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## The Way to Vibrant Health

*Alexander Lowen, Leslie Lowen*  
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Alexander Lowen, M.D. and Leslie Lowen

# The Way to Vibrant Health

A Manual Of Bioenergetic Exercises

100 Innovative and Powerful Exercises



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**Alexander Lowen, Leslie Lowen : The Way to Vibrant Health** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Way to Vibrant Health:

4 of 4 people found the following review helpful. A Work of GeniusBy Insight1001Alexander Lowen was a seminal figure in somatic therapy. Working with Wilhelm Reich he early understood the importance of the body in

psychological healing. The body became living record of personal struggles, traumas, and other ingresses on the wholeness of the human experience. Other books he wrote outline the conceptual underpinnings of his theory. "The Way to Vibrant Health" despite its unexciting title and unpolished artwork remains a work of genius for all those who seek path to healing. Lowen believed that stored energy in the body was the residue of traumatic experiences. The easily-performed exercises outlined here offer a release from the effects of this residue. By placing the body in slightly stressful positions, breathing fully, and holding the positions for a few minutes, Lowen believed, the body would begin to express itself through "vibration". These vibrations permit expression and healing. I began to do these exercises a month ago. My body's response was more intense than vibration; I would have to call it spasming. . At least in my case there has been no resuscitation of ancient memories. Rather it's more akin to feeling pure energy expressing itself and discharging. If this approach calls to you, please give it a try. This slim book can be the way to your joy. 2 of 2 people found the following review helpful. great exercises By Jeffrey R. Morgan Open up and say Aaaaaaahhhhhh! Unwind from all sorts of unnatural tensions and pressures, vibrate your way to vibrant health and longevity. Best sex ever, as an added bonus. 2 of 2 people found the following review helpful. Helpful book By Rose by Another Name Well written, clearly organized to find exercises for specific reasons. It has good directions, easy to follow, details explanations and good photos. I like the way I feel after I've done an exercise.

The Way to Vibrant Health represents over 20 years of Bioenergetic body-psychotherapy techniques. These unique exercises are designed to reduce muscular tension and promote well-being, allowing you to feel more joy and vibrancy.