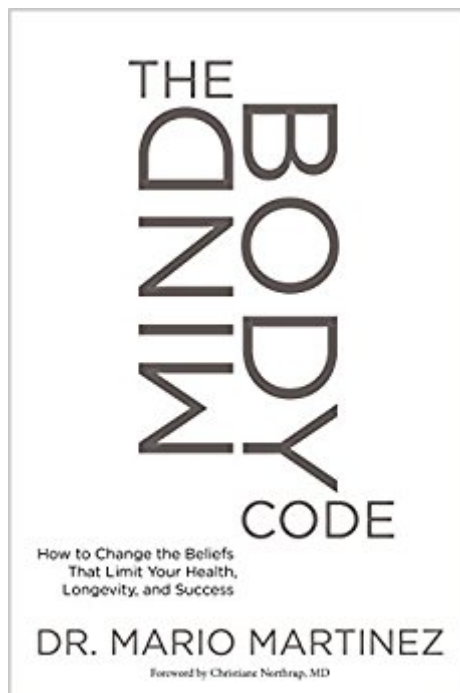




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The MindBody Code: How To Change The Beliefs That Limit Your Health, Longevity, And Success



Synopsis

With The MindBody Code, Dr. Mario Martinez shares the rewards of an investigation that has spanned generations and cultures to reveal the most effective methods for initiating deep and lasting change. Through fascinating case studies and practical training in the new science of biocognition, Dr. Martinez illuminates the pathways to healing the archetypal wounds of shame, abandonment, and betrayal; how to break through the ceilings of abundance that limit prosperity and create the “subcultures of wellness” that will help you reach your full potential; how to transform “aging consciousness” to continually increase your value and competence as you grow older; and much more.

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Customer Reviews

“The MindBody Code” has impacted my own work and life, and I know that it can also profoundly impact yours. You don’t need to stay caged in a life of culturally approved “known misery” that keeps you from experiencing a lifetime of wonder, health, and joy. You have within you the power to reinvent yourself at any age or stage no matter what your circumstances. The roadmap is right here in these pages. “From the foreword by Christiane Northrup, MD, author of the New York Times bestsellers The Wisdom of Menopause and Women’s Bodies, Women’s Wisdom

“This book is that of a masterful mind-body guide, whose breadth and depth are truly admirable. Mario Martinez is a great teacher who knows how to translate complex subject matter

into poetic, inviting language. The result for the reader is a gentle unfolding of self-discovery that is life-changing. • Larry Dossey, MD, author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters* “Martinez’s book gives new meaning to the saying, ‘Sticks and stones can break your bones, but words can never hurt you.’ In fact, he shows us that words can cause illness. By putting his wisdom into action, we can transform the unhealthy, culturally-based language we mindlessly learned into a mindful, biosymbolic language to bring about health and vitality. Others have written about the power of the mind to create health. *The MindBody Code* successfully goes one step further by incorporating the profound effect culture has on our well-being. If you’re interested in becoming or remaining healthy, read this book.” • Ellen Langer, PhD, Harvard psychology professor and author of *Counterclockwise: Mindful Health and the Power of Possibility*

Mario Martinez Dr. Mario Martinez is a U.S. clinical neuropsychologist who lectures worldwide on how cultural beliefs affect health and longevity. He is the founder of biocognitive science, a new paradigm that investigates the causes of health and the learning of illnesses. More importantly, biocognition identifies complex discoveries of how our cultural beliefs affect our immune, nervous and endocrine systems, and translates them to practical applications. Dr. Martinez has investigated cases of alleged stigmata for the Catholic Church, the BBC and National Geographic. He lives in Montevideo, Uruguay.

Dr. Christiane Northrup Christiane Northrup, MD, a board-certified ob/gyn, is a visionary pioneer, beloved authority in women’s health and wellness, and the author of the groundbreaking New York Times bestsellers *Women’s Bodies*, *Women’s Wisdom* and *The Wisdom of Menopause*. Her third book, *Mother-Daughter Wisdom*, was voted #1 book of 2005 (in two categories). In *The Secret Pleasures of Menopause* and *The Secret Pleasures of Menopause Playbook*, Dr. Northrup teaches how to experience joy, pleasure, prosperity, fulfillment, and vibrant health. Her children’s book, *Beautiful Girl*, brings her positive message to the youngest of girls. Her books have been translated into 24 languages. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to inspiring women worldwide to truly flourish on all levels through tapping into their inner wisdom. She does this through speaking engagements, on Facebook, in e-newsletters, on her weekly Hay House internet radio show *Flourish!*, and in television appearances and specials. Don’t miss Dr. Northrup’s cutting-edge information. Follow Dr. Christiane Northrup on Facebook, Twitter, and at drnorthrup.com.

Love the information in this book & how it helps my perspective in everyday life. It keeps feeding into different themes I see in my world, completely opening new understandings of the cultures around me and the stereotypes I grew up with. I heard Mario on the radio in LA, got his audio program they were pitching, but the book has SO much more than the audio, like he cracks it further wide open with the room and time he has to go deeper in the book. Favorite Part: How women in other cultures refer to their post-menopausal years makes a HUGE difference. Simply their vocabulary surrounding the process effects their bodies, minds & cultural environment. Great Book! Easy read! Take notes! :)

This is a wonderful book. Have you ever got the feeling that you know somethings and just cant express them? Well, Dr Martinez gives words to your feelings and takes you on the path of clarity and understanding. It has personally helped me with my struggles with neuralgia, heart disease and psoriasis. There are many feel good books out there, this is not one of them. Dr Martinez knows what he is talking about. Wonderful book, but please give time and work on its wisdom.

Excellent book. Totally different look at cultural influences on ones health and attitudes about aging. Learned a lot of practical applications and tools to enhance my well being. Great chapters on the immune system and reframing the process of staying young while growing older.

The most important book I have read in 20 years. I am indebted to Dr Martinez's work. This book elegantly combined many disciplines within the scientific community while, simultaneously, speaking to my own personal and intuitive experience. The exercises after each chapter are incredible. This work is meant to be "interactive" and the results are rich and profound. I recommend this work without reservation.

My best read of the year. Dr. Mario Martinez, you are brilliant! As a psychotherapist I incorporate your guidance with my patients. I have shared your book with many friends and with family members. I am inspired to be a healthy narcissist. I tend to put others before me most of the time. Since reading your book, I am more sassy and alive in a good way. Yes, also healthfully connected to others. Releasing the suffering paradigm out of my system is quite freeing...departing the family pale. I recommend this book to everyone.

This is one of the best books I have ever read for really learning how to implement change. It is not an 'easy' read but rather thought provoking and fascinating. I haven't quite finished and have already implemented some of the tools with my coaching clients.

I love this book! I started reading it and cannot put it down, except it is so profound that I need to take time to absorb and reflect on the content. I would recommend this book to anyone who wants to understand the meaning of our behaviors and beliefs and those who want to change them in order to live a fulfilling life.

Chapter 7 "How the mind wounds and heals the body" has been so helpful for me. The visual recall practices have changed my brain forever. Dr. Martinez is a wonderful and brilliant teacher. I recommend this book to anyone "stuck" in their negative feelings and self-destructive thought patterns and behavior. Groundbreaking work.

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