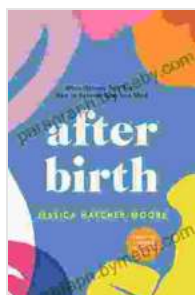


What Nobody Tells You: How to Recover Body and Mind

Are you struggling with a chronic illness, mental illness, or trauma? Do you feel like you've tried everything but nothing has helped? If so, then this book is for you.

In *What Nobody Tells You: How to Recover Body and Mind*, Dr. Gabor Maté reveals the hidden causes of illness and offers a revolutionary approach to healing. Drawing on his decades of experience as a physician and addiction specialist, Dr. Maté shows how trauma, stress, and other adverse life experiences can lead to physical and mental health problems.



After Birth: What Nobody Tells You - How to Recover Body and Mind by Jessica Hatcher-Moore

★★★★★ 5 out of 5

Language	: English
File size	: 1075 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 409 pages



But Dr. Maté also offers hope. He shows how it is possible to overcome these challenges and achieve lasting recovery. Through his compassionate

and evidence-based approach, Dr. Maté provides a roadmap for healing that will empower you to take back control of your health and your life.

What You'll Learn in This Book:

- The hidden causes of illness
- How trauma, stress, and other adverse life experiences can lead to physical and mental health problems
- A revolutionary approach to healing that focuses on addressing the root causes of illness
- A roadmap for recovery that will empower you to take back control of your health and your life

Praise for *What Nobody Tells You*:

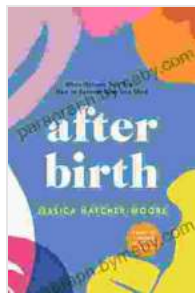
"Dr. Maté is a brilliant and compassionate physician who has spent his life helping people heal from chronic illness and mental illness. This book is a must-read for anyone who is struggling with their health or who wants to learn more about the hidden causes of illness." - **Dr. Andrew Weil**

"This book is a groundbreaking work that will change the way we think about healing. Dr. Maté offers a powerful and evidence-based approach to recovery that will empower you to take back control of your health and your life." - **Dr. Bessel van der Kolk**

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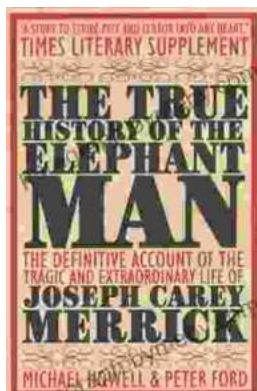


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