



# The Body in Recovery: Somatic Psychotherapy and the Self

*John P. Conger*

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*The Body in Recovery* challenges the separation of verbal and bodywork therapies by integrating Reich's concepts of character armoring and bioenergetic exercises with psychodynamic theory. Addressed to therapists, this culminating work of twenty years of psychotherapy will also fascinate those embarking on the journey of therapy for themselves, and anyone seeking to understand the process of shaping an identity.

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