

# **gabor mate website**

**gabor mate website** serves as a comprehensive online platform dedicated to the life, work, and insights of Dr. Gabor Maté, a renowned expert in addiction, trauma, and mental health. Whether you're seeking information about his philosophy, exploring his books, or looking for resources on healing and personal development, the official website provides a wealth of valuable content designed to educate, inspire, and support individuals on their journey toward well-being.

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## **Overview of the Gabor Mate Website**

The Gabor Mate website functions as a central hub for all things related to Dr. Gabor Maté. It aims to make his teachings accessible to a global audience, offering a range of resources including articles, videos, podcasts, and links to his publications. The site not only promotes his work but also fosters a community of learners interested in understanding the roots of addiction, trauma, and mental health issues.

Key features of the website include:

- Biography and background of Dr. Gabor Maté
  - A catalog of his published books
  - An events calendar with upcoming seminars, workshops, and speaking engagements
  - A blog or news section with updates and articles
  - Resources for practitioners and individuals seeking help
  - Contact information and links to social media platforms
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## **Who is Gabor Maté?**

### **Biographical Overview**

Dr. Gabor Maté is a Hungarian-Canadian physician and author known for his research and clinical practice focusing on addiction, mental health, and childhood development. His approach emphasizes understanding the root causes of psychological and physical health issues, often linking them to trauma and emotional well-being.

### **Philosophy and Approach**

On his website, Dr. Maté's philosophy is clearly articulated:

- Healing requires understanding and compassion
- Addiction is a complex response to emotional pain
- Childhood trauma significantly influences adult health

- Mind-body connection plays a crucial role in healing

His approach integrates Western medicine, mindfulness, and trauma-informed care, making his insights relevant for both healthcare professionals and individuals seeking self-awareness.

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## **Key Resources Available on the Gabor Mate Website**

### **Books and Publications**

The website offers detailed information about Dr. Maté's published works, which include:

- In the Realm of Hungry Ghosts: Close examination of addiction and its roots
- When the Body Says No: Exploring the connection between stress, illness, and disease
- Scattered Minds: Insights into Attention Deficit Disorder from a trauma perspective
- Hold On to Your Kids: Co-authored with Gordon Neufeld, focusing on childhood development

Visitors can purchase these books directly through the website or find links to major retailers. Summaries and reviews are often available to help readers decide which book aligns with their interests.

### **Articles and Blog Posts**

The website features a regularly updated blog section that covers:

- Mental health topics
- Personal stories and interviews
- Scientific research related to trauma and addiction
- Practical advice for healing and self-care

These articles serve as valuable resources for both laypersons and professionals seeking to deepen their understanding.

### **Videos and Podcasts**

Visual and audio content enhances learning on the site:

- Recorded interviews with Dr. Maté discussing various mental health issues
- Webinars and workshop recordings
- Podcasts where Dr. Maté elaborates on his theories and answers audience questions

This multimedia approach broadens accessibility and allows users to engage with his teachings in multiple formats.

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## Events and Workshops

The Gabor Mate website provides an extensive events section, listing upcoming seminars, retreats, and speaking engagements worldwide. These events are often led by Dr. Maté himself or by certified professionals trained in his methods.

Attendees can participate in:

- In-depth workshops on trauma and addiction
- Mindfulness and self-compassion sessions
- Professional training programs for therapists and healthcare providers

The site typically offers registration details, venue information, and options for virtual participation, making it easy to access his teachings regardless of location.

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## Resources for Professionals and Caregivers

Recognizing the importance of professional development, the website features dedicated sections for practitioners:

- Training programs in trauma-informed care and addiction treatment
- Certification courses and ongoing education opportunities
- Recommended reading lists and research papers

For caregivers and family members, the site provides guidance on supporting loved ones with mental health challenges, emphasizing compassion and understanding.

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## How to Navigate and Make the Most of the Gabor Mate Website

To maximize benefit from the site, visitors should:

- Explore the Books section to find titles relevant to their interests
- Subscribe to newsletters or updates for the latest news and resources
- Attend webinars or workshops to deepen understanding
- Engage with articles and videos for ongoing learning
- Follow linked social media profiles for daily insights and community interaction

The website's user-friendly design ensures easy navigation across its various sections, facilitating a personalized learning experience.

