



Reichian Growth Work: Melting the Blocks to Life and Love

Nick Totton, Em Edmondson

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Revised and updated edition of this body psychotherapy classic, Reichian Growth Work sets out to convey the essential features of Reichian Therapy in concrete and easily understandable language. The style of body therapy which it describes is democratic, growth-oriented and undogmatic, while still committed to Reich's radical description of human beings and their difficulties. This book is for people who want to change; because only by changing, profoundly painful as that sometimes is, can we stay alive and growing.

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