

# The Way To Vibrant Health: A Manual Of Bioenergetic Exercises - , Leslie Lowen

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The Way to Vibrant Health, now in its 3rd printing, represents over 20 years of Bioenergetic body-psychotherapy techniques. These unique exercises are designed to reduce muscular tension and promote well-being, allowing you to feel more joy and vibrancy. Bioenergetics is a way of understanding the human personality in terms of the body and its energetic processes. Bioenergetic Analysis is a form of psychotherapy that combines work with the mind and the body to help people resolve their emotional problems, and realize their potential for vibrant health and pleasure in all aspects of their lives.

Bioenergetic Exercises help you experience:   
• Natural breathing as a total body respiratory wave.   
• Unblocking of the body's holding patterns that restrict your energetic potential.   
• Increasing your capacity for pleasure and feeling.

Author: Lowen, Alexander, M.D., Dr. Author: Lowen, Leslie Publisher: The Alexander Lowen Foundation Illustration: N Language: ENG Title: The Way to Vibrant Health: A Manual of Bioenergetic Exercises Pages: 00178 (Encrypted EPUB) On Sale: 2013-02-01 SKU-13/ISBN: 9781938485145 Category: Psychology : Personality

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