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# SEO Tips and Keywords for Gabor Mate Website Content

To enhance the website's visibility on search engines, incorporating relevant keywords and phrases is essential:

- Gabor Mate addiction expert
- Trauma healing with Gabor Mate
- Gabor Mate books and publications
- Mental health and trauma resources
- Healing childhood trauma Gabor Mate
- Gabor Mate seminars and workshops
- Mindfulness and trauma-informed care
- Gabor Mate videos and podcasts

Using these keywords naturally within content, meta descriptions, and headings can improve search engine ranking, attracting more visitors interested in mental health, trauma, and healing.

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## Conclusion

The **gabor mate website** stands as a vital resource for anyone interested in understanding the profound links between trauma, addiction, and mental health. By offering a comprehensive array of educational materials, multimedia content, and event information, the site empowers individuals, caregivers, and professionals to pursue healing and growth. Whether you're new to Dr. Gabor Maté's work or a seasoned follower, the website provides valuable tools to deepen your knowledge and support your journey toward well-being.

For those seeking compassionate, research-backed insights into human development and healing, visiting the Gabor Mate website is an essential step. It not only introduces his philosophy but also connects visitors to a global community committed to understanding and transforming the roots of suffering into pathways of hope and recovery.

## Frequently Asked Questions

### What is the official Gabor Maté website?

The official Gabor Maté website is [gabormate.com](http://gabormate.com), which provides information about his work, books, workshops, and resources related to addiction, mental health, and personal development.

### Does Gabor Maté's website offer online courses or webinars?

Yes, Gabor Maté's website features information about his online courses, webinars, and virtual events focused on topics like trauma, addiction, and emotional well-being.

## **Can I access Gabor Maté's published books and articles on his website?**

While his website provides summaries and links to his books and articles, it also offers additional resources, interviews, and updates related to his work.

## **Are there any resources for mental health professionals on Gabor Maté's website?**

Yes, the website offers resources, training programs, and information tailored for mental health professionals interested in Gabor Maté's approach and methodology.

## **Is there a way to contact Gabor Maté through his website?**

Yes, the website includes contact information and a contact form for inquiries related to speaking engagements, workshops, or media requests.

## **Does Gabor Maté's website include a blog or latest updates?**

Yes, the website features a blog section and updates on his latest work, upcoming events, and new publications related to mental health and healing.

## **Additional Resources**

Gabor Mate Website: A Comprehensive Review of Resources, Content, and Impact

The Gabor Mate website serves as a central hub for those interested in the work of Dr. Gabor Maté, a renowned physician, author, and speaker dedicated to exploring the intricate links between trauma, addiction, mental health, and overall well-being. With its rich collection of articles, videos, and resources, the website aims to educate, inspire, and support individuals seeking deeper understanding and healing. In this review, we will delve into the website's structure, content quality, usability, and the overall value it provides to visitors.

## **Overview of the Gabor Mate Website**

The Gabor Mate website is designed with a clear mission: to disseminate knowledge about mental health, addiction, and the human condition through the lens of Dr. Gabor Maté's extensive experience and research. It features a clean, user-friendly interface that allows visitors to navigate easily through various sections, including articles, videos, podcasts, events, and books.

The site's primary goal is educational, but it also functions as a platform to promote Dr. Maté's latest work, upcoming speaking engagements, and training programs. It balances academic insights with accessible language, making complex topics approachable for a broad audience.

# Content Quality and Depth

One of the most notable aspects of the Gabor Mate website is the quality and depth of its content. Dr. Maté's work is characterized by a compassionate, holistic approach that emphasizes the importance of understanding personal history, societal influences, and biological factors in mental health and addiction.

## Articles and Blog Posts

The website features numerous articles and blog posts authored or curated by Dr. Maté and his team. These articles cover a wide array of topics such as:

- Trauma and its impact on health
- Addiction and recovery
- Childhood development and attachment
- Mind-body connection
- Compassionate approach to healing

Pros:

- Well-researched and evidence-based
- Written in accessible language
- Offers practical insights and reflections

Cons:

- Some articles require prior knowledge of psychological concepts
- Limited regular blogging; most content is static

## Videos and Podcasts

The site hosts an extensive library of videos and podcasts, including interviews, lectures, and panel discussions featuring Dr. Maté and other experts. These multimedia resources enhance understanding by providing nuanced explanations and real-world case examples.

