UNLIMITED HEALTH, LONGEVITY, AND SUCCESS

The MindBody Code, by Mario Martinez, PsyD, offers a radically new paradigm for health and well-being

(Boulder, Colorado, -- June 1, 2014) Why is it so difficult to change our beliefs and behaviors even when we know they no longer serve us? How can certain individuals reverse “incurable” disease while others suffer the effects of childhood wounds despite years of therapy? These are the questions readers will explore in the much-anticipated new book from clinical neuropsychologist and Institute for Biocognitive Science founder, Dr. Mario Martinez.

In The MindBody Code, Dr. Martinez challenges readers to embrace a radically new paradigm for health and well-being. Dr. Martinez presents the basics of his fascinating cutting-edge science, but also the pathways to communicate with the body in its own “biosymbolic” language for results that until this point may have been elusive at best. Martinez reveals the way our cultural beliefs impact our immune system, the pathway to healing the archetypal wounds of shame, abandonment, and betrayal, and much more. Highlights from the book include:

- Stories and examples from scientific studies that demonstrate how belief systems set us up for illness and self-sabotaging behavior
- Useful methods for discerning where we hold conflict and imbalance in our bodies and how we can heal it
- A practical training manual for developing a “worthiness-consciousness” that transforms our health and our relationships

About the Author
Mario Martinez, PsyD, is a clinical neuropsychologist who lectures worldwide on the impact of cultural beliefs on health and longevity. His unique approach bridges the fields of psychoneuroimmunology, cultural anthropology, and cultural neuroscience. He lives in Montevideo, Uruguay. See biocognitive.com.
What People Are Saying About The MindBody Code:

“I have found a true kindred spirit in Dr. Mario Martinez. His work arrived in my life at just the right time, giving me a scientific basis and language I can use to explain things that I’ve long known but could never articulate in life-changing ways. I am continuously enthralled by Dr. Martinez’s explanation of biocognition—how our culture, beliefs, and immune systems all operate in a seamless unity that creates our experience of health and happiness. It offers a new language that explains so much about what I’ve experienced as a physician who has spent decades on the front lines of women’s health.” – Christiane Northrup, MD, author of the New York Times bestsellers The Wisdom of Menopause and Women’s Bodies, Women’s Wisdom

“One of the great discoveries of the 20th or any other century was the intimate connectedness of mind and body. Still, the depth and significance of this unity has not penetrated our culture as it should. The MindBody Code is a next step in this recognition. In it, neuropsychologist Mario Martinez pushes current boundaries and shows how cultural and personal assumptions interweave to either promote or devastate our health and happiness. The MindBody Code is not a plea to discard conventional medicine, but to enhance and supplement it. This book is that of a masterful mind-body guide, whose breadth and depth are truly admirable. Mario Martinez is a great teacher who knows how to translate complex subject matter into poetic, inviting language. The result for the reader is a gentle unfolding of self-discovery that can be life-changing.”—Larry Dossey, MD, author of One Mind: How Our Individual Mind Is Part of a Greater Mind and Why It Matters

“Martinez’s book gives new meaning to the saying ‘Sticks and stones can break your bones but words can never hurt you.’ In fact, he shows us that words can cause illness. By putting his wisdom into action, we can transform the unhealthy culturally based language we mindlessly learned to a mindful biosymbolic language to bring about health and vitality. Others have written about the power of the mind to create health. The MindBody Code successfully goes one step further by incorporating the profound effect culture has on our well-being. If you’re interested in becoming or remaining healthy, read this book.”—Ellen Langer, Harvard psychology professor and author of Counterclockwise: Mindful Health and the Power of Possibility

The MindBody Code by Mario Martinez, PsyD
Sounds True / November 1, 2014
Hard Cover / 285 Pages
US $24.95
Health, Self-Help
World Rights