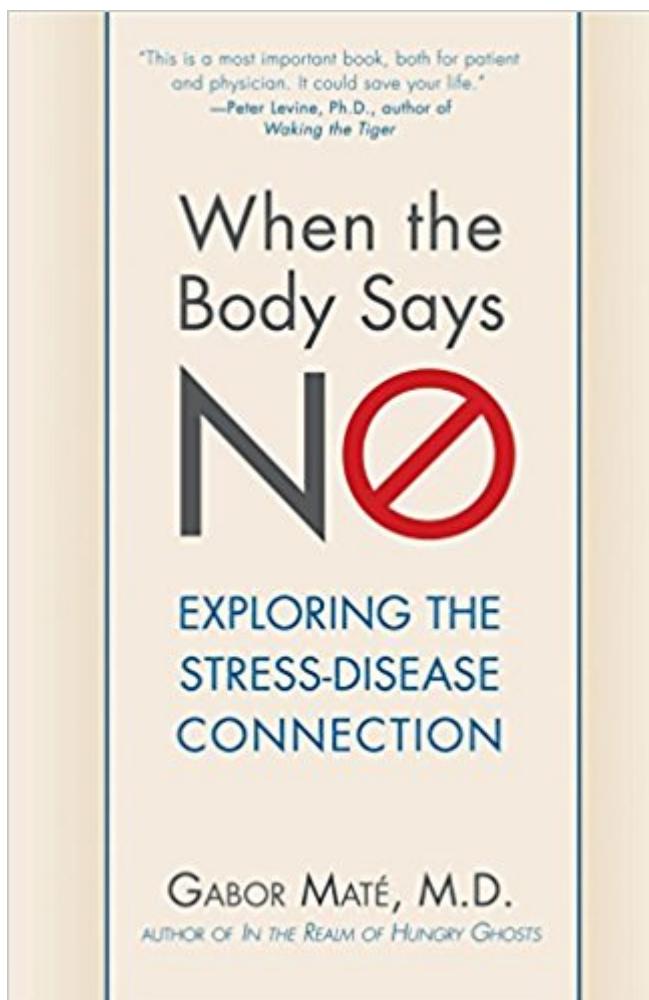


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# When The Body Says No: Understanding The Stress-Disease Connection



## Synopsis

Now in paperback, the bestselling exploration of the effects of the mind-body connection on stress and diseaseCan 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.Exploring the role of the mind-body link in conditions and diseases such as arthritis, cancer, diabetes, heart disease, IBS, and multiple sclerosisDraws on medical research and the author's clinical experience as a family physicianIncludes The Seven A's of Healing-principles of healing and the prevention of illness from hidden stressShares 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.

## Book Information

Paperback: 320 pages

Publisher: Wiley; 1 edition (January 1, 2011)

Language: English

ISBN-10: 0470923350

ISBN-13: 978-0470923351

Product Dimensions: 5.6 x 1 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 196 customer reviews

Best Sellers Rank: #21,280 in Books (See Top 100 in Books) #16 in Books > Reference > Consumer Guides #98 in Books > Self-Help > Stress Management #265 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

## Customer Reviews

Can a person literally die of loneliness? Is there a connection between inhibited emotion and Alzheimer's 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&#150;&#150; 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 MatÃ© 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. MatÃ© 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&#150;&#150; 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&#150;&#150; the lack of which, Dr. MatÃ© asserts, is at the root of much of the stress that chronically debilitates health and prepares the ground for disease.

--This text refers to an out of print or unavailable edition of this title.

"Gabor MatÃ©, 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."â "Bruce Lipton, Ph.D., author of *The Biology of Belief*"The interviewees' stories are often touching and haunting. . . . MatÃ© 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 MatÃ© presents an open formula for healing and the prevention of illness from hidden stress."â "Quill & Quire"In this important book, Dr. Gabor MatÃ© combines a passionate examination of his patients' life histories with lucid explanations of the science behind mind-body unity."â "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 MatÃ© 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 acknowledgeâ "and how we can heal.

This is a book that is changing my life. Through the beautifully written anecdotal sagas of suffering and the stories that underlie disease I am able to see my own patterns of behavior and their origins. And I am finally giving myself permission to say no. My dear friend and personal physician recommended this book and I bless her for it. Dr. Gabor Mate uncovers our souls and shows us a path toward healing and release with this wonderful book. Say yes to reading this book. It may change your life as it is changing mine.

Despite being published back in 2003, this book is excellent. I was surprised at how informative it was. Really makes one think-if you are courageous enough! This book goes in my "keeper" library as it is worth a reread.

Very interesting book summarizing the research on the effects of childhood trauma and adversity on later health problems. I found it a helpful book to summarize for some patients, and helpful for others to read. The last chapter on what to do to overcome patterns learned in childhood was especially helpful. The writing flows well, and it is informative, even though more research has been published since this book came out.

The copy that came through on my Kindle had very bad text reproduction. If the information contained in this book had not been so interesting I would have asked for my money back. However, this is worth a read, especially for someone who actually has one of the illnesses covered.

This is a book I would place in the life-changing category. Ordinarily, I am not a fan of books that include multiple personal stories or accounts to illustrate a theory but Dr. Mate' has managed to produce a work written for the lay reader, founded on scientific research, and intelligently and compassionately supported by personal stories. I bought the Kindle edition; I wish I had a print copy.

I picked up this book at my local bookstore due to the title...I was experiencing some unexpected and inexplicable physical challenges at the time and my body was literally saying "No" when it never had before. I read this book and for the first time was able to see how I was allowing stress to have both short and long-term negative effects in my life. This book helped me become more aware of mental habits and choices that were disempowering and gave me the framework to begin to change

my mind and my life for the better. I recommended it to a mentor and bought it for my partner and both began to recommend it to people in their life as well. A powerful read.

This book was fantastic. There are many pillars of health that are given attention when someone is attempting to heal. Western medicine typically focuses on structural (physical therapy, x-rays, chiropractic, etc), and biochemical problems (medication, chemical imbalances), but no one ever really asks the patient how they feel beyond basic pain measurements. This book addresses a pillar of health I hadn't even considered, emotional well being. This is a big missing piece of the puzzle for many people (myself included), and I'm glad I found this. It may sound incredible, but I actually found my pain levels going down JUST FROM READING THIS. I was getting so relaxed that I was falling asleep. It is well written and I love the cover; it perfectly encapsulates a lot of chronic illnesses. There are a bunch of different profiles of different types of people and the chronic illnesses they have. If you are chronically ill, chances are you'll find some passages that resonate very strongly with you, and it just might help you recover. I've given this book to a few people already and I always have a rough time getting it back.

I love books that confirm my own thoughts as to how I arrived at the fact that life events impacted my health,

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