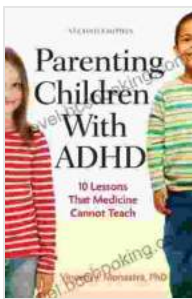


10 Lessons That Medicine Cannot Teach: Second Edition

10 Lessons That Medicine Cannot Teach: Second Edition is a must-read for anyone who wants to improve their health and well-being. This book offers practical, evidence-based advice on how to live a longer, healthier, and happier life.



Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach, Second Edition by Vincent J. Monastra

★★★★☆ 4.6 out of 5

Language : English
File size : 1896 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 252 pages



In this second edition, Dr. Gabor Maté has updated and expanded his original work to include the latest research on the mind-body connection. He also shares new insights into the role of emotions in health and disease.

The 10 lessons that Dr. Maté teaches are:

1. **Take responsibility for your own health.** No one else can do it for you.
2. **Listen to your body.** It will tell you what it needs.

3. **Stress is a major risk factor for disease.** Find ways to manage stress in your life.
4. **Emotions are powerful.** They can affect your health both positively and negatively.
5. **Trauma can have a lasting impact on your health.** If you have experienced trauma, it is important to get help.
6. **Social support is essential for health.** Surround yourself with people who love and support you.
7. **Meaning and purpose are important for health.** Find something that you are passionate about and that gives your life meaning.
8. **spirituality can be a source of healing.** Explore your spiritual beliefs and practices to find what works for you.
9. **Death is a natural part of life.** Accept it and learn to live in the present moment.
10. **Love is the most important thing.** Love yourself, love others, and love life.

These 10 lessons are not easy to follow, but they are essential for anyone who wants to live a healthy and fulfilling life. Dr. Maté provides practical advice on how to implement these lessons into your own life.

10 Lessons That Medicine Cannot Teach: Second Edition is a valuable resource for anyone who wants to improve their health and well-being. This book offers practical, evidence-based advice on how to live a longer, healthier, and happier life.

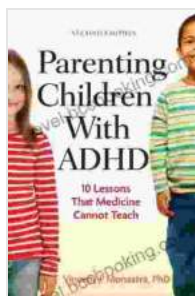
About the Author

Dr. Gabor Maté is a renowned physician, author, and speaker. He is the author of several bestselling books, including *When the Body Says No: The Cost of Hidden Stress* and *In the Realm of Hungry Ghosts: Close Encounters with Addiction*.

Dr. Maté is a passionate advocate for a more compassionate and holistic approach to health and healing. He believes that the mind and body are interconnected, and that we cannot truly heal one without the other.

Dr. Maté's work has been translated into more than 30 languages and has inspired millions of people around the world. He is a sought-after speaker and has appeared on numerous television and radio programs.

Dr. Maté is a Fellow of the Royal College of Physicians and Surgeons of Canada and a member of the American Academy of Family Physicians. He is also a clinical assistant professor at the University of British Columbia.



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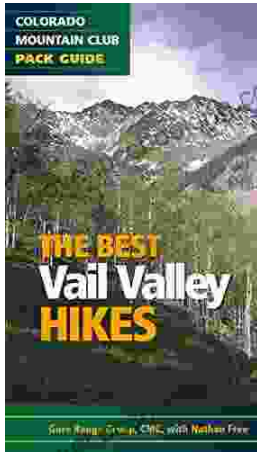
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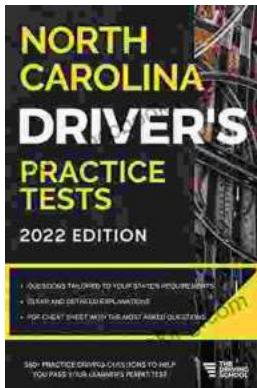
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