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Dr. Alexander Lowen

and Dr. Stephen Sinatra

on sex and the health of

the heart. ~~Fear of Life:~~

~~Why we are~~

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controlling our emotions  
[Part 1] No more fear of  
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The Time You Have  
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much. But to my knowledge, only Lowen has identified where such a strong fear of death comes from--The Fear of Life! Lowen and Bioenergetics has changed my life. The message is not easy but it is hopeful: change your body and you can change your feelings and your life.

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Fear of Life: Alexander

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Alexander ...

In this book, alexander Lowen, a neo-Freudian psychoanalyst, argues that every individual has gone through life with specific traumatic experiences that shaped their personality in a manner that prevent them from enjoying life. Lowen believes that our

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entire psychological  
history is preserved and  
stored in the shape of  
our bodies.

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Pinar Wennerberg in  
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Tango. "One day I read  
a book and my whole

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life was changed. This is what Orhan Pamuk writes in his book "The New Life". That is a difficult book, it cost me a lot of time and energy to understand if I did at all. But.

Fear of Life by

Alexander Lowen

Reflections

Freud says, "The whole process, on the one

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Life, Alexander Lowen  
hand, preserves the genital organ wards off the danger of losing it; on the other hand, it paralyzes it, takes its function away from it.□.

□ Alexander Lowen,  
Fear of Life. tags:  
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message is not easy but  
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Freud says, "The whole  
process, on the one  
hand, preserves the  
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the danger of losing it;  
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Quotes (Author of  
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Narcissism) Alexander

Fear of Life is an in-  
depth study of the

human condition within  
modern culture.

Alexander 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. But

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one cannot do so. One  
can only

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ALEXANDER  
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American physician &  
Psychotherapist

(1910-2008) « 1; 2 » In

my opinion the hectic  
and almost frantic pace  
of modern living is a  
clear sign of the fear we  
have of being and of  
life. And as long as this  
fear exists in a person's  
unconscious, he will run  
faster and do more so as  
not to feel his fear.

ALEXANDER

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