



El amor, el sexo y la salud del corazon (Spanish Edition)

Alexander Lowen

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Explica como las emociones se expresan en el ambito fisico; como el dolor puede congelar el desarrollo psicologico; como las emociones bloqueadas pueden literalmente presionar sobre el corazon y aumentar el riesgo de enfermedades coronarias; como determinadas tecnicas pueden desbloquear las represiones y reducir la tension sobre el corazon; por que la genuina plenitud sexual es decisiva para alcanzar la integridad fisica y emocional.



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