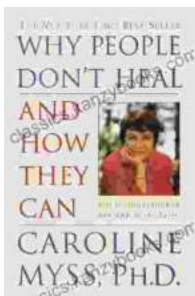


Why People Don't Heal and How They Can

By Gabor Maté

In this groundbreaking book, Dr. Gabor Maté explores the hidden reasons why people don't heal. He argues that trauma, stress, and addiction are not just personal problems but societal ones, and that we need to change the way we think about and treat them.



Why People Don't Heal and How They Can by Caroline Myss

- ★ ★ ★ ★ ☆ 4.6 out of 5
- Language : English
 - File size : 5519 KB
 - Text-to-Speech : Enabled
 - Enhanced typesetting : Enabled
 - X-Ray : Enabled
 - Word Wise : Enabled
 - Print length : 298 pages
 - Screen Reader : Supported



Maté draws on his own experiences as a physician and addiction specialist to provide a unique perspective on the healing process. He shows how trauma can lead to chronic physical and emotional problems, and how stress can damage our immune system and make us more susceptible to disease.

Maté also explores the role of addiction in our lives. He argues that addiction is not a moral failing but a coping mechanism for dealing with

trauma and stress. He shows how addiction can help people to numb their pain, escape from their problems, and create a sense of belonging.

Maté's book is a powerful and compassionate exploration of the healing process. He offers a new understanding of trauma, stress, and addiction, and he provides practical advice on how we can help ourselves and others to heal.

Reviews

"This book is a must-read for anyone who has ever struggled with trauma, stress, or addiction. Maté's insights are profound and his writing is both compassionate and engaging. This book has the potential to change lives."

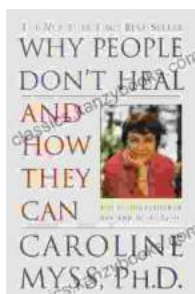
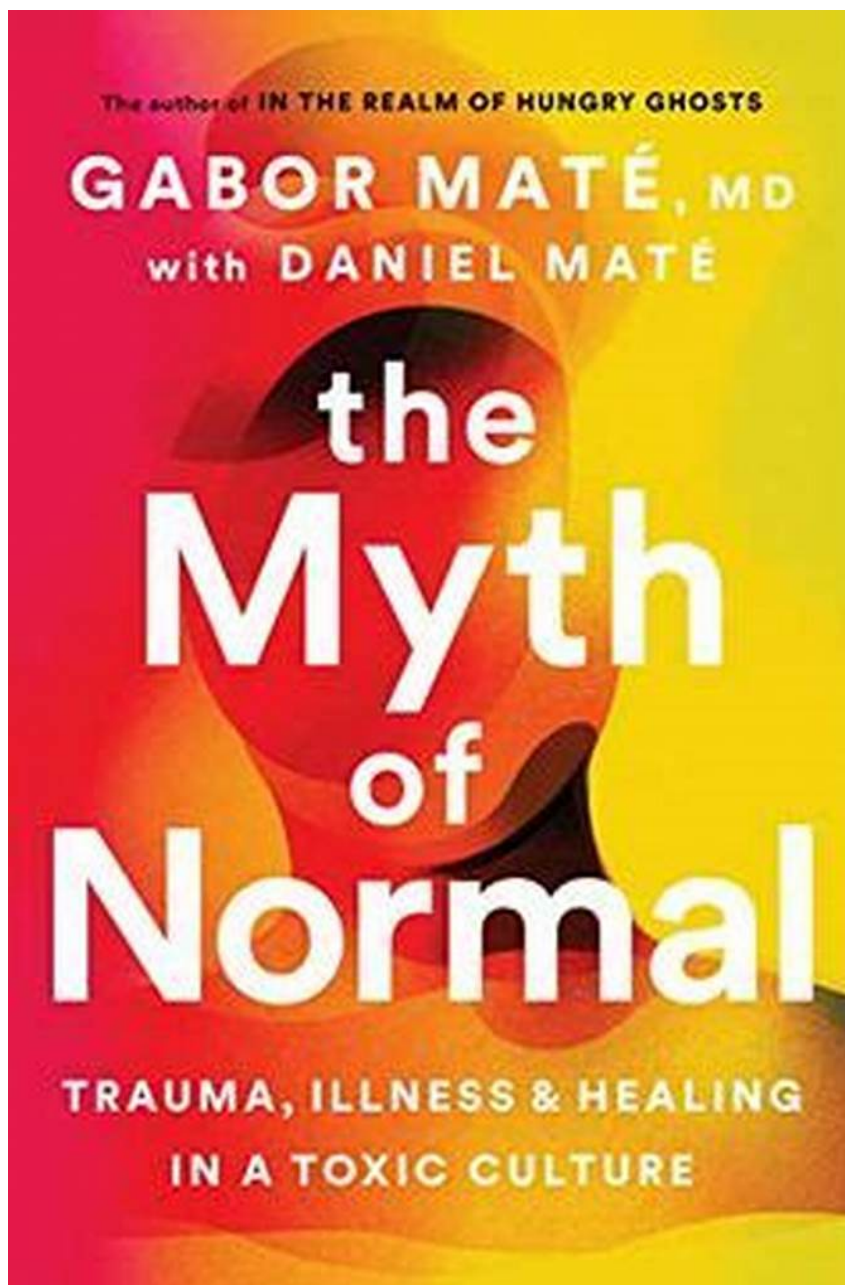
- **Oprah Winfrey**

"Maté is a brilliant and compassionate physician who has dedicated his life to helping people heal. This book is a testament to his work and his commitment to changing the way we think about and treat trauma, stress, and addiction." - **Dr. Bessel van der Kolk**, author of *The Body Keeps the Score*

"This book is a game-changer. Maté's insights into the healing process are essential reading for anyone who wants to understand the hidden reasons why people don't heal. This book has the power to change the way we think about ourselves and our world." - **Marianne Williamson**, author of *A Return to Love*

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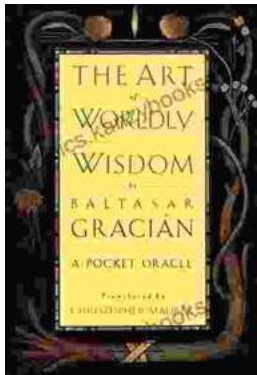
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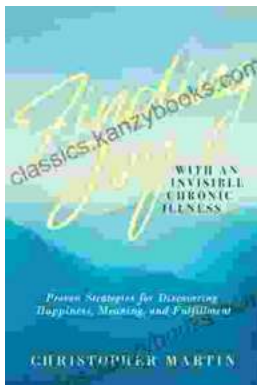
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