



# Fear of Life

*By Alexander Lowen*

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## **Fear of Life** By Alexander Lowen

Alexander Lowen M.D., world famous psychiatrist and creator of Bioenergetic Analysis shows you how to resolve your fears and allow yourself to: • Surrender to love • Let go rather than control • Be rather than do • Flow rather than push

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## **Fear of Life By Alexander Lowen Bibliography**

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## **Editorial Review**

### **About the Author**

Alexander Lowen, M.D., has practiced psychotherapy for more than 55 years. He has authored 12 books on Bioenergetic Analysis, including *Depression and the Body*; *Love, Sex, and Your Heart*; *Narcissism*; and *The Way to Vibrant Health: A Manual of Bioenergetic Exercises*

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