



The MindBody Self: How Longevity Is Culturally Learned and the Causes of Health Are Inherited

Mario Martinez

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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.

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