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When The Body Says No Chapter One Dr Gabor Mat

I had not thought about the When the Body Says No project in those terms. This was to be an intellectual quest, to explore an interesting theory that would help explain human health and illness. It was a path others had trod before me, but there was always more to be discovered. The counsellor s challenge made me confront the issue of emotional repression in my own life. My hidden limp, I realized, was only one small example.

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When the Body Says No Exploring the Stress Disease

This book provides information that is sadly lacking for many people suffering from illness. Modern medicine often focuses on illness in a way that separates the individual from the disease.

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When the Body Says No Caring for ourselves while caring for others Dr Gabor Mat

This presentation, adapted for this conference, is based on When The Body Says No, a best-selling book that has been translated into more than twelve languages on five continents.

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When the Body Says No ebook by Gabor Mate ebooks com

In this accessible and groundbreaking book -- filled with the moving stories of real people -- medical doctor and bestselling author of Scattered Minds, Gabor Mat , shows that emotion and psychological stress play a powerful role in the onset of chronic illness.

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