



LA VOZ DE CUERPO (Spanish Edition)

ALEXANDER LOWEN

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La voz del cuerpo es una recopilación de veintidós conferencias de Alexander Lowen, las cuales tratan sobre conceptos claves del análisis bioenergético que siguen vigentes en el mundo de hoy, entre ellos: el estrés y la enfermedad, el ritmo de la vida, el sexo y la personalidad, la respiración, el movimiento y los sentimientos, el deseo de vivir y el deseo de morir, la agresión y la violencia en el individuo. El análisis bioenergético, creado por el doctor Alexander Lowen, es una forma de psicoterapia que combina el trabajo con la mente y el cuerpo. Su finalidad es ayudar a la persona a resolver sus problemas emocionales y a realizar su potencial para el amor y la sexualidad sana.

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