

Fear of Life



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An internationally acclaimed psychiatrist and author challenges the fears that prevent men and women from experiencing healthy, joyful, and fulfilling relationships - Are you torn by fear of: love and being loved, letting go, sexual fulfillment, uncertainty, being yourself, failing, death and dying? Dr. Alexander Lowen, world-famous psychoanalyst, will show you how to resolve those fears without changing the characteristics that make you the unique human being you are. Through self-acceptance, self-possession, and self-expression you'll learn how to achieve a harmony between your inner and outer worlds that will lead you to a far richer, happier, and healthier life. Go beyond fear-to freedom

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