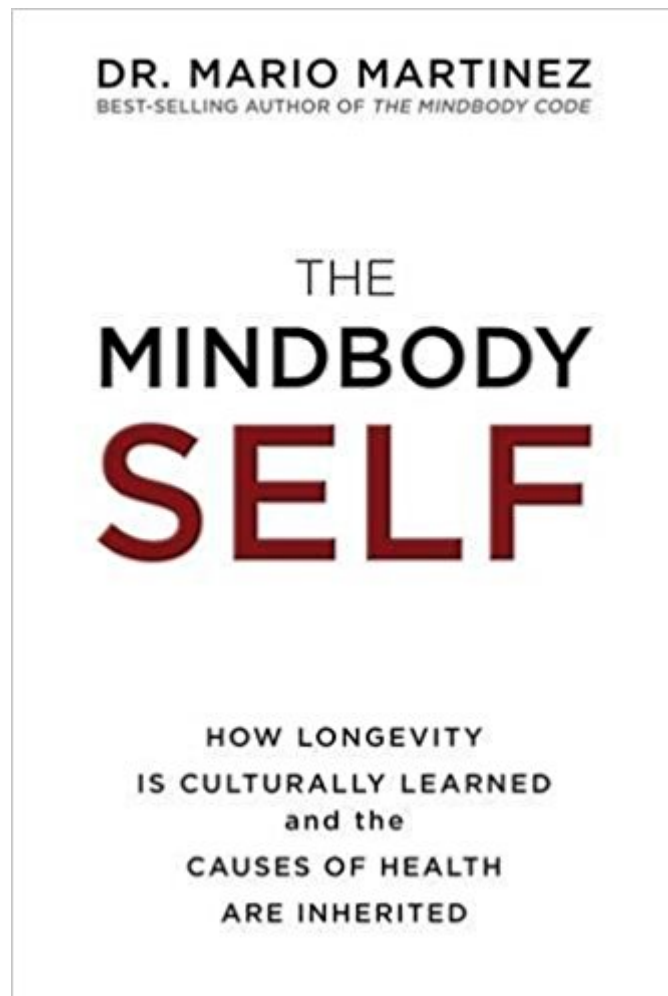




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# The MindBody Self: How Longevity Is Culturally Learned And The Causes Of Health Are Inherited



## Synopsis

In these turbulent times, just about every solution you can think of has been put forth by someone, somewhere, as a way to calm the waters and live with more happiness and ease. But the fact is you cannot think your way to a better life. Change isn't something your mind can accomplish alone. It calls for mind and body to work together in a deeper unity than you may ever have imagined. Neuropsychologist Mario Martinez is a pioneer in the science of the mindbody—his term for that essential oneness of cognition and biology—and a passionate advocate for its power to reshape our lives, if we work with it consciously. In *The MindBody Self*, he builds on the foundation he laid in the critically acclaimed *MindBody Code* to explore the cultural conditions that coauthor our reality and shape every aspect of our lives, from health and longevity to relationships and self-esteem. Then he offers practical tools we can use to shed outworn patterns and create sustainable change. You'll read about: How our cultural beliefs affect the diagnosis, prognosis, and treatment of disease The difference between growing older (which we all do) and "aging" by our culture's standards (which we can learn not to do) What happens when we move "beyond the pale" of our tribe's expectations How to navigate adversity using uncertainty as a guide Biocognitive tools for a healthy life *The MindBody Self* presents groundbreaking ideas derived from rigorous scholarship—but you don't need a background in science to use what you find here. Each chapter concludes with exercises and experiential processes that make complex scientific discoveries not only accessible, but applicable. The result is a paradigm shift in which the myths of doom are shattered by the science of hope, survival takes a back seat to meaning, and fear gives way to love.

## Book Information

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## Customer Reviews

“The MindBody Self is an absolute masterwork, combining science, anthropology, and the wisdom of the heart—all easily accessible and beautifully written and explained.

