

The Way To Vibrant Health: A Manual of Bioenergetic Exercises

By Alexander Lowen, 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.

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Editorial Review

About the Author
Alexander Lowen, M.D., has practiced psychotherapy for more than 55 years. He has authored 12 books on Bioenergetic Analysis, including Fear of Life; Depression and the Body; Love, Sex, and Your Heart; Joy; Language of the Body; and Narcissism

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