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Anthroposophy in Everyday Life: Practical Training in Thought

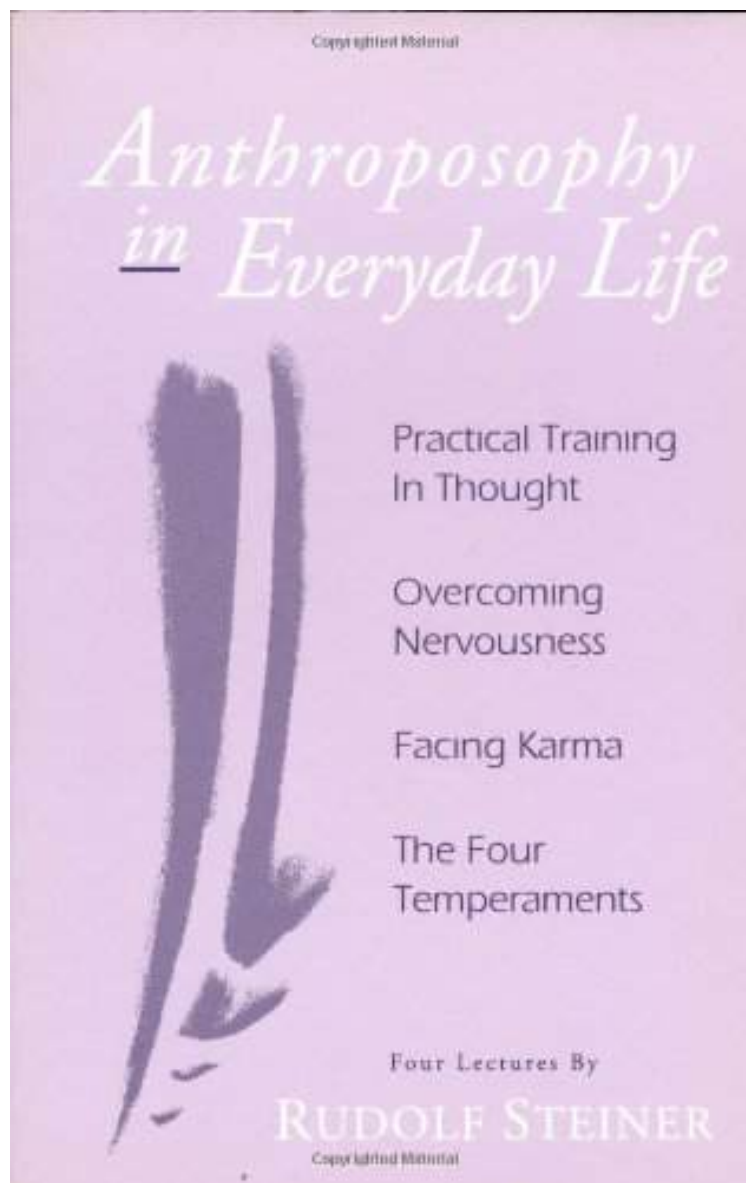
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The Four Temperaments Anthroposophy in Everyday Life: Practical Training in Thought

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The Four Temperaments:

Four of Rudolf Steiner's best loved lectures are collected in this book. They are some of the most accessible presentations of the anthroposophic approach to life available in English. Included are Practical Training in Thought, Overcoming Nervousness, Facing Karma, and The Four Temperaments. The first lecture concerns the fundamental human activity of thinking. Everything we do we do through thinking. The first task then is to realize the rea

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