



# The MindBody Self: How Longevity Is Culturally Learned and the Causes of Health Are Inherited

*Mario Martinez*

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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.

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The reason why? Because this The MindBody Self: How Longevity Is Culturally Learned and the Causes of Health Are Inherited is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will jolt you with the secret this inside. Reading this book alongside it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of gains than the other book possess such as help improving your expertise and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the publication store hurriedly.

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