

The book was found

The Betrayal Of The Body

Alexander Lowen, M.D.

The Betrayal of the Body

Re-connect to Your Body and Life



Synopsis

The Betrayal of the Body is Alexander Lowen's™ pioneering study of the mind-body split. Lowen describes the way people deny the reality, needs, and feelings of their bodies. This denial leads to the development of the division between mind and body, creating an over-charged ego obsessed with thinking at the expense of feeling and being. 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. Lowen further explores the mind-body duality in the individual and its parallel duality and dysfunction in society between culture and nature, and between thinking and feeling.

Book Information

File Size: 1972 KB

Print Length: 302 pages

Publisher: The Alexander Lowen Foundation (February 1, 2012)

Publication Date: February 1, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00B5JYR9K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #322,918 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Pathologies > Schizophrenia #109 in Books > Health, Fitness & Dieting > Mental Health >

Schizophrenia #220 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Applied Psychology

Customer Reviews

This is Lowen's third and 'break out' book, and it is unlike any other book that exists. It goes right to the core of our suffering as individuals and as a society. It takes courage to read this book. Lowen describes 'the schizoid condition' This has only a little to do with the emergence of schizophrenia in some extreme cases. Rather the schizoid condition is simply the dissociation in our lives between the image and the reality. Reality is perceived, but not really preferred. Life with schizoid traits (and

there are many of us that have some) is characterized by the dissociation of the ego from feeling and from the body. Feelings may be expressed according to what one "should feel" in a given situation, but there is no real spontaneity. What the person thinks seems to have little connection to how the person feels or behaves. The link between desire and impulse is completely broken. This leaves a person both short on impulses, but also at a loss to understand his or her own desires. The will is used to motivate action, which gives the behavior an "as if" quality. The eventual outcome is depression and despair. Lowen's solution is for the person (that is the ego) to become more associated with the natural life of the body, which is always in the present, and in reality. In this way it is possible to become related to the world and other people. The origin of the problem is usually in early life, but an important topic is how many modern social trends push the individual into this split

I have read the first five chapters and they were painful to read. Lots of medical terms I had to look up as I went along. It is a very Freudian style book. I am about to understand where it is all "going", but it has been a struggle. Lots of folks will say it is just plain weird. I can't argue with that, but it does open your eyes to a lot of "things". I hope that when I am finished I can look back and say it was worth all the effort.

Good book

[Download to continue reading...](#)

BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) The Betrayal of the Body Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Organic Body Care Recipes Box Set: Organic Body Scrubs, Organic Lip Balms, Organic Body Butter, And Natural Skin Care Recipes Body Language: Discover and Understand the Psychological Secrets Behind

Reading and Benefitting From Body Language (Read People On Sight - Body Communication - Nonverbal Communication) Body Language: Master the Art of Reading Anyone Through Nonverbal Communication (Body Language 101, Body Language Mastery, Read Everyone) Data Love: The Seduction and Betrayal of Digital Technologies The Telling Room: A Tale of Love, Betrayal, Revenge, and the World's Greatest Piece of Cheese The Scent of Scandal: Greed, Betrayal, and the World's Most Beautiful Orchid (Florida History and Culture) The Thirtymile Fire: A Chronicle of Bravery and Betrayal Living and Loving after Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment Trust and Betrayal in the Workplace: Building Effective Relationships in Your Organization Hope After Betrayal: Healing When Sexual Addiction Invades Your Marriage The Psychology Of The Sopranos Love, Death,, Desire And Betrayal In America's Favorite Gangster Family The Long Exile: A Tale of Inuit Betrayal and Survival in the High Arctic God's Mercies: Rivalry, Betrayal, and the Dream of Discovery

[Dmca](#)