



# El amor, el sexo y la salud del corazón (Spanish Edition)

*Alexander Lowen*

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Explica cómo las emociones se expresan en el ámbito físico; cómo el dolor puede congelar el desarrollo psicológico; cómo las emociones bloqueadas pueden literalmente presionar sobre el corazón y aumentar el riesgo de enfermedades coronarias; cómo determinadas técnicas pueden desbloquear las represiones y reducir la tensión sobre el corazón; por qué la genuina plenitud sexual es decisiva para alcanzar la integridad física y emocional.

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