Mario’s use of language goes right into my bone marrow. Just reading the difference between a ritual and routine is life changing, not to mention the thousands of other gems of meaning and understanding strewn throughout this book. It should be required reading for everyone on the planet who wants to live their very best and most fulfilling life.”  
—Christiane Northrup, M.D., [New York Times](#) best-selling author of [Goddesses Never Age](#) and [Making Life Easy](#)

“This is the new medicine of the 21st century! Dr. Mario Martinez’s [The MindBody Self](#) is a wellspring of state-of-the-art discoveries, rock-solid science, and practical wisdom that gives us the formula for a long and vibrant life. In a conversational style that’s easy-to-read, yet packed with timeless wisdom, Martinez leads us on an eleven-chapter journey of self-discovery that reveals the hidden links between our family, our culture, and our life’s potential. I especially appreciate the

debriefing section at the end of each chapter that gives us the opportunity to apply what we’ve just read immediately in our lives. If you’re ready to move beyond the conventional theories of aging and discover your personal code of extraordinary potential, [The MindBody Self](#) is your personal prescription for success. I love this book!”  
—Gregg Braden, [New York Times](#) best-selling author of [The Divine Matrix](#), [The God Code](#), and [Resilience from the Heart](#)  
“Mind-blowing, heart-opening, and life-changing! Dr. Martinez combines the latest scientific research with ancient spiritual principles to reacquaint us with our Unconditioned Self, which is creative, abundant, and powerful beyond measure.”  
—Robert Holden, Ph.D., author of [Shift Happens!](#) and [Authentic Success](#)  
“One does not have to agree with every assertion in this book to recognize that in [The MindBody Self](#) Dr. Martinez combines informed cultural analysis, original thinking, and refreshing insights to create a helpful new theory of wellness. Best of all, he offers a well-wrought methodology that will enable people to shed their culturally derived limited selves and become the agents, the fully empowered co-creators of their health.”  
—Gabor Maté, M.D., author of [When the Body Says No: Exploring](#)

the Stress/Disease Connection” “There is genius at work in these pages. Dr. Martinez presents ideas and techniques that are so startlingly original and innovative that they actually expand the reader’s capacity for astonishment. The MindBody Self is a must-read book for therapists, physicians, and transformational change agents of every kind. • Gay Hendricks, Ph.D., author of The Big Leap and coauthor of Conscious Loving Ever After

Dr. Mario Martinez is a licensed clinical psychologist and the best-selling author of The MindBody Code: How to Change the Beliefs that Limit Your Health, Longevity, and Success and the psychological novel The Man from Autumn. He lectures worldwide on his pioneering work in biocognitive science, a new mind-body paradigm that investigates the inherited causes of health and how our cultural beliefs affect our immune, nervous, and endocrine systems. Based on how the immune system makes decisions under conditions of uncertainty, Dr. Martinez has also developed a unique model of organizational science he calls The Empowerment Code to teach executives of global companies how to maximize productivity while enhancing wellness. Website: [www.biocognitive.com](http://www.biocognitive.com)

I love the personal ease with which Dr. Martinez weaves his narrative. Unlike Mind Body Code, where it is more scientific and precise, The Mind/Body Self is written with compassion and lightness that the lay reader can understand. Great book and I’d recommend it to anyone wanting to improve their connections to self and others.

Basics in a really complicated way.

This book will change the way you think about everything and open your mind to new possibilities.

The insights is allws to apply to an individuals life is priceless!

New thinking...I LOVE IT!

I love this book. Have worked with Mario’s bio-cognitive methods before, and think this book is clearest of all so far. Because this interdisciplinary approach is so novel and relatively new, it’s not easy to grasp. I recommend all of Mario’s work -- the Centenarian Consciousness course, the

MindBody Code in both CD and book form, and the interviews and videos available online. They all work together. This book would be fine as a starting point, though. And because of its clarity and compassionate brilliance, I recommend it wholeheartedly, without reservation. This book has nudged me over the edge; I am finally going to offer a personal growth group centered on it. Maybe I'll set up something online as well.

There is some great and fascinating information in this book. Unfortunately it is presented on a level that felt very scholarly to me, and wasn't geared toward the layman, so I had difficulty with it. Didn't finish it, but I may return to it some time and try again.

Excellent book to understand illnesses from other perspective

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Longevity! Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness)

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