

The Betrayal of the Body

By Alexander Lowen

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In The Betrayal of the Body, the book that established the mind-body therapy of Bioenergetic Analysis, Dr. Alexander Lowen teaches how the conflict between the ego and the body produces splits in the personality that affects all aspects of an individual's existence. The Betrayal of the Body teaches about the neurotic and schizoid personalities. Chapters include: The Schizoid Disturbance; The Problem of Identity; The Forsaken Body; The Psychology of Desperation; Illusion and Reality; Demons and Monsters. Understanding the importance of healing the mind-body split through the recovery of an emotionally fulfilling mind-body relationship is demonstrated with case studies.

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