



# Depression and the Body: The Biological Basis of Faith and Reality (Compass)

By Alexander Lowen

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“[Dr. Lowen’s] book is both important and, for the serious lay reader, engrossing. He is an unusually lucid writer, unburdened by jargon, candidly personal.” – *Publishers Weekly*

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### **Editorial Review**

From the Back Cover

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About the Author

**Dr. Alexander Lowen** is the creator of bioenergetics, which he has defined as "a therapeutic technique to help a person get back together with his body and to help him enjoy to the fullest degree possible the life of the body." Incorporating direct work on the body into the psychoanalytic process, Dr. Lowen practices psychiatry in New York and Connecticut and is the executive director of the Institute of Bioenergetic Analysis. He is married and lives in New Canaan, Connecticut, with his wife and son.

### **Users Review**

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**William Coker:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite publication and reading a reserve. Beside you can solve your problem; you can add your knowledge by the book entitled Depression and the Body: The Biological Basis of Faith and Reality (Compass). Try to the actual book Depression and the Body: The Biological Basis of Faith and Reality (Compass) as your buddy. It means that it can to become your friend when you really feel alone and beside associated with course make you smarter than in the past. Yeah, it is very fortunate for you personally. The book makes you a lot more confidence because you can know everything by the book. So , let us make new experience as well as knowledge with this book.

**Nicholas Tapia:**

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