Features:

- High-quality production
- Subtitles available for accessibility
- Organized playlists for specific topics

Pros:

- Engaging and educational
- Suitable for visual and auditory learners
- Deep dives into complex topics

Cons:

- Large volume can be overwhelming for new visitors
- Some content may require a subscription or registration to access

## Books and Publications

Dr. Gabor Maté's books are prominently featured on the website, with links to purchase or learn more. Notable titles include *In the Realm of Hungry Ghosts*, *When the Body Says No*, and *Scattered Minds*.

Pros:

- In-depth exploration of topics
- Written in a compassionate, understandable manner
- Recognized as authoritative in the field

Cons:

- Books may not be easily accessible for all due to cost
- Limited summaries or excerpts on the site itself

## Website Usability and Design

The Gabor Mate website boasts a minimalist yet functional design, emphasizing ease of access over flashy aesthetics. The layout is intuitive, with a top menu bar offering quick links to major sections such as About, Articles, Videos, Events, and Shop.

## Navigation

- Clear categorization of content
- Search functionality for quick access
- Mobile-friendly design

Pros:

- User-friendly navigation
- Fast load times
- Clear calls to action (subscribe, donate, register)

Cons:

- Slightly sparse in visual elements, which may feel plain to some
- No personalized content recommendations

## Accessibility

The website adheres to basic accessibility standards, including readable fonts and alternative text for media. However, advanced accessibility features like sign language interpretation or audio descriptions are not prominently featured.

Pros:

- Basic accessibility features in place
- Compatible across devices

Cons:

- Could improve with enhanced accessibility options
- No dedicated accessibility menu

## **Community and Engagement**

The Gabor Mate website fosters a sense of community primarily through its events and online courses. Visitors can register for webinars, workshops, and training programs to deepen their understanding and connect with like-minded individuals.

## **Events and Workshops**

The site lists upcoming events, both virtual and in-person, covering topics like trauma healing, addiction recovery, and compassionate caregiving.

Pros:

- Opportunities for active participation
- Hosted by reputable professionals
- Often include Q&A sessions

Cons:

- Some events are fee-based, which may limit access
- Limited interactive features on the website itself

## **Newsletter and Social Media**

Subscribers receive newsletters featuring new content, event announcements, and insights. The website also links to Dr. Maté's social media channels, where ongoing discussions and community engagement occur.

Pros:

- Keeps visitors informed and engaged
- Promotes ongoing learning

Cons:

- Newsletter frequency varies
- Social media presence is external, requiring separate engagement

## **Features and Additional Resources**

Beyond articles and multimedia, the website offers various tools and resources aimed at supporting healing:



- Recommended reading lists
- Guided meditations and mindfulness exercises
- Podcast transcripts
- Links to partner organizations

Pros:

- Broad array of supportive tools
- Emphasis on holistic healing approaches

Cons:

- Some resources are limited or require purchase
- Not all materials are available in multiple languages

## Overall Impact and Effectiveness

The Gabor Mate website effectively encapsulates Dr. Maté's philosophy and approach, making complex psychological and medical concepts accessible to a diverse audience. Its comprehensive content offers value to individuals seeking personal growth, healthcare professionals, educators, and caregivers.

Strengths:

- High-quality, evidence-based content
- Compassionate and holistic perspective
- Easy to navigate and access

Weaknesses:

- Limited interactive features
- Some content may require prior knowledge or financial investment
- The site could benefit from more community-driven features or forums

## Conclusion

The Gabor Mate website stands out as a valuable resource for anyone interested in understanding the roots of trauma, addiction, and mental health issues through a compassionate, evidence-informed lens. Its well-curated content, accessible presentation, and focus on healing make it a significant platform in the realm of psychological and holistic well-being. While there is room for growth in interactivity and accessibility, the site's current offerings are robust and impactful, serving as both an educational resource and a catalyst for personal and professional development.

Final Verdict:

- Pros: High-quality content, user-friendly design, broad resource base, inspiring multimedia
- Cons: Limited interactivity, some content may be costly or require prior knowledge, room for enhanced accessibility

Whether you are a mental health practitioner, someone on a healing journey, or simply curious about

the profound insights of Dr. Gabor Maté, the website provides a rich, trustworthy foundation for exploring these vital topics.

