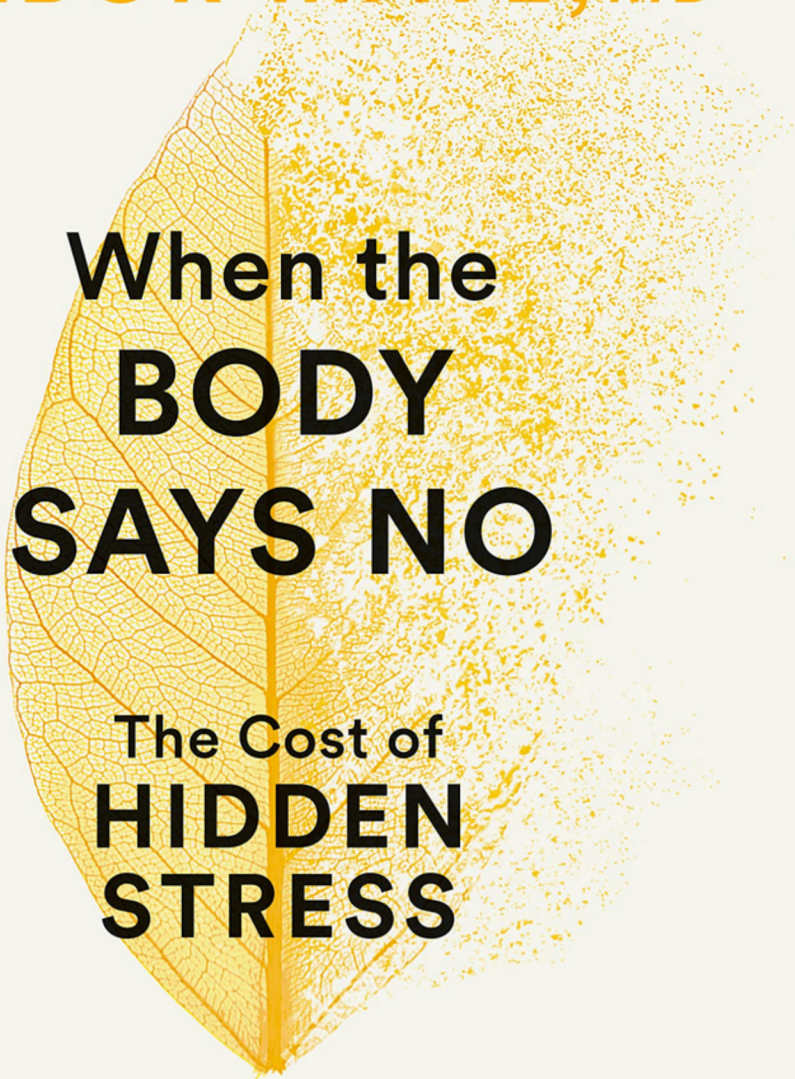




INTERNATIONAL BESTSELLER

GABOR MATÉ, MD



When the
BODY
SAYS NO

The Cost of
HIDDEN
STRESS

**"A most important book, both for patient and
physician. It could save your life."**

DR. PETER LEVINE,
BESTSELLING AUTHOR OF *WAKING THE TIGER*

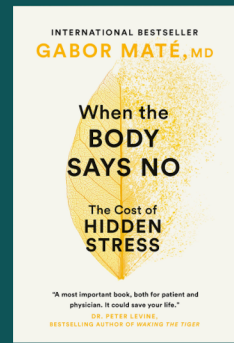
BOOK CLUB
QUESTIONS

www.brunchbookclub.com

Discussion Questions

When the Body Says No

by Gabor Mate



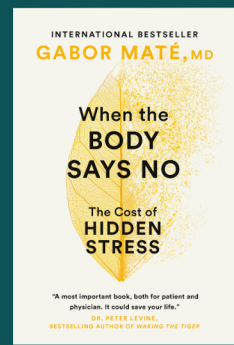
1. How well researched did you find the book? Would you consider this a medical thesis or a sociological one?
2. The book covers a wide range of topics, illnesses and socio-political and economic frameworks, regularly using complex medical terminology. How accessible was the book in its language and subject matter?
3. Mate uses many patients' stories and illness to substantiate his theory, were these convincing? To what extent does he depend on personal opinion, observation, and assessment?
4. When reading *When the Body Says No* did you reflect on the times you should have said no? How did this make you feel now realising the potential hidden impact this may have on your body?
5. Mate highlights explores the damage and stress emotional repression puts on your body and the immune system. What conclusions did you draw from reading this?
6. It is clear from the chapters that the mind-body connection manifests in varying ways depending on race, sex, gender, class, wealth etc. What conclusions did you draw from this? What aspects did you find most interesting when considering these factors?
7. What lessons did you learn about the mind-body connection that may lead to you living a healthier life?
8. If you got the chance to sit down with Dr Gabor Mate and have a session with him, would you? Why/why not?
9. Of all the chapters and the patients' stories depicted, which was the most impactful and why?
10. *When the Body Says No* concludes with *The Seven A's of Healing*. How effective and/or impactful was this chapter?



Discussion Questions

When the Body Says No

by Gabor Mate



11. Do you think you will implement The Seven A's of Healing into your own life? Would you recommend this book to friends and family? Do you think it would be helpful for them to read?

12. Dr Gabor Mate has written multiple books, after reading *When the Body Says No* would you read his other work?

