



**The Way to Vibrant Health: A Manual of
Bioenergetic Exercises (Harper colophon books ;
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Alexander Lowen

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The Way to Vibrant Health, now in its 3rd printing, 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.

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