## **Gabor Mate Website**

**gabor mate website:** *Summary of Gabor Maté's In the Realm of Hungry Ghosts* Milkyway Media, 2022-03-31 Buy now to get the main key ideas from Gabor Maté's *In the Realm of Hungry Ghosts* (2007) offers a powerful look into the reality of addiction. Dr. Gabor Maté begins by introducing many of his patients, all suffering mentally and physically because of addiction. He paints a raw picture of addiction's effects on the human body and psyche. He then dives into the root causes of addiction, offering a biological and psychological analysis. Maté clears up common misconceptions about drug use, exposes the ineffectiveness of the War on Drugs, and offers insight into what might be an effective recovery strategy. He even looks at everyday addictions that may not be as damaging but still can be harmful through exploring his own obsession with classical music. Whatever the addiction, it is always a poor substitute for love.

**gabor mate website:** *Summary of Gabor Maté's The Myth of Normal* Milkyway Media, 2023-04-09 Buy now to get the main key ideas from Gabor Maté's *The Myth of Normal* (2022) by Dr. Gabor Maté delves into the interconnection between individual health and the social and emotional contexts in which our lives unfold. Maté believes that chronic illness is not a mysterious aberration, but a consequence of how we live. Our toxic culture is to blame for rising rates of chronic illness, obesity, and mental health problems in many countries including the United States and Canada. To adapt to modern society's idea of normal is to conform to expectations that are deeply abnormal in relation to our nature-given needs. The good news is that healing is possible because all of us have untapped capacities for wellness.

**gabor mate website:** *Breaking the Cycle* Rosie Peggy Greenwood, In *Breaking the Cycle: How to Heal Generational Trauma and Rewrite Your Story*, Rosie Peggy Greenwood offers a compassionate and empowering guide to understanding and healing from the deep wounds of generational trauma. This transformative book explores how the unspoken pains and unresolved issues of our ancestors can shape our lives in profound ways, influencing our relationships, mental health, and overall sense of self. With a blend of personal stories, scientific research, and practical exercises, Greenwood provides readers with the tools they need to break free from the past and create a brighter, healthier future for themselves and future generations. *Understanding Generational Trauma:* Generational trauma, also known as intergenerational trauma, refers to the transmission of traumatic experiences and emotional pain from one generation to the next. It can manifest in various ways, such as patterns of abuse, addiction, anxiety, depression, and emotional disconnection, often without the individual understanding the root cause of their struggles. *Breaking the Cycle* delves into the science behind this phenomenon, drawing on research in epigenetics, psychology, and family systems theory to explain how trauma can be passed down through the generations and how it impacts our lives today. *The Healing Journey:* This book is not just about understanding trauma; it's about healing it. Greenwood guides readers through a step-by-step process of identifying and addressing the generational patterns that may be holding them back. With chapters dedicated to self-awareness, mindfulness, cognitive behavioral therapy (CBT), family systems therapy, and narrative therapy, *Breaking the Cycle* offers a comprehensive toolkit for healing. Each chapter is filled with practical exercises, reflection prompts, and actionable strategies designed to help readers uncover hidden wounds, challenge limiting beliefs, and rewrite their personal and family narratives. *Inspiring Stories of Transformation:* Throughout the book, readers will find inspiring stories of individuals and families who have successfully broken the cycle of generational trauma. These stories illustrate the diverse paths to healing and demonstrate that

transformation is possible, no matter how deep the pain or how long the trauma has been present. By sharing these real-life examples, Greenwood offers hope and encouragement, showing that it is possible to overcome the past and build a new legacy rooted in resilience, empowerment, and love. Building a New Legacy: Breaking the Cycle is also a guide to building a new legacy—one that is free from the constraints of the past and rich with possibility for the future. Greenwood emphasizes the importance of cultivating positive habits, establishing healthy relationships, and engaging in communities that foster growth and healing. The book provides specific guidance for parents on how to raise children in a way that prevents the transmission of trauma, ensuring a healthier emotional and psychological environment for the next generation. A Lifelong Commitment to Healing: Healing from generational trauma is not a one-time event; it is a lifelong journey. Breaking the Cycle reinforces the idea that healing is a continuous process, with its own set of challenges and rewards. Greenwood encourages readers to stay committed to their path of transformation, offering words of empowerment and hope. She reminds readers that they have the power to change their story, break free from the past, and create a future that is defined by strength, resilience, and hope. Who Should Read This Book: Breaking the Cycle is for anyone who feels burdened by the weight of their past or the struggles of their family history. Whether you are aware of the trauma in your lineage or have only recently begun to explore these issues, this book offers valuable insights and tools for healing. It is also an essential resource for therapists, counselors, and mental health professionals who work with clients dealing with generational trauma. Conclusion: In Breaking the Cycle: How to Heal Generational Trauma and Rewrite Your Story, Rosie Peggy Greenwood offers a compassionate, insightful, and practical guide to breaking free from the chains of generational trauma. With a focus on empowerment and transformation, this book provides readers with the knowledge, tools, and inspiration needed to heal from the past and create a legacy of hope, strength, and resilience for future generations. Whether you are at the beginning of your healing journey or well on your way, this book will serve as a trusted companion, guiding you toward a brighter, more fulfilling future.

