

# The Language of the Body

"An interesting and . . . very important line of development in psychoanalytic theory . . . highly recommended."  
—Contemporary Psychology

A bold, innovative breakthrough to new health, happiness and vigor for the victims of crippling tension, anxiety and neurosis.

Alexander Lowen, M.D.  
author of Love and Orgasm

## Language of the Body

[Alexander Lowen](#)

"The Language of the Body" is the psychological masterpiece that showed how and why conventional analysis was failing. And it's the spark that ignited the movement toward body language as the key--and cure--for many psychological problems.

Originally published in 1958 as *Physical Dynamics of Character Structure*. Lowen's book remains one of the most influential books in psychology. It is an essential book for psychiatrists, therapists, and everyone interested in understanding body-psychotherapy. In this groundbreaking work, Lowen outlines the foundations of character structure and describes how personality is expressed in the form and function of the body.