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Mind-body Code: How the Mind Wounds and Heals the Body

By Mario Martinez

SOUNDS TRUE INC, United States, 2009. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. 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 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...



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