



## 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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#### **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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