El Narcisismo Alexander Lowen Pdf

Alexander Lowen

Els llegats Lluís Calvo Guardiola,2021-12-31 ¿Les societats contemporànies viuen sense passat? La pèrdua del llegat de la història ja és una realitat entre nosaltres. En la mesura que la memòria no va gaire enllà, el sentit històric queda reduït al present més efímer i deixem de tenir una noció clara dels fets i dels lligams socials dels quals provenim. Desconnectar-nos del que ens ha precedit ens fa encara més vulnerables davant l'amenaça de tota mena de populismes. Els llegats proposa una reflexió al voltant del paper de la tradició, com es forja, es transmet i perdura a través del temps. Aquest assaig s'endinsa en un món que es mou enmig de la fabricació de falsos prestigis, el narcisisme, les imatges de marca efímeres, el pànic davant la posteritat i la conversió del veredicte de la tradició en una qüestió de màrqueting. Lluís Calvo advoca per recompondre una certa manera de viure que permeti recuperar el temps, ara que les societats contemporànies el deixen escapar de manera inexorable.

El narcisismo: la enfermedad de nuestro tiempo Alexander Lowen, 2014

Narcissism Alexander Lowen, 2012-08-21 A groundbreaking, "thoughtful and provocative" (Los Angeles Times) study of narcissism that will relieve hidden anxieties and heal the tension between mind, body, and feelings. Are you a narcissist? Do you interact with someone who is? Contrary to popular belief, narcissists do not love themselves or anyone else. They cannot accept their true selves, constructing instead fixed masks that hide emotional numbness. Influenced by forces in culture and predisposed by factors in the human personality, narcissists tend to be: - More concerned with how they appear than what they feel. - Seductive and manipulative, striving for power and control. - Egotists, focused on their own interests but lacking the true values of the self—self-expression, self-possession, dignity, and integrity. - Without a solid sense of self, which leads them to experience life as empty and meaningless. In this groundbreaking study, Dr. Alexander Lowen uses his extensive clinical experience to demonstrate how narcissists can recover their suppressed feelings and regain their lost humanity. By the use of Bioenergetic Analysis, the psychotherapy created by Dr. Lowen, a new possibility of a fulfilling and authentic life is presented for people with narcissistic characteristics and for those who interact with them.

Narcisismo Alexander Lowen, 2017-11-06 Ao contrário do que diz o senso comum, os narcisistas não amam a si mesmos nem a mais ninguém. Eles não conseguem se aceitar; ao contrário, constroem uma máscara rígida para ocultar suas emoções. Influenciados pela nossa cultura e predispostos por fatores ligados à personalidade humana, os narcisistas

costumam preocupar-se mais em parecer felizes do que em sê-lo. Sedutores e manipuladores, estão sempre em busca de poder e controle, deixando de lado os verdadeiros valores do self – autoexpressão, autodomínio, dignidade e integridade. Nesta obra revolucionária, Alexander Lowen usa sua ampla experiência clínica para mostrar que os narcisistas podem recuperar os sentimentos suprimidos e reaver sua humanidade. Por meio da terapia bioenergética, tanto os narcisistas quanto aqueles que convivem com eles encontrarão o caminho para uma existência plena e verdadeira.

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