

The Way To Vibrant Health: A Manual of Bioenergetic Exercises

Alexander Lowen, Leslie Lowen



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The Way To Vibrant Health: A Manual of Bioenergetic Exercises Alexander Lowen, Leslie Lowen The Way to Vibrant Health, now in its 3rd printing, represents over 20 years of Bioenergetic bodypsychotherapy 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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