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THE
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BIOENERGETIC ANALYSIS FOR LIFE, LOVE, HEALTH, AND ENVIRONMENT...

The Alexander Lowen Foundation is a U.S. based international non-profit organization dedicated to archiving, preserving, and expanding the work of Alexander Lowen, M.D.

We offer:

Workshops in Bioenergetic Analysis
Bioenergetics Community Events
Bioenergetics Bodywork
Publishing of Lowen books
Bioenergetics Discussion Forums

We invite you to learn more about
Bioenergetics and the
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THE
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BOOKS
By Alexander Lowen



"Lowen has done more than any other single person to promote the knowledge of the body in psychotherapy to a wide professional and non-professional audience."

– Edward W.L. Smith, *The Body in Psychotherapy*

NEW EDITIONS



Fear of Life (1980)

An in-depth study of the human condition within modern culture. Lowen challenges conventional thinking and contends that neurotic behavior stems from a fear of life, and represents the individual's unconscious effort to overcome that fear. If one has the courage to accept and feel the pain and hurt, despair and sadness, and inner emptiness or anxiety in one's life, one can heal trauma and gain pleasure, fulfillment, and joy...the object of Bioenergetic Analysis.

Also available as an ebook



The Way to Vibrant Health (1977)

The first and only comprehensive Bioenergetic Bodywork manual, written by Alexander and Leslie Lowen. Based on decades of therapeutic work with patients, these exercises are designed to help people get in touch with and release the tensions in their bodies. It also features techniques to relax contracted muscles and relieve stress in body and mind. These exercises may be practiced at home, in groups, or in psychotherapy work.

Also available as an ebook



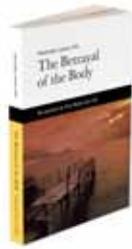
The Language of the Body (1958)

Originally published in 1958 as *Physical Dynamics of Character Structure*, it remains one of the most influential books in psychology, and the definitive book for psychiatrists, therapists, and anyone interested in body-psychotherapy. Using important concepts from Sigmund Freud's work and Wilhelm Reich's book, *Character Analysis*, Lowen demonstrates how every personality trait is reflected in the body and integrates the physical aspects of character with the psychological patterns of behavior.

Also available as an ebook

lowenfoundation.org

NEW EDITIONS



The Betrayal of The Body (1967)

Lowen's pioneering study of the mind-body split. Lowen describes the way people deny the reality, needs, and feelings of their bodies, and how this denial leads to the development of the division between mind and body. This book illustrates the energetic factors behind the split, the factors that produce it, and the proven therapeutic techniques that are available to treat it.

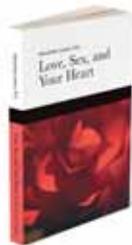
Also available as an ebook 



Pleasure: A Creative Approach to Life (1970)

Lowen shows how the experience of pleasure or pain determines our emotions, thinking, and behavior. Examining the psychology and biology of pleasure, he explores its roots in the nature of the body. Through case studies illustrating the use of Bioenergetic Analysis, Lowen shows how people can reconnect to their bodies and restore a mind-body balance.

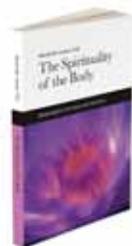
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Love, Sex, and Your Heart (1988)

An innovative approach to cardiovascular health and the treatment of heart disease. Lowen examines the feeling of love as a physiological process in the body. This book features the principles and therapeutic techniques to help people understand their fear of love, release chronic muscular tension, and become more loving. It is essential reading for health professionals and anyone interested in the health of the heart.

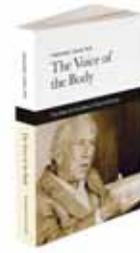
Also available as an ebook 



The Spirituality of the Body (1990)

Lowen views the body as the outer manifestation of the spirit and defines grace as the divine spirit acting within the body. This book includes techniques and exercises aimed at alleviating muscular tension and restoring the body's natural grace. This grace involves a sense of connectedness to a higher order. In this state of grace we feel a kinship with all living creatures, and recognize our connection to our environment and to the world.

Also available as an ebook 



The Voice of the Body (2005)

This is the first publication in a single volume of Lowen's public lectures known as "The Lowen Monographs." This historical collection of twenty-two lectures by one of the founders of contemporary body-psychotherapy embodies the groundbreaking principles of Bioenergetics and Bioenergetic Analysis. Presented between 1962 and 1982, these lectures document the depth and breadth of Lowen's work not otherwise published.

Also available as an ebook 



Honoring the Body (2004)

Lowen was a teacher, lawyer, medical doctor, psychotherapist, writer, and a pioneer in the field of body-psychotherapy and psychobiology. His life and work are recorded in this candid autobiography. From his childhood in Harlem, New York, through his therapy and training with Wilhelm Reich, Lowen became an influential innovator in the field of psychiatry and psychotherapy.

Also available as an ebook 

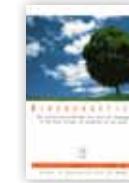
COMING SOON



Love and Orgasm (1965)

For the first time in decades, Lowen's controversial book will be available again soon. Exploring the interaction between personality and sexual function, Lowen writes that the way you function sexually is the way you are, and shows that disturbances in personality can be linked directly with sexual issues. Lowen shows that fulfillment in sexual love can be achieved only by those who are in touch with their bodies and in contact with their feelings.

ALSO PUBLISHED



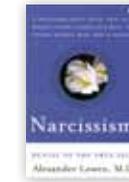
Bioenergetics: The Revolutionary Therapy That Uses the Language of the Body to Heal the Problems of the Mind (1976, Penguin Books)

Lowen writes that increased joy and pleasure are possible in everyday life through an understanding of how your body functions energetically: how it determines what you feel, think, and do. Illustrated with line drawings of bioenergetic exercises, this book continues to bring freedom, confidence, and pleasure to men and women around the world.



Depression and the Body: The Biological Basis of Faith and Reality (1977, Penguin Books)

The depressed person, says Lowen, is out of touch with reality – and especially with the reality of his or her own body. This inspiring, pioneering book explores the cultural and psychological forces that contribute to this condition. Lowen shows how we can overcome depression by reestablishing the connection to our physical selves and learning to recognize the physical manifestations of our emotions.



Narcissism: Denial of the True Self (1984, Simon & Schuster)

In this groundbreaking study and contrary to popular belief, Lowen describes narcissism as a denial of the true self. Narcissists do not love themselves or anyone else. They cannot accept their true selves, constructing instead fixed masks that hide emotional numbness. By the use of Bioenergetic Analysis a new possibility of a fulfilling and authentic life is presented for people with narcissistic characteristics and for those who interact with them.

Also available as an ebook 



Joy: The Surrender to the Body and to Life (1995, Penguin Books)

Lowen believes that the key to personal change is contact with the body. This book rests on the idea that joy is a natural state, a positive feeling of the body, possible only through surrender to the body by listening to its wisdom and what it communicates. Lowen uses case studies to explore barriers to freedom, and ways to overcome them through bioenergetic therapy and exercises, and says that "without freedom, there is no joy; and without joy, there is no meaning to life."

Also available as an ebook 