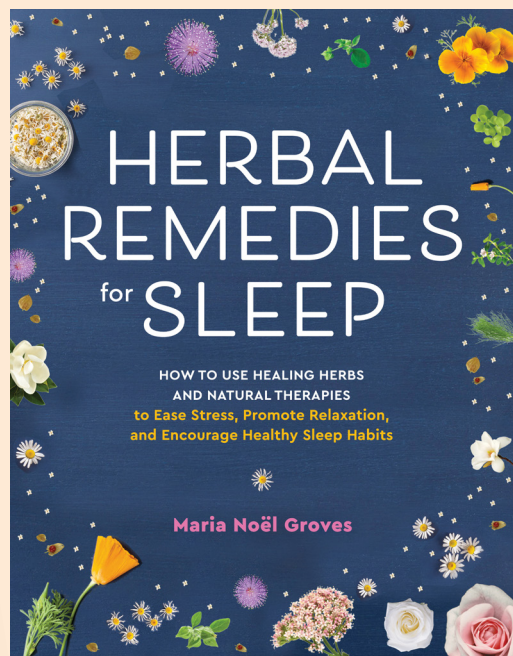


Maria Noël Groves Books for Herbal Self-Care

Award-winning author and clinical herbalist Maria Noël Groves provides essential resources for herbal remedies and holistic self-care practice, from growing to adopting natural therapies that mend and treat the body and mind.



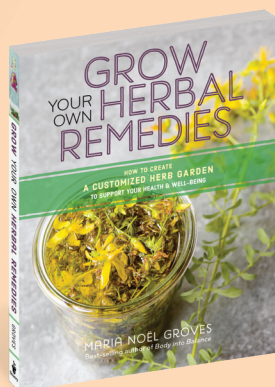
Herbal Remedies for Sleep

ISBN: 9781635867749 | Price: \$19.99

On sale: April 2024

The key to getting the best night's rest comes in this thorough look into the top herbal remedies and holistic methods for easing stress, relaxation, and restorative sleep.

More from Maria Noël Groves:

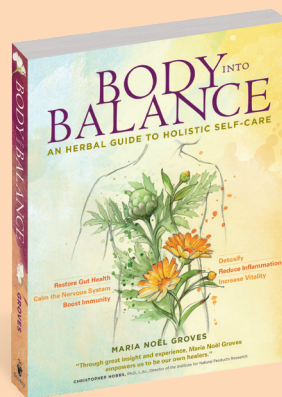


Grow Your Own Herbal Remedies: How to Create a Customized Herb Garden to Support Your Health & Well-Being

ISBN: 9781635860139

Price: \$24.95

In 23 garden plans, learn how to grow herbs most effective for relieving common ailments, from chronic stomach problems to immune support.



Body into Balance: An Herbal Guide to Holistic Self-Care

ISBN: 9781612125350

Price: \$24.95

With in-depth instructions and step-by-step photographs, this best-selling holistic guide demonstrates how to understand the body's signals and discover natural remedies to nourish and repair the body as a whole.

Publicity Contact:

Maddy Jackson

maddy.jackson@hbgsusa.com

(617)-371-8398



Storey Publishing

Storey.com



Storey Publishing is an imprint of Workman
Publishing within the Hachette Book Group