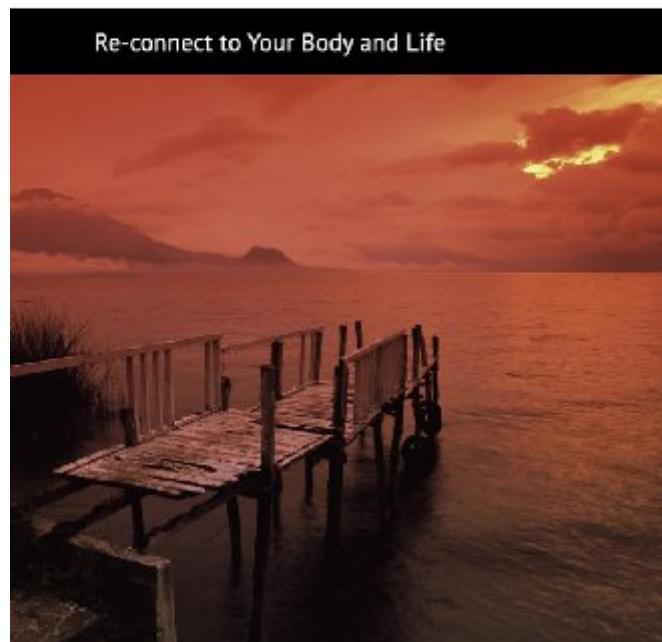


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The Betrayal Of The Body

Alexander Lowen, M.D.

The Betrayal of the Body



Re-connect to Your Body and Life



Synopsis

The Betrayal of the Body is Alexander Lowenâ™s pioneering study of themind-body split. Lowen describes the way people deny the reality, needs, andfeelings of their bodies. This denial leads to the development of the divisionbetween mind and body, creating an over-charged ego obsessed with thinkingat the expense of feeling and being.This book illustrates the energetic factors behind the split, the factors thatproduce it, and the proven therapeutic techniques that are available to treat it.Lowen further explores the mind-body duality in the individual and its parallelduality and dysfunction in society between culture and nature, and betweenthinking and feeling.

Book Information

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Customer Reviews

This is Lowen's third and 'break out' book, and it is unlike any other book that exists. It goes right to the core of our suffering as individuals and as a society. It takes courage to read this book. Lowen describes 'the schizoid condition' This has only a little to do with the emergence of schizophrenia in some extreme cases. Rather the schizoid condition is simply the dissociation in our lives between the image and the reality. Reality is perceived, but not really preferred. Life with schizoid traits (and

there are many of us that have some) is characterized by the dissociation of the ego from feeling and from the body. Feelings may be expressed according to what one "should feel" in a given situation, but there is no real spontaneity. What the person thinks seems to have little connection to how the person feels or behaves. The link between desire and impulse is completely broken. This leaves a person both short on impulses, but also at a loss to understand his or her own desires. The will is used to motivate action, which gives the behavior an "as if" quality. The eventual outcome is depression and despair. Lowen's solution is for the person (that is the ego) to become more associated with the natural life of the body, which is always in the present, and in reality. In this way it is possible to become related to the world and other people. The origin of the problem is usually in early life, but an important topic is how many modern social trends push the individual into this split

I have read the first five chapters and they were painful to read. Lots of medical terms I had to look up as I went along. It is a very Freudian style book. I am about to understand where it is all "going", but it has been a struggle. Lots of folks will say it is just plain weird. I can't argue with that, but it does open your eyes to a lot of "things". I hope that when I am finished I can look back and say it was worth all the effort.

Good book

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