**gabor mate website: The Prenatal Shadow** Cherionna Menzam-Sills, 2025-03-04 • Explains how babies remember their experiences from the womb and birth as implicit memory, impressions that are held in emotions, images, and the body • Examines scientific evidence of how preverbal memory works and how prenatals are highly responsive to their mother's perceptions • Looks at how to become aware of and acknowledge implicit memory from the womb as well as how to heal and prevent birth trauma In a world where it is believed that babies lack awareness, somatic pre- and perinatal therapist Cherionna Menzam-Sills, Ph.D., reveals that babies do perceive negative prenatal and birth experiences, which can easily become unconscious shadow, infiltrating the psyche and affecting personality, relationships, behavior, and perceptions throughout life. Drawing on scientific evidence of how preverbal memory works, the author shows how babies, even before birth, are exquisitely sensitive with remarkable potential. She explains how babies remember the intensely formative experiences from this primal period as implicit memory, and she looks at how prenatals are deeply influenced by their mother's perception of safety or threat, including during labor and birth, which affects their developing nervous systems. Examining the healing and integration of the prenatal shadow, the author presents body awareness exercises, reflection questions, and meditative practices for sensing the little one within and offering them what they need. She also shares stories about how clients were able to express their prenatal emotions, changing their lives with these techniques. By integrating the prenatal and perinatal shadow hidden just beyond conscious awareness, we can heal our relationships with ourselves and our loved ones as well as reconnect with our original potential.

**gabor mate website: Manual for the Awakening Warrior** Joel Levey, Michelle Levey, 2025-09-16 • Reveals the once-classified story of the most advanced biocybernetic training in the history of the U.S. Special Forces • Shares the "Jedi Warrior Training Program" blending Aikido warrior wisdom and psychospiritual skills for mastery and self-transcendence • Teaches skills to develop your inner "special forces," awaken courageous presence, and respond wisely to complex challenges Imagine training twenty-five elite soldiers whose actions could start or stop the next

world war. What would you teach them? The authors once faced this profound question in creating the U.S. Army's Jedi Warrior Training Program. This book details this secret program, described by West Point leaders as the most exquisite orchestration of human technology we have ever seen. The comprehensive Jedi training encompassed intensive meditation, mindfulness, neurofeedback and cyberphysiology, energy healing, Aikido, and mission simulations. Emerging at the pinnacle of the psychic-ops era of research into extraordinary human abilities, the program was founded on the Army's vision of Evolutionary Tactics: A Manual for the First Earth Battalion. George Leonard and Michael Murphy, cofounders of Esalen—epicenter of the human potential movement—called it the most intensive leadership and human development training program in modern times. Designed for elite soldiers, the practices in this training are valuable for everyone aiming to heighten focus, deploy ethical discernment, and cultivate responsive awareness and kindness. Learn how to befriend your inner enemies, avoid self-sabotage and ambush by distractions, and respond skillfully to challenges with deeper courage and compassion. With these teachings, readers can awaken the strength to transform the battlefield of daily life into a zone of peace and navigate these uncertain times with grace, wisdom, and courage.

**gabor mate website: Your Body Is a Revolution** Tara Teng, 2023-06-06 It's time to fully inhabit our lives, to reclaim what has been stolen from us, and to embrace the wisdom our bodies long to share. Too many of us are living disconnected from our bodies, chasing a constantly moving target of ideal, and accepting the societal narrative about which bodies are deserving of safety and protection. In an effort to keep ourselves safe, we shame, push aside, and assimilate parts of ourselves that don't align with the cultural norm. In turn, we are disconnected from our bodies and therefore from our humanity, losing sight of the true nature of who we are. Embodiment coach Tara Teng helps us untangle ourselves from centuries of body-based oppression built into our societal systems or masquerading as religion. When we embrace our relationship with our bodies, we come into alignment with all things: ourselves, each other, the earth, and our spirituality. When we embrace ourselves, we can take back what society says is too much — too loud, too feminine, too masculine, too gay, too worldly, too unique. Now is the time to journey back to our bodies and to celebrate our whole selves.

