



Ejercicios de bioenergetica (Spanish Edition)

Alexander Lowen, Leslie Lowen

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La bioenergetica es una forma de terapia que combina el trabajo con el cuerpo y con la mente, a fin de ayudarnos a resolver nuestros problemas emocionales y a comprender mejor nuestro potencial para el placer y el gozo de vivir. Los ejercicios detallados en este libro son el resultado de mas de veinte anos de trabajos terapeuticos con pacientes. / Bioenergetics is a form of therapy that combines work with the body and mind, to help us resolve our emotional problems and better understand our potential for pleasure and joy of living. The exercises outlined in this book are the result of over twenty years of therapeutic work with patients.

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