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If you have the willingness to accept the realities of life, you will live longer. It has allowed me to reach 93 years of age. I was raised to value the mind and intellect, not the body. Favoring the life of the mind went against my nature. Healing the splits between my mind and my body has been my life's challenge. In the sixty years that I have practiced psychotherapy, I have learned that the pathway to emotional health is through the body. The underlying purpose of Bioenergetic Analysis has always been to heal the mind-body split.

—Alexander Lowen, M.D., *Honoring the Body*

Honoring the Body: The Autobiography of Alexander Lowen, M.D.

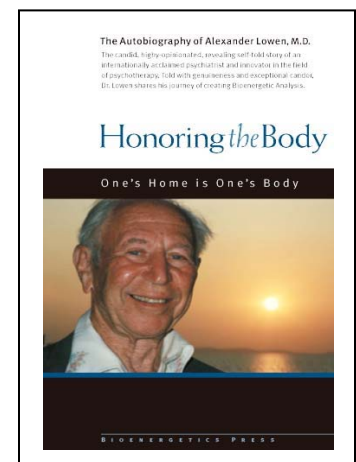
Honoring the Body is the candid, highly-opinionated, and revealing memoir of internationally-acclaimed psychiatrist Dr. Alexander Lowen. Dr. Lowen is the author of thirteen books on psychology and the founder of Bioenergetics Analysis.

A pioneer in the field of mind/body psychology, Dr. Lowen has practiced psychotherapy for more than 60 years. After completing degrees in law and medicine, Lowen studied with Wilhelm Reich, M.D., an early disciple of Sigmund Freud. Building on Reich's views on the relationship between the body and the mind Lowen created Bioenergetics Analysis, an innovative form of mind/body therapy designed to help people resolve their emotional problems and realize their potential for love and healthy sexuality.

With genuineness and exceptional candor, Dr. Lowen shares his journey of creating Bioenergetic Analysis. *Honoring the Body* begins with the telling story of Lowen's early years growing up in Harlem and a rocky relationship with his Russian-immigrant parents. He recounts his own growth including the shame he felt around his own sexuality and the later development of his relationship with his wife Leslie. He discloses the core of his own work with Reich and recounts the maturation of his own views on character structure and grounding. And he recounts the creation and growth of the International Institute for Bioenergetic Analysis, the organization he spearheaded that ultimately spread Bioenergetics across the world.

Honoring the Body is the account of an exceptional man who has devoted his life to helping patients feel joy in their own lives and heal their own mind/body split. Dr. Lowen's story is required reading for readers interested in the history of psychology, the advancement of the Bioenergetics movement, or the field of mind/body psychotherapy.

Dr. Robert Glazer, editor of *Honoring the Body*, studied under Dr. Lowen and now directs the Florida Society for Bioenergetic Analysis. He is available for interviews and can be reached at 386-462-5155. For further information or review copies please contact Jamie Horwitz at 877-462-4830 or bioenergetics@acceleration.net.



Honoring the Body: The Autobiography of Alexander Lowen, M.D. was published by Bioenergetics Press in June of 2004 and retails for \$27.95. Bioenergetics Press is a Florida-based publisher of psychotherapy-related books that has re-published many of Dr. Lowen's works including *Fear of Life*; *The Way to Vibrant Health: A Manual of Bioenergetic Exercises*; *Love, Sex, and Your Heart*; and *Pleasure*. *Honoring the Body* and other Bioenergetics Press books are available at www.bioenergeticspress.com, at Amazon.com, or through local booksellers.

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