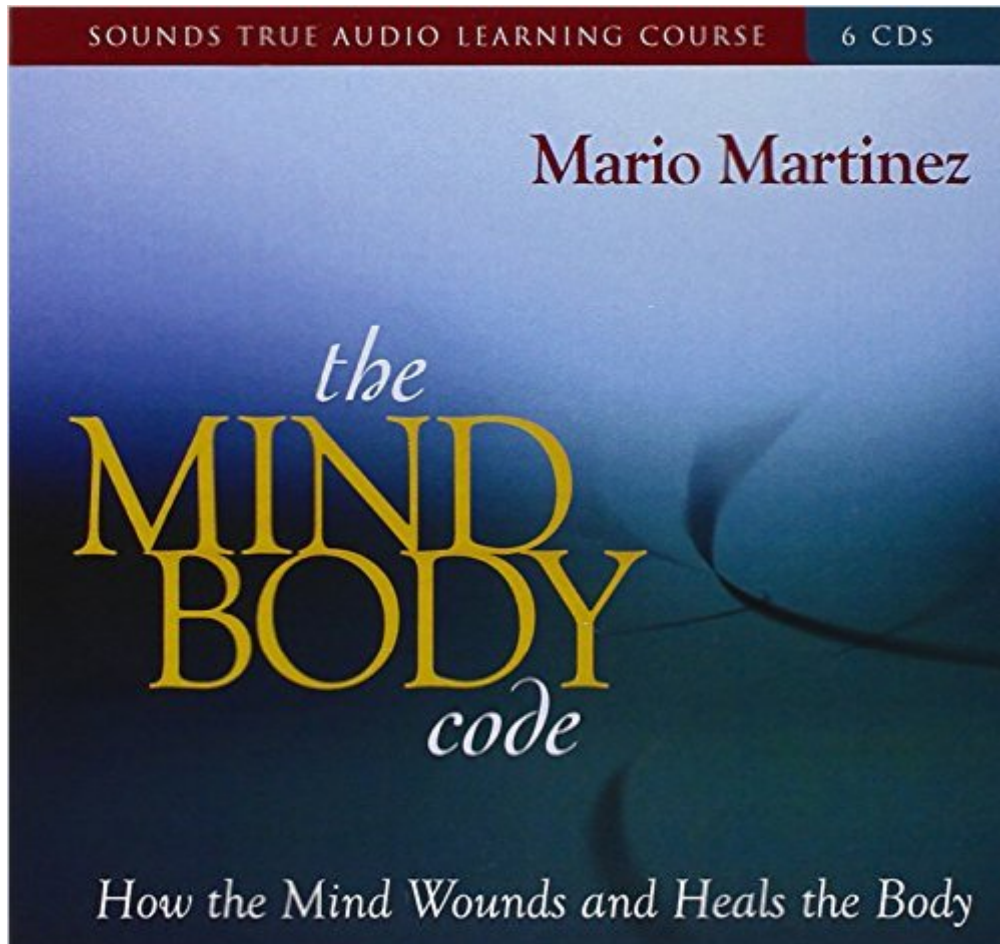


The book was found

The Mind-Body Code: How The Mind Wounds And Heals The Body



Synopsis

Discover the Secret to Personal Excellence Hidden in Your "Mind-Body Code". You may know that your mind influences your health-but what's influencing your mind? Until you answer this question, you may be overlooking a key factor on the path to personal excellence. On The Mind-Body Code, pioneering neuropsychologist Dr. Mario Martinez invites you to discover the dynamic interplay between your thoughts, body, and cultural history to master the creation of wellness and fulfillment. Biocognitive Theory: A New Model of Health and Well-Being. Why do some people live well past the age of 100, without ever seeing a doctor? How can certain individuals reverse "incurable" disease, while others carry burdens of childhood wounds despite years of therapy? Dr. Martinez' Biocognitive Theory synthesizes insights from integrated medicine and psychology, cultural anthropology, and Eastern and Western spirituality to find the answers to such baffling questions. The Mind-Body Code shows you how to speak the "biosymbolic language" of this new model of health. Six sessions of illuminating case studies complemented by relaxing yet potent mind-body meditations help you balance every facet of your life, from relationships and aging to abundance and ambitions. Embrace Your Greatness-and Empower Your Dreams. The first step toward the health and satisfaction we all desire begins with one act: allowing yourself toÂ live yourÂ greatness. For it is in reclaiming your natural state of worthiness that you come back to wholeness and see anew all that is possible for you. With The Mind-Body Code, you hold a blueprint to rebuild your dreams, and to take total control of your life's journey. Program Highlights:The five portals of wellness and the biosymbolic language of your mind-body. How to break through your "ceilings of abundance" by healing archetypal wounds. Debunking the myths of aging with the secrets of the centenarians. From fibromyalgia to stigmata-fascinating descriptions of the power of the mind-body-culture connection. Creating the "healing fields" of honor, commitment, and loyalty. The psychology of forgiveness-and a special guided contemplative practice for liberation from self-entrapment. Six CDs of insights and exercises with the founder of Biocognitive Theory

Book Information

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Customer Reviews

When I first heard Mario Martinez speak (on the radio), it struck me that this guy is demonstrating a rare ability to speak the truth of Mind-Body neuropsychology in a way that an average person can easily follow along. I've rarely purchased expensive audiobooks but have absolutely no regret buying this, it's a bargain. In these 6 discs, Martinez makes a valiant attempt to use his psychological grounding as a starting point to integrate facts from modern scientific research, historical and cultural observations, personal stories, and other "real world" data points. In the process, he gives the listener numerous opportunities to experience these facts for themselves, and to test them in their own lives. This is not a "woo-woo" and "feel-good" tape set, Martinez gently lays out the facts and ways in which they might be practically applied, and the way he does it is so simple and non-threatening that you can't help testing the waters. He's not telling you to take it on faith, but to test it yourself. Occasionally he does state something as a "fact" that I find issue with, but he strikes me as a man who would welcome a challenge to refine his statements and conclusions when a more accurate truth is discovered. I'm not sure if I totally agree with him yet, but for example he's personally distilled all archetypal wounds down to 3: Shame, Abandonment and Betrayal. He says that modern science is now able to prove distinct chemical changes when the mind interprets an event as one of those. I've heard the "change your mind and change your life" angle from fields from psychology to parenting to philosophy to religion, but below is something simple that everyone can simply check out for themselves.

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