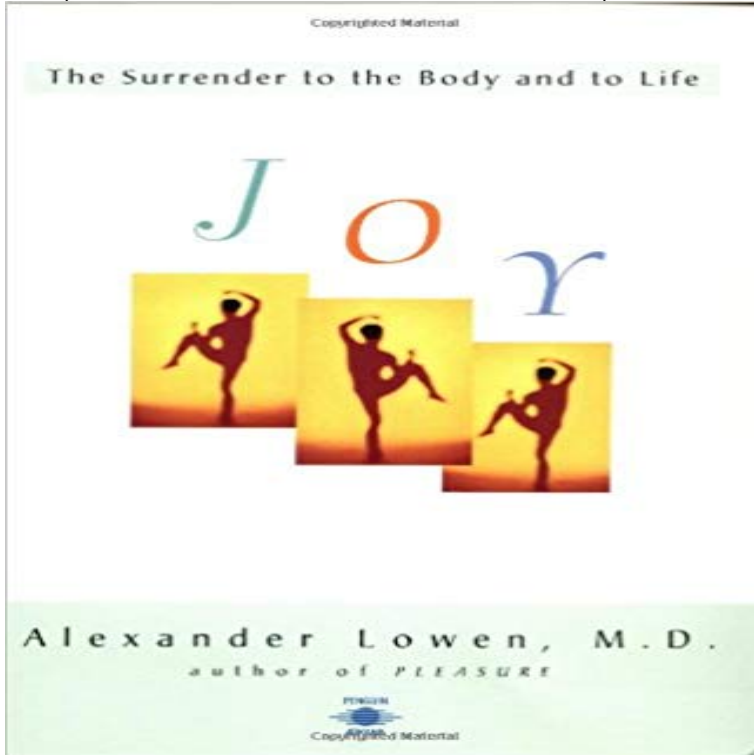


# Joy: The Surrender to the Body and to Life (Compass)



Using examples from four decades of clinical practice, Lowen reveals how to reclaim a natural state of joy through exercises that revive the body's vitality and liberate the energy of suppressed feelings.

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