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LOVE, SEX, AND YOUR HEART

Love, Sex, and Your Heart



The Alexander Lowen Foundation. Paperback. Condition: New. This item is printed on demand. 220 pages. Love, Sex, and Your Heart offers an innovative approach to cardiovascular health and the treatment of heart disease. Alexander 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...

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- Authored by Alexander Lowen
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