



Bioenergetics: The Revolutionary Therapy That Uses the Language of the Body to Heal the Problems of the Mind (New edition)

By Alexander Lowen

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Bioenergetics: The Revolutionary Therapy That Uses the Language of the Body to Heal the Problems of the Mind (New edition), Alexander Lowen, Bioenergetics is a dynamic form of therapy based on the teachings of Wilhelm Reich. It links physical pain, muscle tension, and postural disorders with state of mind, demonstrating that suppressed emotions, unhappiness, and anger can block energy-flow and cause physical distress. Dr Alexander Lowen, founder and prime mover of this therapy, analyzes common complaints such as headaches and lower-back pain and shows how they can be overcome by releasing the muscular tension that creates them. Through bioenergetic exercise, physical pain can be dissolved and emotion released, leading to a new sense of confidence and well-being. The author also wrote "Depression and the Body".



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