



# Essential Oils For Depression: Essential Oil Remedies For Stress and Depression (Essential Oils For the Soul)

*Tonny M Ford RN*

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## **Essential Oils For Depression: Essential Oil Remedies For Stress and Depression (Essential Oils For the Soul) Tonny M Ford RN**

Knowledge is power. The ancient wisdom of essential oils can be applied to clear your mind, relieve stress and as a remedy for depression. This guide will show you which particular oils can be used for such purposes and the recipes you need to achieve your mental health goals

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