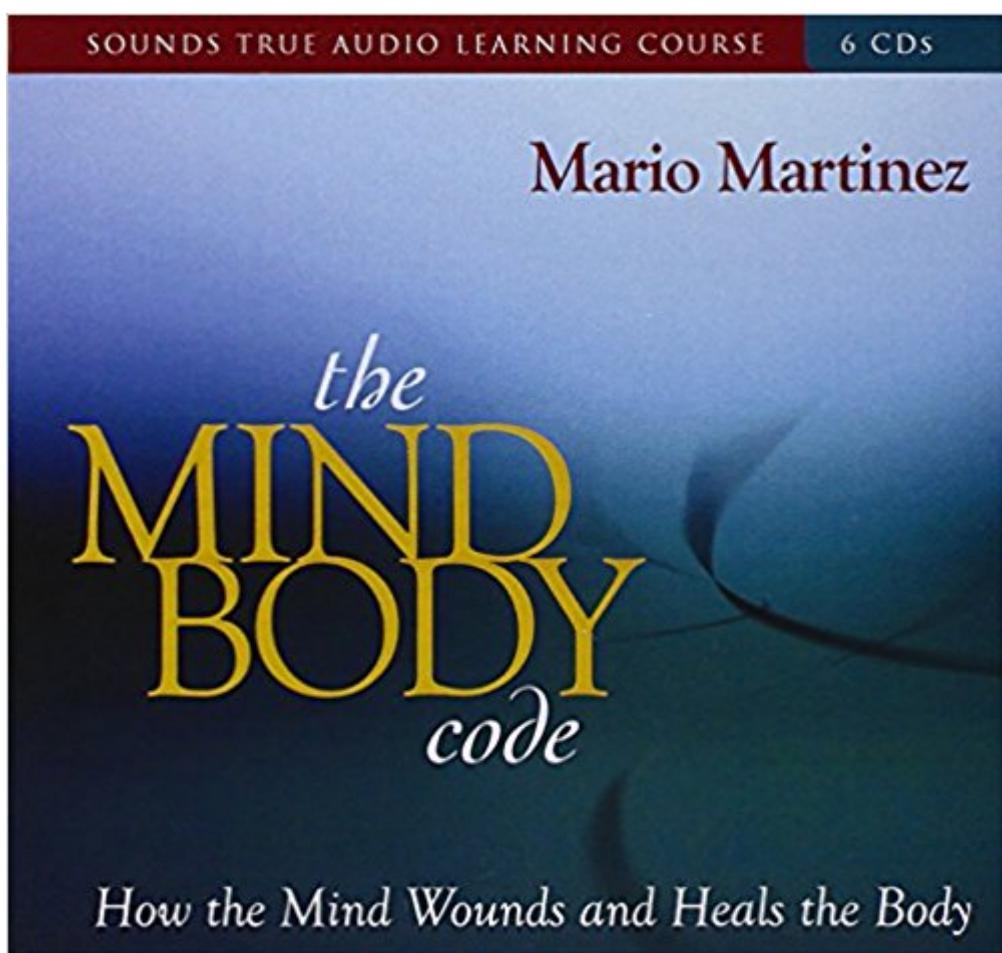


The book was found

The Mind-Body Code: How The Mind Wounds And Heals The Body



Synopsis

Discover the Secret to Personal Excellence Hidden in Your "Mind-Body Code". You may know that your mind influences your health-but what's influencing your mind? Until you answer this question, you may be overlooking a key factor on the path to personal excellence. On The Mind-Body Code, pioneering neuropsychologist Dr. Mario Martinez invites you to discover the dynamic interplay between your thoughts, body, and cultural history to master the creation of wellness and fulfillment.

Biocognitive Theory: A New Model of Health and Well-Being. Why do some people live well past the age of 100, without ever seeing a doctor? How can certain individuals reverse "incurable" disease, while others carry burdens of childhood wounds despite years of therapy? Dr. Martinez' Biocognitive Theory synthesizes insights from integrated medicine and psychology, cultural anthropology, and Eastern and Western spirituality to find the answers to such baffling questions. The Mind-Body Code shows you how to speak the "biosymbolic language" of this new model of health. Six sessions of illuminating case studies complemented by relaxing yet potent mind-body meditations help you balance every facet of your life, from relationships and aging to abundance and ambitions. Embrace Your Greatness-and Empower Your Dreams. The first step toward the health and satisfaction we all desire begins with one act: allowing yourself to live your greatness. For it is in reclaiming your natural state of worthiness that you come back to wholeness and see anew all that is possible for you. With The Mind-Body Code, you hold a blueprint to rebuild your dreams, and to take total control of your life's journey.

