

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 the burdens of childhood wounds despite years of therapy? Dr. Martinez's 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 guided mind-body contemplations 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 be great. 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.

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MARTINEZ, PSYD

is a licensed clinical neuropsychologist who specializes in the emerging field of contemplative psychology and psychoneuroimmunology. He is the founder of the Institute of Biocognitive Psychology and the author of *The Mata from Autumn*. He lives in Nashville and spends the autumns in Ireland and Celtic Spain.

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The Mind Body Code

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The MindBody Code Mario Martinez, PsyD, 2014-11-01 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 How is it that the centenarians make up the fastest growing segment of the U S population even though the majority of people over the age of 100 rarely visit their doctors When Dr Mario Martinez began his career in clinical neuropsychology he was determined to find the answers to baffling questions like these With *The MindBody Code* he shares the rewards of an investigation that has spanned generations and cultures to reveal the most effective methods for initiating deep and lasting change and the empowering new science of biocognition that substantiates their results Far from a quick fix approach *The MindBody Code* will challenge you to embrace a bold paradigm for health and wellbeing that requires your courage patience and commitment You will not only learn the basics of this cutting edge science you will learn to communicate with your body in its own biosymbolic language to begin making changes that till this point may have been elusive at best Through fascinating case studies and practical training in embodying the methodology Dr Martinez illuminates The overt and subtle ways our cultural beliefs impact our immune system and the pathways to healing the archetypal wounds of shame abandonment and betrayal How to break through the ceilings of abundance that limit prosperity and create the subcultures of wellness that will help you reach your full potential Lessons from the centenarians how to transform aging consciousness to continually increase your value and competence as you grow older Psychospiritual conflicts getting to the root of challenges often mistaken as psychiatric disorders Why do so many popular methods of personal transformation fail despite our efforts and intentions Because they don t address the mindbody code your body s operating instructions for interpreting your world creating your sense of self and defining what s really possible for you *The MindBody Code* is your key to safely and

successfully confront your fears disillusionment and learned helplessness with tools that harness the hope joy and unconditional love you hold within

Course objectives

Explain the overt and subtle ways our cultural beliefs impact our immune system and the pathways to healing the archetypal wounds of shame abandonment and betrayal

Discuss how to break through the ceilings of abundance that limit prosperity and create the subcultures of wellness that will help you reach your full potential

Utilize lessons from the centenarians how to transform aging consciousness to continually increase your value and competence as you grow older

Define psychospiritual conflicts how to get to the root of challenges often mistaken as psychiatric disorders

The MindBody Self Mario Martinez, Dr., 2017-03-21

Best selling author of *The MindBody Code*

In these turbulent times just about every solution you can think of has been put forth by someone somewhere as a way to calm the waters and live with more happiness and ease

But the fact is you cannot think your way to a better life

Change isn't something your mind can accomplish alone

It calls for mind and body to work together in a deeper unity than you may ever have imagined

Neuropsychologist Mario Martinez is a pioneer in the science of the mindbody his term for that essential oneness of cognition and biology and a passionate advocate for its power to reshape our lives if we work with it consciously

In *The MindBody Self* he builds on the foundation he laid in the critically acclaimed *MindBody Code* to explore the cultural conditions that coauthor our reality and shape every aspect of our lives from health and longevity to relationships and self esteem

Then he offers practical tools we can use to shed outworn patterns and create sustainable change

You'll read about

How our cultural beliefs affect the diagnosis prognosis and treatment of disease

The difference between growing older which we all do and aging by our culture's standards which we can learn not to do

What happens when we move beyond the pale of our tribe's expectations

How to navigate adversity using uncertainty as a guide

Biocognitive tools for a healthy life

The MindBody Self presents groundbreaking ideas derived from rigorous scholarship but you don't need a background in science to use what you find here

Each chapter concludes with exercises and experiential processes that make complex scientific discoveries not only accessible but applicable

The result is a paradigm shift in which the myths of doom are shattered by the science of hope

survival takes a back seat to meaning and fear gives way to love

The Mindbody Self Mario E. Martinez, 2017

Neuropsychologist Mario Martinez is a pioneer in the science of the mindbody his term for that essential oneness of cognition and biology and a passionate advocate for its power to reshape our lives if we work with it consciously

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