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## 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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AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is about a little biracial (African American/Caucasian) girl s first day of daycare and preparing her for kindergarten....



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The Captain Papadopoulos Publishing Company, United Kingdom, 2012. Paperback. Book Condition: New. Brian Williamson (illustrator). 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Comic Maths: Sue (Key Stage 1, Level 1) has been created for children...



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WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



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