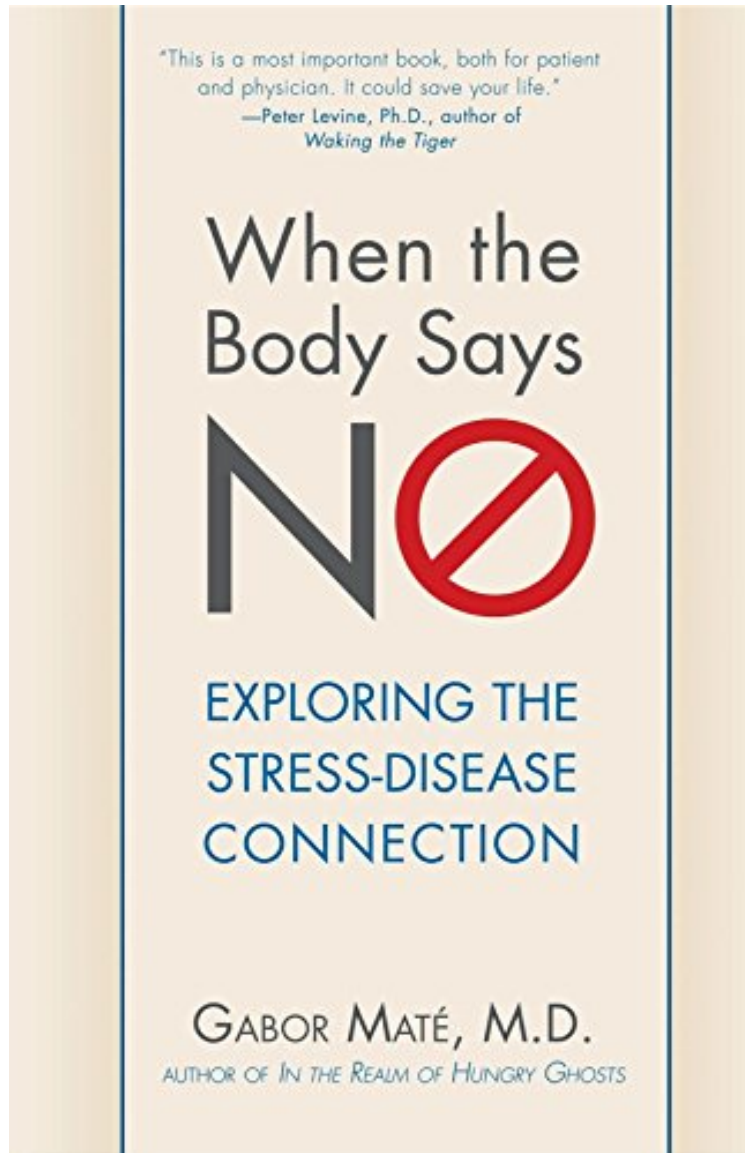


(Free) When the Body Says No: Understanding the Stress-Disease Connection

## When the Body Says No: Understanding the Stress-Disease Connection

*Gabor Mat M.D.*

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#7027 in Books Gabor Mate 2011-01-01Original language:EnglishPDF # 1 8.46 x .97 x 5.581, .70 #File Name: 0470923350320 pagesWhen the Body Says No Understanding the Stress Disease Connection | File size: 48.Mb

**Gabor Mat M.D. : When the Body Says No: Understanding the Stress-Disease Connection** before purchasing it in order to gage whether or not it would be worth my time, and all praised When the Body Says No: Understanding the Stress-Disease Connection:

22 of 22 people found the following review helpful. Potent insights on the mind-body connection when it comes to illness  
By tammayI found this book through an interview with Mate that a therapist friend posted on her Facebook page. I picked it up because I've had two close family members deal with cancer in the last year (one of whom lived a healthy lifestyle and died within 10 months of her diagnosis). I have known for a while that there was a connection between emotional trauma and stress stemming from childhood and physical illness but Mate's book was a real eye-opener for me. Mate's eloquent and sometimes poetic writing integrates personal stories and anecdotes that ring true and his insights have given me a lot of food for thought, not only about my family members but also about myself. Mate's book is more about explaining the ways in which emotional trauma and stress can affect the body physically when it comes to common Western diseases (such as MS and cancer) and is less of a how-to book. The last chapter of the book does give some important areas to work on psychologically (for example, autonomy and assertion) but beyond this, the book is more about outlining the problem than offering solutions. This is definitely a book I plan on rereading again and again.  
0 of 0 people found the following review helpful. This is a great book and an easy read with the same general ...  
By Marty KrausThis is a great book and an easy read with the same general same theme: That not only conscious stress but subconscious stress, the kind that you are not aware of, can over a life time make you ill because stress of any kind that is chronic is no good for your body. Stress of any kind that is chronic leads to a situation in which your body cannot relax and allow itself to heal. Healing requires that your immune system is working at its peak to protect and heal your body. Stress is like a fast car with the accelerator continually pushed down, "the pedal to the metal". Try to heal going 70 MPH all the time!  
1 of 1 people found the following review helpful. I found this very helpful, for myself.  
By JanitaThis book is written for the non-medical person and easy to understand. It does describe how various interactions within cause or help cause certain outcomes. Understanding and accepting that you don't have to be perfect or live up to someones expectations can release you to live YOUR life without guilt. This book clarifies that. Accept it and move on with less stress in your life, for a longer healthier life. I intend to get copies for both my children so they and their spouses don't start getting into the 'rut' that often happens. I heard Dr. Mate' on PBS while busily involved elsewhere. I stopped, stood by the radio then went to the computer and ordered this book immediately.

