



The Four Temperaments: A Rediscovery of the Ancient Way of Understanding Health and Character

Randy Rolfe

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The system of the four temperaments, or humors—melancholic, choleric, sanguine, and phlegmatic—has been used to analyze personality and health for over two thousand years, since the philosophical insights of Aristotle and the healing arts of Hippocrates. It has been the basis of Western medicine and character portraits ever since. Now *The Four Temperaments* offers an introduction and overview of this ancient knowledge, providing readers a clear picture of all the humors have to offer. Randy Rolfe shows how to identify one's own temperament and how to dramatically improve health, relationships, career, and happiness with a basic understanding of the four temperaments. Since the author has been studying, applying, and teaching the wisdom of the temperaments for over thirty years, she is able to link these four ancient personality and health types with the findings of modern medical researchers. She guides readers to finding the proper balance between temperaments and using their strengths to overcome their vulnerabilities. Illustrations are included.

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