



When the Body Says No: Exploring the Stress-Disease Connection

Gabor Maté

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In *When the Body Says No*, physician and writer Gabor Maté explores the mind-body link and the connection between stress and disease. Can a person literally die of loneliness? Is there a relationship between the ability to express emotions and Alzheimer's disease? Is there such a thing as a "cancer personality"?

Drawing on scientific research and years of experience as a practicing physician, Maté provides answers to these and other important questions about the role that chronic stress and one's individual emotional make-up play in an array of common diseases, such as arthritis, cancer, diabetes, heart disease, IBS, and multiple sclerosis.

Maté carefully explains the biological mechanisms that are activated when stress and trauma exert a powerful influence on the body. He illustrates his ideas with interviews of famous people who've experienced chronic illness (Ronald Reagan, Gilda Radner, Stephen Hawking, and Pamela Wallin), interspersed with intimate life stories collected through his years of practice. Chapters deal with stress, emotional repression, hormones, the "cancer personality", the biology of relationships, and the power of negative thinking. He backs up his claims with compelling evidence from the field, citing many controlled studies that have demonstrated correlations between psychosocial factors and disease.

Maté emphasizes that to decipher the hidden factors in chronic illness is not to blame the victim, and the book is free of assumptions that all illnesses are the result of ego issues. Rather, he provides the opportunity to address the unintentional transmission of stress and anxiety through the body and across generations.

Dr. Maté has a gift for making complicated medical findings accessible for the lay-person, while still relevant to the professional. Both will be grateful for the final chapter, "The Seven A's of Healing", in which Maté presents an open formula for healing and the prevention of illness resulting from hidden stress.

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Earl Diehl:

Now a day people who Living in the era wherever everything reachable by connect with the internet and the resources inside it can be true or not involve people to be aware of each facts they get. How people have to be smart in receiving any information nowadays? Of course the answer then is reading a book. Examining a book can help folks out of this uncertainty Information specifically this When the Body Says No: Exploring the Stress-Disease Connection book as this book offers you rich data and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you know.

Maria Freeman:

Playing with family within a park, coming to see the coastal world or hanging out with close friends is thing that usually you have done when you have spare time, after that why you don't try point that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love When the Body Says No: Exploring the Stress-Disease Connection, it is possible to enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh can happen its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

Jared Hoskins:

The book untitled When the Body Says No: Exploring the Stress-Disease Connection contain a lot of information on that. The writer explains your girlfriend idea with easy means. The language is very clear to see all the people, so do certainly not worry, you can easy to read that. The book was authored by famous author. The author brings you in the new era of literary works. You can read this book because you can keep reading your smart phone, or model, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can start their official web-site along with order it. Have a nice study.

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