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#1 CANADIAN BEST SELLER

"A riveting account of human cravings, this book needs to get into as many hands as possible. Maté's resonant, unflinching analysis of addiction today shatters the assumptions underlying our War on Drugs."

—Nate Stangor, former Seattle Chief of Police and author of
Breaking Rank: A Top Cop's Exposé of the Dark Side of American Policing

GABOR MATÉ, MD

In the Realm of Hungry Ghosts

Close Encounters with Addiction

Foreword by PETER A. LEVINE, PhD
author of *Hacking the Tiger: Healing Trauma*



Gabor Mate and

In the Realm of Hungry Ghosts: Close Encounters with Addiction



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Dr. including the author' In the Realm of Hungry Ghosts argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. Based on Gabor Mate' Mate presents addiction much less a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that works throughout (and perhaps underpins) our society; not really a medical "condition" distinctive from the lives it impacts, rather the consequence of a complex interplay among personal history, emotional, and neurological development, human brain chemistry, and the medications (and behaviors) of addiction. Simplifying several brain and addiction research findings from around the world, the publication avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. s skid row, In the Realm of Hungry Ghosts radically reenvisions this much misunderstood field by taking a holistic approach. The mix of personal tales—s 2 decades of experience seeing that a medical doctor and his groundbreaking work with the severely addicted on Vancouver's candid conversation of his own "high-status" addictive tendencies—and science with positive solutions makes the reserve equally ideal for lay readers and professionals.



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Opened my eyes This book really opened my eyes to the suffering of others and a complete world that I didn't know any thing about. I thought I was a compassionate person, but scanning this I observe how judgmental I've been, toward myself and others. The majority of the addicts that Dr. I am worked up about the future possibilities for taking better treatment of myself and going for a more understanding and helpful function in the lives of others. Having the ability to begin to forget about defeating patterns is existence changing, and I really believe the barrier was generally vacillating between self-blaming or a grandiose sense of self that's only a defense mechanism for feeling inadequate. It made them feel just like Superman, being 10-feet tall, invincible. It has impacted my entire life to discover addiction take control of these family members lives; furthermore, some paying the ultimate cost, their life itself. Addiction not merely impacts the addict themselves, but all who's lives touch theirs. This book brings to light a new way for me to see and think of addicts. It requires a new look at how we look at addiction wrongly, as a medical problem and addresses a few of the why's one may become an addict, ranging from early childhood emptiness, abuse, and so forth. He backs up his promises with scientific evidence, analysis and the personal narratives of several addicts. I found the book to become a refreshing take on addiction and one that's quite insightful. It really is well written, and could capture my full attention. I'd recommend it to all or any, but especially those that fight addiction, of any kind, whether it be drugs, alcohol, sex, work, wealth and so forth; in addition, the many whom are casualties of loving and addict, become it spouse, child, family or friends. This book is quite worthy of your time and effort! I recommend Dr. Gabor Mate's in-depth and insightful accounts of his work as a doctor focusing on treating people with serious chemical addiction. There are several aspects of the publication that I really like. Dr. Therefore Mate's model is highly indiscriminating. Mate would go to great lengths to describe the way the addiction process is responsible for every kind of addiction; Mate shares a generous amount of case histories of his individuals (in some instances the sufferers insisted on the real names being used rather of aliases) as a way to help expand illustrate the addiction process in action. Dr. The author goes into a substantial amount of details describing the impact that these environmental situations have on human brain chemistry and working, and how these early traumas evolve over time into full blown substance and behavioral addictions, whether the serious drug abuse that his mostly indigent patients are struggling with as well as behavioral addictions, such as for example gambling addiction, sex addiction, buying addiction, workaholism, and the many varieties of behavioral addictions that we've come to identify. Luckily, new research proves mother's are not responsible for children's autism. But also for some, the 1st drink they ever endured made them experience so good they remember it permanently. The publication is a comprehensive study of the addiction procedure, including his critique of the "War on Medicines" and suggestions for even more enlightened and evidence-based strategies for treatment. Despite the fact that the book contains a great deal of technical information, particularly in its excellent explanation of the mind chemistry and psychological top features of the addiction procedure, Dr. Mate's prose style is very engaging and quite readable. Love truly May be the answer for us all, as you will learn while absorbing the brilliant details in this book. There are many aspects of the book that I really like. The starting chapters where Dr I am on Chapter 19 of the book so will need to finish before I could write a complete review. This is actually the first book that I've read by this author and I am inclined to purchase his other books that deal with related but separate subjects. The opening chapters where Dr. Mate discusses dealing with addicts with compassion and thoughtfulness really touched me. While alcoholic beverages and illegal drugs have never held much interest for me personally, I