**gabor mate website: Creating Freedom** Raoul Martinez, 2017-01-31 The ideal of freedom is at the heart of our political and economic system. It is foundational to our sense of justice, our way of life, our conception of what it is to be human. But are we free in the way that we think we are? In *Creating Freedom*, Raoul Martinez brings together a torrent of mind-expanding ideas, facts, and arguments to dismantle sacred myths central to our society—myths about free will, free markets, free media, and free elections. From the lottery of our birth to the consent-manufacturing influence of concentrated power, this far-reaching manifesto lifts the veil on the mechanisms of control that pervade our lives. It shows that the more we understand how the world shapes us, the more effectively we can shape the world. A highly original exploration of the most urgent questions of our time, *Creating Freedom* reveals that we are far less free than we like to think, but it also shows that freedom is something we can create together. In fact, our very survival may depend on our doing so.

**gabor mate website: Coaching Skills: The Definitive Guide to being a Coach 5e** Jenny Rogers, 2024-03-13 "Coaching Skills is simply the one book I carry everywhere with me as I coach... It is realistic, honest, brilliantly readable, and as good to dip into as it is to read from cover to cover. Essential!" Stephen Page, Chair of Faber & Faber, UK "Written in a clear, informative, insightful style by an expert coach who has been there, seen it and done it, this book will help you become an outstanding coach." Professor Jonathan Passmore, Henley Business School and Senior Vice President of EZRA, UK Coaching Skills is still as important as it was when it was first written twenty years ago and remains the authoritative text for both trainee and practising coaches. Now in its 5th edition, the book has been substantially updated throughout while still retaining Jenny Rogers' unique voice, drawing upon her wealth of experience and expertise. Practicalities and theory are both expertly covered in the 5th edition through case studies and professional guidance, with emphasis on psychological awareness and understanding. This new edition includes: New chapters

on trauma and relationships A new chapter on identity and inclusion Substantial updates to reflect changes in technology and the coaching market With updated case studies and examples, this book will support you whether you are an experienced coach or a beginner taking your first steps on the journey to becoming a master practitioner. Coaching Skills gives real-life answers to the challenging questions that coaches face as they develop their coaching practice. Jenny Rogers is one of the UK's most experienced executive coaches with 30 years of successful practice. She won the Henley Business School Award in 2019 for Outstanding Contribution to Coaching. Her clients include Chief Executives and Directors of some of the UK's best-known organisations. As well as running her own practice, Jenny has trained and supervised many hundreds of coaches.  
<https://jennyrogerscoaching.com/>

**gabor mate website:** *In the Realm of Hungry Ghosts* Gabor Maté, MD, 2009-04-03 #1 NATIONAL BESTSELLER • From the author of *When the Body Says No* and *The Myth of Normal*—The definitive book for understanding the roots and behaviours of addiction. Dr. Gabor Maté is one of the world's most revered thinkers on the psychology of addiction. His radical findings—based on decades of work with patients challenged by catastrophic drug addiction and mental illness—has helped reframe how we view all human development. In this award-winning modern classic, through first-person accounts, riveting case studies, pioneering research and compassionate argument, Maté takes a panoramic yet highly intimate and compassionate look at this widespread and perplexing human ailment, whether it be addiction to alcohol, drugs, sex, money or anything self-destructive. He presents it not as a discrete phenomenon confined to a weak-willed few, but as a continuum that runs through (and even underpins) our society—not as a medical 'condition', but rather the result of a complex interplay of personal history, emotional development and brain chemistry. Distilling cutting-edge research from around the world, *In the Realm of Hungry Ghosts* avoids glib self-help remedies, instead promoting self-understanding as the first key to healing and wellness. Blending personal stories and science with positive solutions, and written in spellbinding prose, it is a must-read that will change how you see yourself, others and the world.

