



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

Walther Bühler

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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 Bühler. 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.

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