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## HOW TO CURE NERVOUSNESS

How to  
Cure  
Nervousness



Rudolf Steiner Press. Paperback. Book Condition: new. BRAND NEW, How to Cure Nervousness, Rudolf Steiner, "It is not always right to send someone to the chemist for some medicine when he's 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..

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- Authored by Rudolf Steiner
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