Now in paperback, the bestselling exploration of the effects of the mind-body connection on stress and disease  
Can a person literally die of loneliness? Is there such a thing as a "cancer personality"? Drawing on scientific research and the author's decades of experience as a practicing physician, this book provides answers to these and other important questions about the effect of the mind-body link on illness and health and the role that stress and one's individual emotional makeup play in an array of common diseases.  
Explores the role of the mind-body link in conditions and diseases such as arthritis, cancer, diabetes, heart disease, IBS, and multiple sclerosis  
Draws on medical research and the author's clinical experience as a family physician  
Includes The Seven A's of Healing-principles of healing and the prevention of illness from hidden stress  
Shares dozens of enlightening case studies and stories, including those of people such as Lou Gehrig (ALS), Betty Ford (breast cancer), Ronald Reagan (Alzheimer's), Gilda Radner (ovarian cancer), and Lance Armstrong (testicular cancer)  
An international bestseller translated into fifteen languages, *When the Body Says No* promotes learning and healing, providing transformative insights into how disease can be the body's way of saying no to what the mind cannot or will not acknowledge.

From the Inside Flap  
Can a person literally die of loneliness? Is there a connection between inhibited emotion and Alzheimers disease? Is there a "cancer personality"? Questions such as these are emerging as scientific findings throw new light on the controversy that surrounds the mind-body connection in illness and health. Modern research is confirming the age-old wisdom that emotions profoundly affect our physiology. Repressed emotions frequently bring on stress which, in turn, can lead to disease.  
Provocative and beautifully written, *When the Body Says No* provides fresh information regarding these and other important issues concerning the effects of stress on health. In lucid, easy-to-follow language, Dr. Gabor Mat summarizes the latest scientific findings about the role that stress and individual emotional makeup play in an array of diseases, including heart disease, diabetes, irritable bowel syndrome, multiple sclerosis, arthritis, cancer, and ALS, among others. Emotions like anger share with our immune system the role of defending our boundaries. When we repress emotions, we may also suppress our immune defenses. In some people, these defenses may go awry, destroying the body rather than protecting it. Dr. Mat explores the reason why, despite a rapidly accumulating body of evidence about the mind-body unity, most physicians continue to treat physical symptoms rather than persons and why we must understand the mind-body link in order to take an active role in our overall health. *When the Body Says No* promotes learning and healing. It offers the kind of transformative insight that promotes physical and emotional self-awareness the lack of which, Dr. Mat asserts, is at the root of much of the stress that chronically debilitates health and prepares the ground for disease.  
From the Back Cover  
"Gabor Mat, M.D., skillfully blends recent advances in biomedicine with the personal stories of his patients to provide empowering insights into how deeply developmental experiences shape our health, behavior, attitudes, and relationships. A must read."  
Bruce Lipton, Ph.D., author of *The Biology of Belief*  
"The interviewees' stories are often touching and haunting."

. . . Mat carefully explains the biological mechanisms that are activated when stress and trauma exert a powerful influence on the body. . . . Readers will be grateful for the final chapter . . . in which Mat presents an open formula for healing and the prevention of illness from hidden stress."Quill Quire"  
In this important book, Dr. Gabor Mat combines a passionate examination of his patients' life histories with lucid explanations of the science behind mind-body unity."Richard Earle, Ph.D.  
Modern research is confirming the age-old wisdom that emotions are inseparable from our health and physiology. Repressed emotions bring on stress that can lead to disease. In this internationally bestselling book, Gabor Mat draws on cutting-edge science, his decades of experience as a physician, and the stories of famous people including those of Lou Gehrig, Lance Armstrong, Gilda Radner, and Ronald Reagan to examine the role hidden stress plays in an array of diseases, including heart disease, diabetes, irritable bowel syndrome, multiple sclerosis, arthritis, and cancer.  
When the Body Says No provides transformative insights into how disease can be the body's way of saying no to what the mind cannot or will not acknowledge and how we can heal.  
About the Author  
Gabor Mat, M.D., is a physician, public speaker, and award-winning author. His most recent book, In the Realm of Hungry Ghosts, expresses his groundbreaking perspective on addictions, while his unique take on ADD is found in his first book, Scattered. When the Body Says No has been published in over twelve languages on five continents.  
[www.drgabormate.com](http://www.drgabormate.com)