



## How to Cure Nervousness (Paperback)

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By Rudolf Steiner

Rudolf Steiner Press, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. It is not always right to send someone to the chemist for some medicine when he is ill. Instead we should organize our lives in a way that renders us less susceptible to illness, or alleviates its impact. Disorders will impinge on us less severely if we strengthen the ego's influence on the astral body, the astral body's influence on the etheric and the etheric on the physical. Nervousness, anxiety and agitation are all common symptoms of our increasingly stressed and pressured society. They manifest in the everyday form that many people experience, or sometimes as serious mental or psychological disorders. In this classic lecture, Rudolf Steiner offers practical advice and spiritual insight for those who wish to heal these proliferating ailments of modern life. He describes simple exercises that strengthen the inner self, with the goal of achieving the calm and centredness necessary to lead a purposeful and healthy life. Also available as an Audio Book.

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