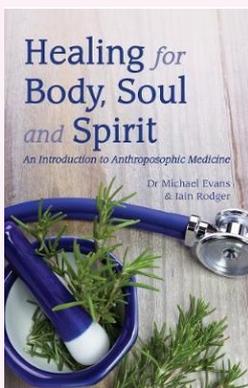


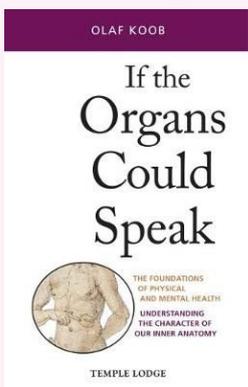
## LIVING WITH YOUR BODY

*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.*



## HEALING FOR BODY, SOUL AND SPIRIT

*Conventional medicine focuses on the body's physical symptoms. But more and more patients are questioning the limitations of this approach and are exploring holistic approaches, such as anthroposophic medicine, which also addresses the human soul -- our individual thinking, will and feelings -- and the human spirit, our self-awareness and essence. Anthroposophic medicine is an extension of, not a replacement to, conventional medicine. This comprehensive book introduces and explores the philosophy and practice of anthroposophic medicine, which is based on principles developed by Rudolf Steiner. It discusses many alternative therapies and areas of health including artistic therapies, massage, childhood illnesses, cancer and psychiatry. Healing for Body, Soul and Spirit will inform and engage a general reader, with no medical background, who is interested in alternative and holistic approaches to human health.*

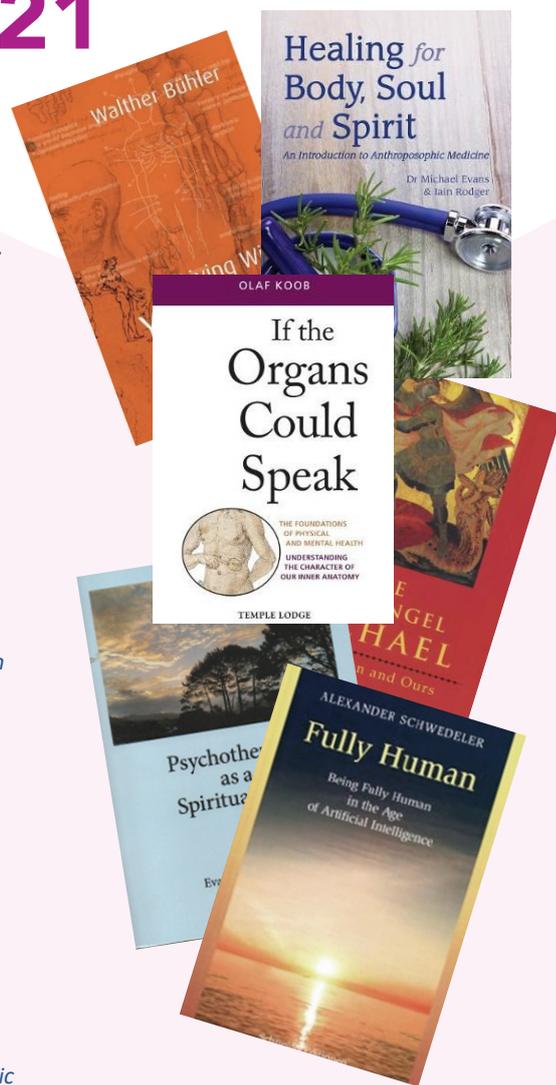


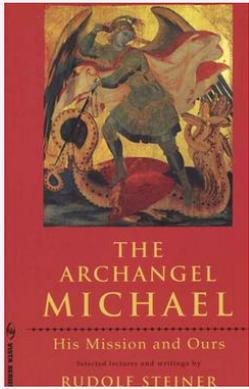
## IF THE ORGANS COULD SPEAK

*At a time of increasing volatility in healthcare provision, we are all having to become more responsible for our own well-being. This book - an imaginative, practical and accessible guide to our inner organs - is written for anyone who wants to improve their health and develop resiliency against illness. Although trained as a medical doctor, Olaf Koob has the vision and experience of a holistic physician. He has surveyed diverse medical systems - orthodox medicine, naturopathy, homeopathy, Chinese, ayurvedic and anthroposophic medicine - and found their common substance. Using this knowledge, he relates the essence of each human organ: its position, colour, form, embryonic development, function and characteristic attributes. Thus, the organs begin to tell their own stories, revealing their 'biography', physiognomy and the illnesses they are prone to. Inspired by esoteric wisdom, Koob creates living images of the pancreas and the hormone system and shows how the spleen, liver, gall bladder, heart, kidneys, lungs and reproductive organs relate to the wider cosmos. He describes the nature of poison and detoxification, good and bad nutrition and the importance of secretion and elimination. If the Organs Could Speak is a unique work that enables us to think more creatively about our bodies and how they function, and to help us cope with crises, suffering and pain.*