Program Highlights: The five portals of wellness and the biosymbolic language of your mind-body. How to break through your "ceilings of abundance" by healing archetypal wounds. Debunking the myths of aging with the secrets of the centenarians. From fibromyalgia to stigmata-fascinating descriptions of the power of the mind-body-culture connection. Creating the "healing fields" of honor, commitment, and loyalty. The psychology of forgiveness-and a special guided contemplative practice for liberation from self-entrapment. Six CDs of insights and exercises with the founder of Biocognitive Theory

Book Information

Audio CD: 6 pages

Publisher: Sounds True; 1st edition (May 1, 2009)

Language: English

ISBN-10: 1591797101

ISBN-13: 978-1591797104

Product Dimensions: 6.9 x 0.5 x 6.6 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 58 customer reviews

Best Sellers Rank: #329,428 in Books (See Top 100 in Books) #24 in Books > Books on CD > Health, Mind & Body > Fitness #130 in Books > Books on CD > Health, Mind & Body > General #283 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

DR. MARIO E. MARTINEZ is a licensed clinical neuropsychologist and proponent of the new paradigm he calls cultural psychoneuroimmunology. He is the founder of the Biocognitive Science Institute that studies health and illness with an approach that converges psychoneuroimmunology and cultural anthropology. Dr. Martinez is the author of The Man from Autumn: a psychological novel that indirectly teaches his theory of biocognitive science. For more information go to biocognitive.com

The CD program is an excellent compliment to the book which covers the material well. Dr. Martinez has a wonderful soft clear voice to listen to the meditation exercises at the end of each CD. There are some pieces of information in the CDs that are not in the book and vice versa. The material is so rich, different and paradigm shifting that it is worth it to buy both items. I started with the book based on a review of the CD material - that it should be presented in a book. There are exercises at the end of each chapter and I wanted to just listen to the instructions rather than memorizing them. I am just finishing the last CD and will then go back, relisten to everything and use the exercises often. I did not feel that the anecdotes were distracting, in fact, made the material more memorable for me since I enjoy a good story.

Finally someone is addressing the mind-body issue in a way that is understandable.....and life changing. Mario Martinez gives us practical ways we can deal with life issues, so that our bodies are free to work as efficiently as birth intended. These CDs should be listened to over and over.

This book describes a unique way of thinking about life and love that is liberating and empowering. I found it randomly a few years back while I was browsing for self-help books. I've listened to it again and again, and I still pick it up every now and then to help internalize its message. When I first started listening to this book I had been in therapy continuously for over 5 years, as I was crippled with anxiety in intimate relationships. I was surprised when this book actually described a lot of the

techniques I had been taught in therapy, but backed these up practices with perspectives that went well beyond my personal relationships. After living with this audiobook for all this time, I can honestly say it has made some very small changes in my outlook that have completely altered the course of my life for the better. By describing a method for identifying and healing childhood wounds, this book goes a long way towards pointing out lessons that happy well-adjusted people take for granted. As such, it's not surprising that this book isn't for everyone. Martinez even says himself a number of times that he regularly encounters people who intuitively describe what he's teaching, and therefore they have nothing to learn from him. Most of the ideas in this book aren't really new, and that's what makes this audiobook so great. The author stands on the shoulders of giants, synthesizing concepts from world religions, cognitive behavioral therapy, gestalt therapy, psychology, gerontology and developmental psychology to describe a method of self-healing that is beautifully simple. I can't say that this book will help everyone, but it definitely helped me and I feel very confident in recommending it to others.

These CDs are exactly what I needed to gain control of my emotions about difficult circumstances in my life. I did the simple exercises and began to feel freedom from being trapped in negative thoughts/emotions right from the first CD. I've learned a lot from Mario's methods and will continue to use the embodiment and relaxation techniques to keep myself open and joyful. Also, this is an excellent guide to experiencing aging in a positive joyful manner!

Excellent scientific explanation of how our bodies react to various interpersonal and cultural influences and interactions. Mario exposes the early childhood roots that have such significant influence over the remainder of our lives, than goes on to suggest techniques and behavioral modifications that can counter those challenges to our lives that we have carried with us from our earliest years.

This is a must for anyone interested in truly helping themselves or anyone working in the healthcare or mental healthcare fields. Dr. Mario Martinez gives information, insight and tools that can be used immediately to improve ones perspective in regard to their own mental, emotional and physical wellbeing.

This is a great study. Mario is easy to listen to and his work is stellar. I got a lot of insights from listening. Amazing clarity of delivery for a normally difficult examination of the inner working of our

minds and body.

Excellent listening. Deep and broad. He is like the male version of Clarissa Pinkola Estes - very fine voice speaking naturally, not read from a page. I learned a lot - will be listening again for deepening insights. Love it - no matter your religion - this one speaks to your spirit.

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