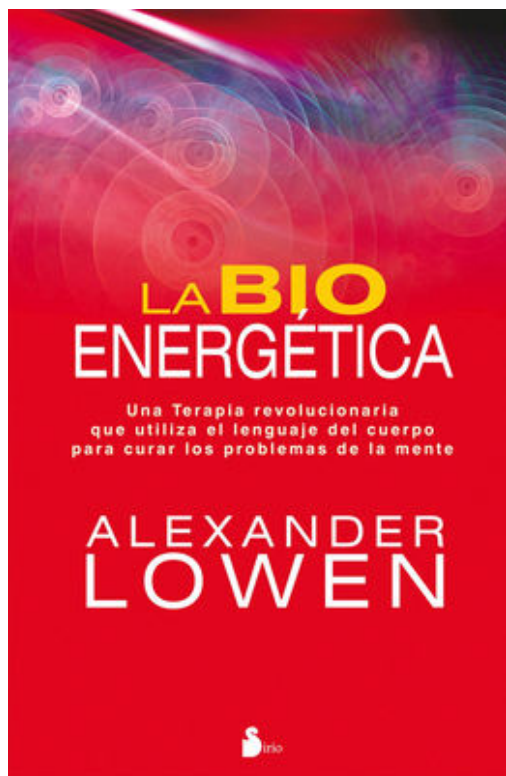


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La **bioenergética** es una forma de terapia que combina el trabajo con el cuerpo y con la mente a fin de ayudar a la persona a resolver sus problemas emocionales y a comprender mejor su potencial para el placer y el gozo de vivir. Sus metas son un **aumento de la alegría** y la **satisfacción** en la vida diaria, así como evitar los estados de agotamiento físico, psíquico y emocional.

La forma en que el cuerpo desarrolla su propia energía influye en el modo en que la persona siente, piensa y actúa, pues los trastornos y los bloqueos energéticos afectan tanto a la salud mental como a la física. Las tensiones musculares crónicas suelen ser una consecuencia de la supresión de ciertos sentimientos.

Title	:	La bioenergética
Author	:	Alexander Lowen
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