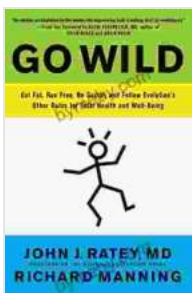


Free Your Body and Mind from the Afflictions of Civilization: A Revolutionary Guide to Restoring Your Natural Health and Well-being

In his groundbreaking book, *Free Your Body and Mind from the Afflictions of Civilization*, Dr. Gabor Maté uncovers the deep connection between the ailments of our bodies and minds and the stresses of modern civilization. With his signature clarity and compassion, he offers a roadmap for reclaiming our natural health and well-being.



Go Wild: Free Your Body and Mind from the Afflictions of Civilization by John J. Ratey

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1470 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 267 pages



Drawing on decades of experience as a physician and addiction specialist, Dr. Maté shows how the constant bombardment of stress, environmental toxins, and processed foods can lead to a wide range of chronic illnesses, including autoimmune diseases, heart disease, cancer, and mental health disFree Downloads.

But *Free Your Body and Mind from the Afflictions of Civilization* is not just a litany of the ills that beset us. It is also a powerful guide to healing. Dr. Maté offers a comprehensive program that addresses the root causes of our suffering and empowers us to take back control of our health and well-being.

This program includes:

- Identifying and addressing the underlying stressors that are contributing to our illness
- Making lifestyle changes that support our natural healing abilities
- Using natural therapies to alleviate symptoms and promote healing
- Developing a deep connection to our bodies and minds
- Finding meaning and purpose in our lives

Free Your Body and Mind from the Afflictions of Civilization is a groundbreaking book that has the power to change your life. If you are struggling with chronic illness, anxiety, depression, or any other health challenge, this book is for you. It will help you understand the root causes of your suffering and empower you to take back control of your health and well-being.

Praise for *Free Your Body and Mind from the Afflictions of Civilization*

"Dr. Gabor Maté is a brilliant and compassionate physician who has dedicated his life to helping people heal from the wounds of civilization. His book, *Free Your Body and Mind from the Afflictions of Civilization*, is a masterpiece that offers a roadmap to reclaiming our natural health and

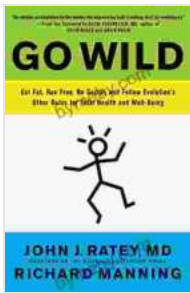
well-being. I highly recommend this book to anyone who is struggling with chronic illness or who simply wants to live a healthier, more fulfilling life."—**Dr. Mark Hyman**, author of *The Blood Sugar Solution* and *The UltraMind Solution*

"*Free Your Body and Mind from the Afflictions of Civilization* is a profound and important book that has the power to change the way we think about health and healing. Dr. Maté's insights are invaluable, and his compassion is evident on every page. This book is a must-read for anyone who wants to live a healthier, more meaningful life."—**Dr. Christiane Northrup**, author of *Women's Bodies*, *Women's Wisdom* and *Goddesses Never Age*

"Dr. Gabor Maté is one of the most insightful and compassionate physicians I know. His book, *Free Your Body and Mind from the Afflictions of Civilization*, is a brilliant and groundbreaking work that offers a new understanding of the root causes of chronic illness. This book is a must-read for anyone who wants to create a healthier, more fulfilling life."—**Dr. Andrew Weil**, author of *Spontaneous Healing* and *Healthy Aging*

About the Author

Dr. Gabor Maté is a renowned physician, author, and speaker. He is a graduate of the University of British Columbia's medical school and has worked as a family physician, addiction specialist, and palliative care physician. Dr. Maté is the author of several bestselling books, including *In the Realm of Hungry Ghosts: Close Encounters with Addiction* and *When the Body Says No: The Cost of Hidden Stress*. He has also appeared in several documentaries, including *The Wisdom of Trauma* and *The Connection*.



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