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Love, Sex, and Your Heart

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Love, Sex, and Your Heart Alexander Lowen
Love, Sex, and Your Heart offers an innovative approach to cardiovascular health and the treatment of heart disease. Alexander Lowen examines the feeling of love as a physiological process in the body. This book features the principles and therapeutic techniques to help people understand their fear of love, release chronic muscular tension, and become more loving. It is essential reading for health professionals and anyone interested in the health of the heart.

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