# The Basil Gibaud Memorial Library and Bookshop

## New APRIL BOOKS 2021

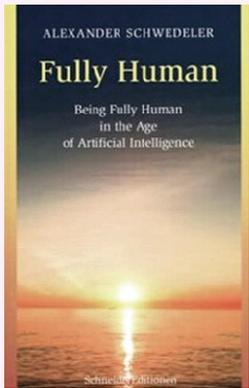




## THE ARCHANGEL MICHAEL

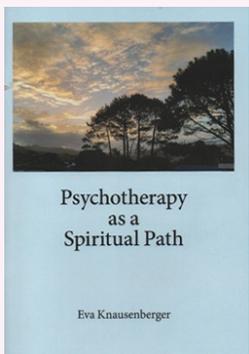
*"The Michael age has dawned. Hearts begin to have thoughts. Enthusiasm no longer flows from mystical obscurity, but from the inner clarity that thought conveys. To grasp this is to receive Michael into one's soul. Thoughts that today seek to grasp the spirit must spring from hearts that beat for Michael as the fiery cosmic prince of thought." —Rudolf Steiner*

*Against this background, Steiner described the ascent of Michael as cosmic ruler, his battle with the "dragon" of the spirits of darkness, and his roles as the countenance of Christ and the guardian of cosmic intelligence. He also gave many profound indications of how Michael's evolutionary task depends on the free and independent collaboration of human coworkers. Speaking on behalf of Michael, Steiner laid out the essentials for a new Michaelic path to full humanity..*



## FULLY HUMAN

*The book "Fully Human. Being Fully Human in the Age of Artificial Intelligence" deals with some of the key challenges we are facing today: the development of artificial intelligence and the development of the human being. How can we become fully human and stay in control of the machine? The author suggests a heart-centred image of the human being with an "I" as a non-local, spiritual entity. He discusses self-leadership as a basis for leadership in organisations and for building high performance teams. He provides a set of practical concepts that might help us to lead life in a more harmonious and human way in a world full of machines. Alexander Schwedeler works as executive coach with his partners and clients on their leadership questions. He is a member of IMO Institut for Man and Organisation development since 2014. He worked for more than 20 years beforehand in finance and banking in various operational and leadership positions. This book is based on his practical life and work experience.*



## PSYCHOTHERAPY AS A SPIRITUAL PATH

*Eva Knausenberger has written a remarkable book that explores modern day trauma through the lens of Anthroposophy and specifically Rudolph Steiner's Samaritan Course that he gave at the onset of the First World War.*



Look upward  
the serene image of the tree above is being tenderly painted  
in the sky above.

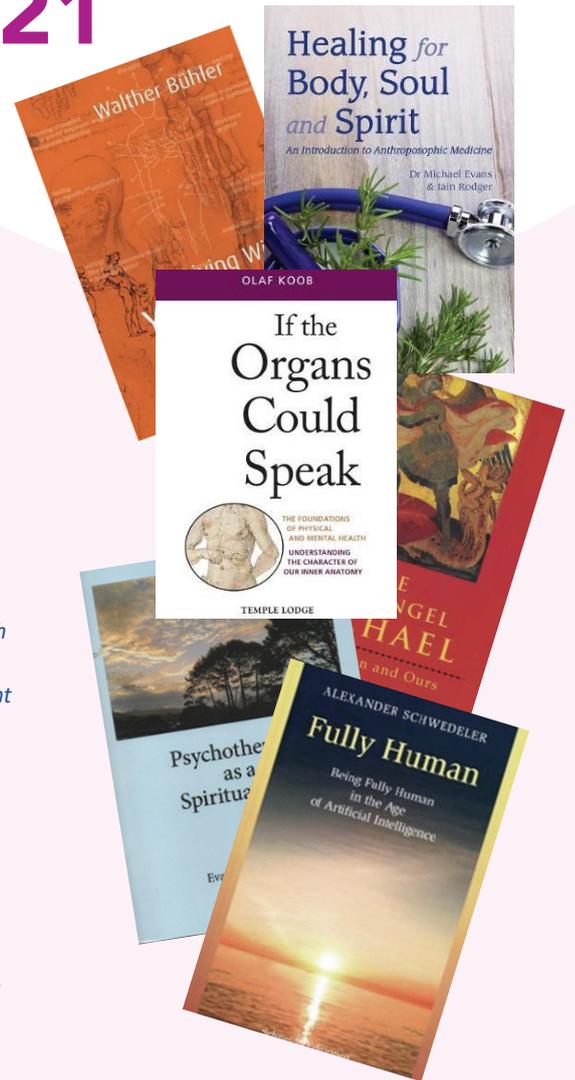
**About the author**  
Eva Knausenberger has worked as a trauma psychotherapist for more than 30 years in New Zealand. Her specialties include personal therapy, group therapy as well as study group sessions and public lectures in Australia, Germany, Ireland and Switzerland.  
Eva's Steiner's Anthroposophy. Her special interests include the human spiritual plane and how it can be used in her work as a therapist. She has been successful in her work in the field of psychotherapy.  
She holds a diploma in counselling and psychotherapy (DIPCO) and teaching certification for primary and secondary education (Germany, USA).

"All wounds require healing, and it matters in way that the gift of the wound is to call us to a deeper healing awareness and the will to heal."  
"The gift of trauma, if one can in any way understand trauma to be a gift rather than a curse, is that it is also a spiritual message: call of your properties, urging us to receive, develop and master the spiritual, mental life given instead of being given."

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## New APRIL BOOKS 2021



### Healing for Body, Soul and Spirit

An Introduction to Anthroposophic Medicine

Dr Michael Evans & Iain Rodger

### If the Organs Could Speak

THE FOUNDATIONS OF PHYSICAL AND MENTAL HEALTH UNDERSTANDING THE CHARACTER OF OUR INNER ANATOMY

TEMPLE LODGE

### Fully Human

Being Fully Human in the Age of Artificial Intelligence

Alexander Schwedeler