



# When the Body Says No: Exploring the Stress-Disease Connection

*Gabor Mate*

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**When the Body Says No: Exploring the Stress-Disease Connection** Gabor Mate

**Now in paperback, the bestselling exploration of the effects of the mind-body connection on stress and disease**

Can a person literally die of loneliness? Is there such a thing as a "cancer personality"? Drawing on scientific research and the author's decades of experience as a practicing physician, this book provides answers to these and other important questions about the effect of the mind-body link on illness and health and the role that stress and one's individual emotional makeup play in an array of common diseases.

- Explores the role of the mind-body link in conditions and diseases such as arthritis, cancer, diabetes, heart disease, IBS, and multiple sclerosis
- Draws on medical research and the author's clinical experience as a family physician
- Includes The Seven A's of Healing-principles of healing and the prevention of illness from hidden stress

Shares dozens of enlightening case studies and stories, including those of people such as Lou Gehrig (ALS), Betty Ford (breast cancer), Ronald Reagan (Alzheimer's), Gilda Radner (ovarian cancer), and Lance Armstrong (testicular cancer)

An international bestseller translated into fifteen languages, *When the Body Says No* promotes learning and healing, providing transformative insights into how disease can be the body's way of saying no to what the mind cannot or will not acknowledge.

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