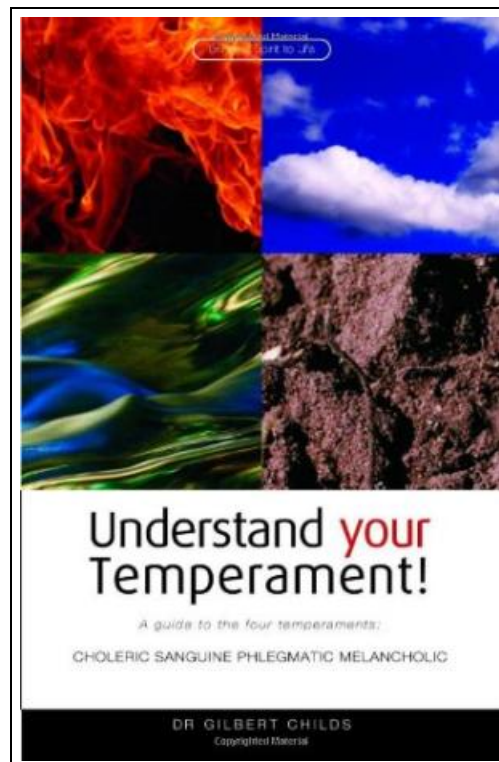


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Rudolf Steiner Press. Paperback. Book Condition: new. BRAND NEW, Understand Your Temperament!: A Guide to the Four Temperaments - Choleric, Sanguine, Phlegmatic, Melancholic, Gilbert Childs, This book is a refreshing treatment of the ancient doctrine of the four temperaments: choleric, sanguine, phlegmatic, and melancholic. Dr. Childs shows us how to recognize the temperaments in ourselves and others, and how to understand their working in our behavior. He investigates in depth the origins and manifestations of the temperaments in both their psychological and physiological aspects. Included are fascinating discussions of the relationships between adults of various temperaments and matters of compatibility in partnership, family, and workplace situations. There is also a section dealing with the temperaments of children, which includes helpful advice on how to help them in terms of attributes and behavior.



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