now observe addictive patterns in my own lifestyle and the destructive function that coffee, television, Internet, toxic human relationships, my own stress hormones, and even reading have played in my life as I attempted to manage and avoid my disrupted internal state with external objects. Bs book Nothing edifying here. This book is among my favoriteS and the writer is both shocking and controversial!" Awesome read! Mate goes on to spell it out many beliefs of how the Maternal childhood bond affects the developing human brain. Just get it, now. I began to think of days gone by when mothers were also blamed for his or her children's autism. These moms were given the title "refrigerator Mom's". Many books were written blaming Mom's coldness for their child's autism. Dr. This book could switch lives. That said I still can tell that Dr.5%) of individuals with 4 or more adverse childhood encounters became involved with injection drug use. 100% Accurate Addiction Book! Mate Gabor NAILED both the source of addiction and the healing process in this book. Even so, this relatively small elevation in no way presupposes the harm is caused biochemically, rather than by just detrimental psychological effects and deeply dysfunctional homes and environments. Dr. For anybody seeking an up-to-date survey of recent research results about the addiction process and/or a compassionate and honest summary of the individual and collective issues presented by all kinds of addictions, this book is a great resource. Excited to read Was delivered in great condition and well wrapped. I'm excited to read as that is one publication recommended by Nick Cave of Nick Cave and the Poor Seeds as an excellent book for authors to source inspiration and understanding. The percentage of addicts boosts somewhat with the amount of adverse encounters. (Sorry, but compulsive purchasing is not an addiction). He also invents supposed causes and remedies. Psychology Today has an excellent article pointing out the serious flaws in his conclusions. Partial analysis: "Maté is normally fundamentally proposing a reductionist vision of addiction, where misuse background and posited biochemical changes are actually THE essential causes of people's self-destructive action. It is not enough to say that this model is extremely conjectural. This should be mandated reading for all humans This book is everything. Mostly the author telling you sad stories of individual waste materials of potential, and his classical music addiction. For most people, alcohol is an acquired test. Mate is certainly a humane and compassionate doctor and an excellent author therefore i am cautiously giving the book four celebrities. Mate does an excellent job of describing addiction as a process that is the consequence of environmental conditions that infants and children endure. Simplistic, derivative and poor science Gabor Maté offers tossed out standard definitions of dependence on invent his own. There is absolutely no "brain disease" that causes people to become addicts, regardless of the claims from current model of addiction treatment. I debated offering this publication three stars because of the fact that Dr.! He goes on to explain in additional chapters how this abuse affected the developing human brain of these individuals and played a component within their developing addictive behaviors. Addiction is complex and mystical and it is simplistic and an easy task to blame mothers. That difference is usually purely genetic. The writer has palpable knowledge of compassion, and understanding how to become compassionate with my own self was the lacking link, and the writer has a way of leading you to the original understanding... An extremely insightful book. Getting a way in through those bullys is usually a door way. Very grateful for the help. Gabor Mate is completely wrong about addiction! Every addict or alcoholic uses medicines or alcohol to fill a void inside themselves and recovery is only possible using a mind/spirit approach. Mate says addiction isn't a disease. He says that everyone he provides ever treated for addiction was abused or sexually molested as a kid. He thinks that anyone who is psychologically susceptible can get addicted. He is wrong. Once you learn anyone with addiction

in their family, ask various other family members how do their drug of choice make them feel. I guarantee you will get starkly different responses. Some will believe that this is actually the greatest matter they ever had, among others will either hate them or could care less about them. Let's use alcohol for instance. He discovered that only a little group (3. Mate opens up to describe how the addiction process unfolded in his very own life, resulting in overachievement hunger, workaholism and an dependence on classical music CDs. I ordered this book because I've several relatives and buddies members whom I've watched fight addiction. Somebody who gets actually excited and talkative following a couple of drink is experiencing the true high from alcohol that a lot of of us will never experience. so helpful After getting burned out w/ New Age/Self Help Gurus and all of the hero worship, was skeptical. Dr. Mate thinks that he is debunking the genetic basis for addiction when he attacks the twin studies, but his logic is so convoluted, it makes no sense. Yes, technology clearly demonstrates addiction is genetically structured. In addition, it isn't true -- that's, it makes little feeling of the info. I do think that a good maternal childhood bond does affect children however In many instances I felt that too much emphasis was put on the moms. Addicts (we all have been dependent on something) deserve compassion; a thing that 50-100% of hard addicts have been deprived their whole lives. will need to have in addiction Are you working in addiction? If yes, order this today. Mate treats came from foster care situations where these were severely abused. Vincent Felitti conducted a huge epidemiological research on early childhood encounters. Move along, nothing to see here.



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