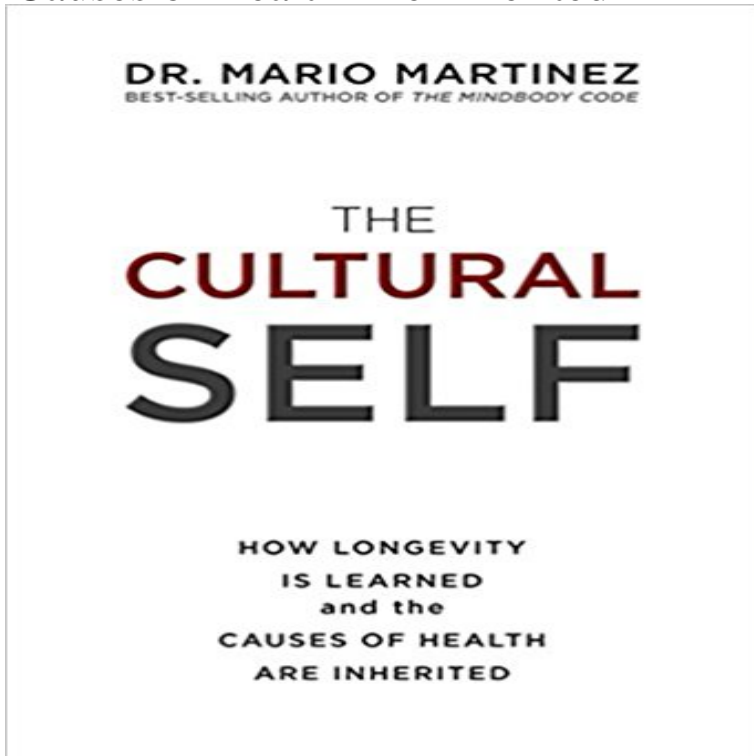


The MindBody Self: How Longevity Is Culturally Learned and the Causes of Health Are Inherited



From the author of the very successful MindBody Code comes a new book that examines the impact our cultural beliefs have on our health and longevity. Drawing on extensive scientific research and his years of experience as a clinical neuropsychologist, Dr. Mario Martinez explores the cultural conditions that influence our sense of self and explains how this affects the diagnosis, prognosis, and treatment of disease as well as the way we think about aging. He lays out the theory and practice of his own “mindbody cultural science” and offers contemplative exercises and experiential processes to help us translate our minds’ intentions into sustainable actions that support well-being. Topics include: Understanding the “biosymbolic” world The pathology of disease and the anthropology of illness Growing older vs. “cultural aging” Navigating adversity using uncertainty as a guide Biocognitive tools for a healthy life The MindBody Self presents groundbreaking discoveries derived from deep insight and impeccable scholarship” but you don’t need a background in science to benefit from this book. Each chapter concludes with a practical exercise that makes complex scientific discoveries not only accessible but applicable for all readers.

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