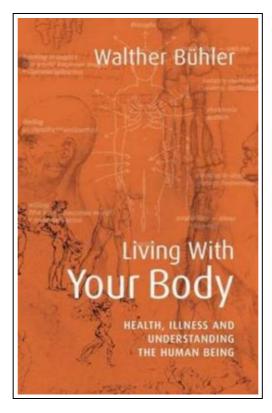
Living With Your Body: Health, Illness and Understanding the Human Being



Filesize: 3.97 MB

Reviews

Excellent electronic book and valuable one. We have read and so i am sure that i am going to likely to study again once more in the foreseeable future. I am just happy to inform you that here is the very best book i have read during my personal lifestyle and might be he greatest book for possibly.

(Brendan Wuckert)

LIVING WITH YOUR BODY: HEALTH, ILLNESS AND UNDERSTANDING THE HUMAN BEING



Rudolf Steiner Press. Paperback. Book Condition: new. BRAND NEW, Living With Your Body: Health, Illness and Understanding the Human Being, Walther Buhler, How can we truly understand the vital questions of health and illness, which are so much part of our everyday lives? Good nutrition, exercise and relaxation are only some of the answers, says Buhler. What we really need is a comprehensive insight into our true human nature, including the various forces working within and through us. In this classic, concise study we are given a vivid picture of the human being's threefold nature, consisting of body, soul and spirit. The author analyses the key aspects of our physical being and inner selves: the heart (organ of the 'heart quality'), the metabolism (relating to the will), and the sensory-nervous system (as 'mirror of the soul'). He provides a deeper understanding - and hence a solid basis for work - for teachers, medical professionals and therapists, and anyone seeking encouragement to lead a healthy lifestyle.



You May Also Like



A Friend in Need Is a Friend Indeed: Picture Books for Early Readers and Beginner Readers

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. LIKE Publishing presents its Reader series. Based on famous proverbs, these readers teach...

Save Document »



Kingfisher Readers: Your Body (Level 2: Beginning to Read Alone) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Your Body (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the...

Save Document »



Get Your Body Back After Baby

Triumph Books, 2009. Paperback. Book Condition: New. BRAND NEW, Perfect Shape, No Black Remainder Mark, Fast Shipping With Online Tracking, International Orders shipped Global Priority Air Mail, All orders handled with care and shipped promptly in...

Save Document »



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

 $Madelyn\ D\ R\ Books.\ Paperback.\ Book\ Condition:\ New.\ Paperback.\ 106\ pages.\ Dimensions:\ 9.0 in.\ x\ 6.0 in.\ x\ 6.0 in.\ x\ 6.3 in. This\ book\ is\ about\ my\ cousin,\ Billy\ a\ guy\ who\ taught\ me\ a\ lot\ over\ the\ years\ and\ who...$

Save Document »



The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Save Document »