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GABOR MATÉ M.D.

IN THE REALM OF
HUNGRY GHOSTS

NEW
INTRODUCTION
BY THE
AUTHOR

CLOSE ENCOUNTERS
WITH ADDICTION

Gabor Mate M.D.

In the Realm of Hungry Ghosts: Close Encounters with Addiction



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In this timely and profoundly original publication, writer and physician Gabor Maté A haunting, compassionate and deeply personal examination of the nature of addiction.'s medication addicted individuals, In the Realm of Hungry Ghosts weaves in stories of real people while providing a bold synthesis of scientific encounter, insight and cutting-edge scientific findings. Starting with a dramatically close look at of Maté talks about the epidemic of various addictions in our society, tells us why we are so susceptible to them and outlines what's had a need to liberate ourselves from their hold.



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Opened my eyes This book really opened my eyes to the suffering of others and a whole world that I didn't know anything about. It produced them feel like Superman, being 10-feet high, invincible. While alcoholic beverages and illegal drugs have never held much curiosity for me personally, I now see addictive patterns in my lifestyle and the destructive part that coffee, television, Internet, toxic romantic relationships, my own tension hormones, and even reading have played in my own life as I attempted to manage and prevent my disrupted internal state with external objects. I am worked up about the future possibilities for taking better care of myself and taking a more understanding and helpful function in the lives of others. He says that everyone he has ever treated for addiction was abused or sexually molested as a child. in addition, the countless whom are casualties of loving and addict, end up being it spouse, child, family or friends. That difference is purely genetic. in addition, some paying the ultimate cost, their existence itself. Addiction not only impacts the addict themselves, but all who's lives contact theirs. being able to begin to let go of defeating patterns is life changing, and I believe the barrier was generally vacillating among self-blaming or a grandiose feeling of self that's just a defense mechanism for feeling inadequate. It takes a fresh look at how we look at addiction wrongly, as a medical issue and addresses a few of the why's you can become an addict, which range from early childhood emptiness, abuse, and so forth. Addicts (we are all addicted to something) deserve compassion; I came across the book to become a refreshing take on addiction and one which is fairly insightful. Every addict or alcoholic uses medicines or alcohol to fill up a void inside themselves and recovery is only possible using a mind/spirit strategy. I'd recommend it to all, but especially those that battle addiction, of any kind, whether it be drugs, alcohol, sex, function, wealth and so forth; I ordered this publication because I have several family and friends people whom I've watched battle addiction. This book is quite worthy of your time and effort! Vincent Felitti conducted an enormous epidemiological study on early childhood experiences. Many books were written blaming Mom's coldness for their child's autism. This is actually the first book that I've read by this author and I am inclined to purchase his other books that tackle related but separate topics. Dr. Mate does a fantastic work of describing addiction as a process that is the result of environmental circumstances that infants and kids endure. The author goes into a substantial amount of detail describing the impact that these environmental circumstances have on mind chemistry and functioning, and how these early traumas evolve over time into full blown compound and behavioral addictions. The book is a comprehensive study of the addiction procedure, including his critique of the "War on Medications" and ideas for more enlightened and evidence-centered strategies for treatment. I assure you' ll get starkly different responses. Partial evaluation: "Maté can be fundamentally proposing a reductionist vision of addiction, where misuse history and posited biochemical adjustments are actually THE essential causes of people's self-destructive action., whether the serious substance abuse that his mainly indigent patients are struggling with along with behavioral addictions, such as for example gambling addiction, sex addiction, buying addiction, workaholism, and the countless varieties of behavioral addictions that we've come to identify. I debated offering this publication three stars due to the fact that Dr. Mate opens up to describe how the addiction process unfolded in his own life, resulting in overachievement food cravings, workaholism and an dependence on classical music CDs. Mate shares a generous quantity of case histories of his individuals (in some instances the sufferers insisted on the real brands being used instead of aliases) as a means to further illustrate the addiction procedure in action. Despite the fact that the book contains a lot of technical information, especially in its excellent explanation of the brain chemistry and psychological features of the addiction process, Dr. There is absolutely no "brain disease" that triggers visitors to become addicts, despite the claims from current model of addiction treatment. For anybody seeking an up-to-date survey of recent research results about the addiction procedure and/or a compassionate and honest summary of the average person and collective problems presented by all sorts of addictions, this publication is a great resource. so helpful After getting burned out w/ New Age/Self Help Gurus and all the hero worship, was skeptical. Luckily, new research proves mother's are not at fault for children's autism. There are many aspects of the publication that I really like. The opening chapters where Dr. must have in addiction Are you employed in addiction? Most of the addicts that Dr. Mate treats came from foster care circumstances where they were severely abused. Extremely grateful for the help. Dr. Dr. I really do believe that an excellent maternal childhood bond does affect children yet, in many instances I felt that an excessive amount of emphasis was placed on the mothers. I started to think of the past when moms were also blamed