**gabor mate website:** *Finding Wholeness Through the Science of Connecting* Victor MacGill, 2025-01-30 Drawing on the author's decades of experience in social work, this book introduces readers to a systems approach to reconnecting in a complex, disconnected world applying the Dynamics of Life model. The systems sciences allow us to explore how we connect and disconnect, which can help us find ourselves again. Through his Dynamics of Life model, Victor MacGill presents this science in a simple, understandable way so that practitioners can build their skills and learn methods to apply with clients. The beginning of the book introduces theoretical concepts, such as complex adaptive systems, living systems and 4e cognition. The second half introduces tools for how to manage conflict and to reconnect and rebuild relationships with ourselves, individuals, family and community. The book is a manual for reconnecting ourselves to ourselves, others and the world to realise our greater potential. An essential resource in a disconnected and fragmented world, this book is for anyone in the helping professions, including counsellors, psychologists, social workers and coaches and so forth.

**gabor mate website:** *Nowhere Girl* Carla Ciccone, 2025-09-09 Why is a generation of women only now discovering they have ADHD? (Spoiler: misogyny.) A writer examines the cost of living with undiagnosed ADHD in this reported memoir about the girls medical science ignored. When Carla Ciccone is diagnosed with ADHD at thirty-nine—an evaluation prompted by the demands of early motherhood—it flips the script on her life. After years of self-blame and self-sabotage, she discovers that her most reviled traits aren't deep personality flaws, but symptoms of an undiagnosed disorder. And as she goes from being her own biggest hater to someone a bit more compassionate, she notices the growing community of women in the same situation. Weaving her personal story into an investigation of the rise in ADHD diagnoses, Ciccone draws on scientific research and expert interviews to reflect on the classrooms of the 1990s, where "ADD" was reserved for hyperactive white boys, and girls learned to mask their differences. She examines the hormonal upheavals of adolescence and their unique effects on neurochemistry, and later charts her chaotic entry into

motherhood. She also explores the history of women's mental healthcare and the pressure to perform our gender in a certain way. Throughout, Ciccone seeks to understand the ramifications of an ignored mental disorder for an entire generation of women—the nowhere girls. With humor, depth, and detailed reporting, *Nowhere Girl* explores the cultural impact of ADHD on girls and women, and offers a path forward to reclaim our narratives, forgive ourselves, and parent our children (and reparent ourselves) with the softness we never received.

**gabor mate website: Drugs and Drug Policy** Clayton J. Mosher, Scott M. Akins, 2020-11-10 Provides a cross-national perspective on the regulation of drug use by examining and critiquing drug policies in the United States and abroad in terms of their scope, goals, and effectiveness. -- Provided by publisher.

**gabor mate website: *Hold On to Your Kids*** Gordon Neufeld, Gabor Maté, MD, 2008-11-19 This parenting classic is as relevant today as it was when it was first published, shining a light on one of the most misunderstood trends of our time: how the influence of peers, magnified by social media and video game culture, is replacing parents in the lives of children, and what parents can do about it—now featuring a new chapter WINNER OF THE NATIONAL PARENTING PUBLICATIONS GOLD AWARD • “A worthy book that brings us genuinely new ideas and fresh perspectives on parenting.”—Mary Pipher, Ph.D., author of *Reviving Ophelia* Children take their lead from their friends: Being “cool” matters more than anything else. Shaping values, identity, and codes of behavior, peer groups are often far more influential than parents. But this situation is far from natural, and it can be dangerous—it undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture. Children end up becoming conformist, anxious, and alienated. In *Hold On to Your Kids*, acclaimed physician and bestselling author Gabor Maté joins forces with psychologist Gordon Neufeld to pinpoint the causes of this breakdown and offer practical advice on how to “reattach” to your children and earn back their loyalty and love. By helping to reawaken our instincts, Neufeld and Maté empower parents to be what nature intended: a true source of enrichment, security, and warmth for their children.

**gabor mate website: Teacher Guide for *In Search of April Raintree* and *April Raintree*** Christine M'Lot, 2024-02-20 First published in 1983, *In Search of April Raintree* is a Canadian classic that presents a heart-rending and powerful account of the harsh realities that Indigenous and Métis peoples face. Written by Anishinaabe educator Christine M'Lot with psychologist Dr. Karlee Fellner, the Teacher Guide for *In Search of April Raintree* and *April Raintree* helps teachers create dynamic learning experiences for their students in grades 11 and 12, while maintaining a respectful and dignified approach to Indigenous topics. In this guide you will find: an inquiry based approach with resources for teaching from a trauma-informed stance easy-to-use lesson plans, reproducibles, and assessment opportunities a focus on wellness and supporting students while learning about difficult topics activities that encourage cross-curricular connections and collaboration free access to supplemental videos covering wellness topics a glossary of terms and suggested resources to extend learning

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