Titel: AVICENNA

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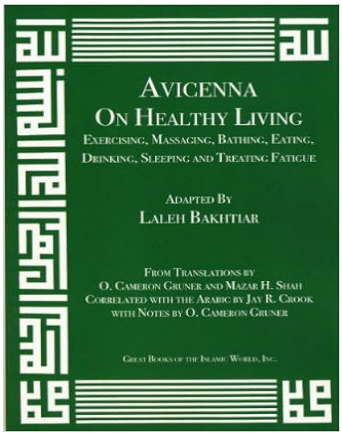

Beschreibung:

Avicenna on Healthy Living: Exercising, Massaging, Bathing, Eating, Drinking, Sleeping, and Treating Fatigue (Canon of Medicine, Band 12)

Good health 1000 years ago required attention to the same habits as today as explained by Avicenna in his Law of Natural Healing (Canon of Medicine), Lecture 12. It also contains O. Cameron Gruner's extensive endnotes.