for their children's autism. These mothers were given the name "refrigerator Mom's". Gabor Mate's in-depth and insightful account of his are a doctor specializing in treating individuals with serious element addiction. The opening chapters where Dr I am on Chapter 19 of this book so will have to finish before I could write a complete review. A person who gets actually excited and talkative after a couple of drink is experiencing the true high from alcoholic beverages that a lot of of us will never experience. That said I still can show that Dr. Mate is certainly a humane and compassionate physician and an excellent author so I am cautiously providing the book four stars. 100% Accurate Addiction Book! This book could change lives. Mate's prose design is very engaging and quite readable. It is well written, and was able to capture my full interest. Love truly May be the answer for us all, as you will learn while absorbing the brilliant details in this book. Excited to read Was delivered in great condition and well wrapped. I'm excited to read as this is one reserve suggested by Nick Cave of Nick Cave and the Bad Seeds as a great book for authors to source inspiration and knowledge. Simplistic, derivative and bad science Gabor Maté offers tossed out standard definitions of addiction to invent his own. (Sorry, but compulsive shopping is not an addiction). He also invents supposed causes and remedies. Psychology Today has an excellent content pointing out the critical flaws in his conclusions. Mate goes to great lengths to spell it out how the addiction process is responsible for every kind of addiction; It isn't enough to say that this model is highly conjectural. He thinks that anyone who is psychologically susceptible can get addicted. I recommend Dr. He found that only a little group (3. If you know a person with addiction within their family, ask additional family members just how do their medication of preference make them feel. Bs book Nothing at all edifying here. Yes, technology clearly demonstrates addiction is genetically structured.. a thing that 50-100% of hard addicts have been deprived their whole lives.! This book is among my favoriteS and the writer is both shocking and controversial! Mate Gabor NAILED both the way to obtain addiction and the healing up process in this book. There are many areas of the book that I love. The author has palpable knowledge of compassion, and understanding how to end up being compassionate with my own self was the missing link, and the writer has a way of leading you to the original understanding. However, this relatively minimal elevation by no means presupposes the damage is caused biochemically, rather than simply by detrimental psychological effects and deeply dysfunctional homes and conditions..This book brings to light a fresh way for me to view and think about addicts. Finding a way in through those bullies is definitely a door method. He goes on to describe in further chapters how this abuse affected the developing brain of these individuals and played a component within their developing addictive behaviors. Gabor Mate is absolutely wrong about addiction! Dr. Mate says addiction isn't a disease. An extremely insightful book. It also isn't true -- that's, it makes little feeling of the data. He's wrong.5%) of people with 4 or even more adverse childhood experiences became involved with injection drug use. Dr. Some will think that this is the greatest thing they ever had, and others will either hate them or could treatment less about them. Let's make use of alcohol for example. For most people, alcohol can be an acquired test. But also for some, the initial drink they ever endured made them experience so good they remember it forever. I thought I was a compassionate person, but reading this I observe how judgmental I've been, toward myself and others. Addiction is complex and mystical and it is usually simplistic and easy to blame mothers. It provides impacted my life to find addiction take control of theses loved ones lives; Mate continues on to describe many beliefs of the way the Maternal childhood relationship affects the developing human brain. Move along, nothing to see here. The percentage of addicts increases somewhat with the amount of adverse experiences. This should be mandated reading for all humans This book is everything. Just get it, right now. He backs up his claims with scientific evidence, study and the non-public narratives of several addicts." Awesome read! Mate discusses treating addicts with compassion and thoughtfulness actually touched me. If yes, order this now. Therefore Maté's model is extremely indiscriminating. Mostly the writer telling you sad stories of human waste of potential, and his classical music addiction. Mate thinks that he's debunking the genetic basis for addiction when he attacks the twin research, but his logic is indeed convoluted, it makes no sense.



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