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*In the Realm of Hungry
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*Mate, \ "In the Realm of
Hungry Ghosts\ " \ "In
the Realm of Hungry
Ghosts\ " by Gabor Mate
(Psychology Book Club
Conversation)*

Dr. Gabor Maté In the
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Gabor Maté interviewed

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Democracy Now 1 of 2

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Rebekah Demirel,
Seattle, May 16, 2014
*Gabor Mate, MD, Feb
19, 2014 in Seattle*
*Mindrolling – Ep. 219 –
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DR GABOR MATÉ -
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Vancouver's Downtown
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E. suggested I read “In
the Realm of Hungry
Ghosts” as part of my
introduction to
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but was he right in
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Mate, is a doctor who works in Vancouver's notorious downtown eastside - a neighbourhood known for being a drug zone.

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Hungry Ghosts (U.S.
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high-functioning
workaholics, the
continuum of addiction
cuts a wide and painful
swath through our
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Addiction Book: Dr.

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realms. Each realm is populated by characters representing aspects of human existence—our various ways of being. In the Beast Realm we are driven by basic survival instincts and appetites such as physical hunger and

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sexuality, what Freud called the id. The denizens of the Hell Realm are trapped in states of unbearable rage and anxiety.

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In the Realm of Hungry Ghosts Quotes Showing 1-30 of 205 “Not all addictions are rooted in abuse or trauma, but I

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do believe they can all be traced to painful experience. A hurt is at the centre of all addictive behaviours. It is present in the gambler, the Internet addict, the compulsive shopper and the workaholic.

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Ghosts Quotes by Gabor
Maté~~

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Beings are reborn in the hungry ghost realm because they have acted with extreme selfishness and greed, and refused to share their blessings with the less fortunate. This greed is feverish, angst-ridden and passionate, whereas the greed of the Beast Realm is more immediate, basic and instinctual.

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~~31—Six Realms of~~

~~Existence Part 3:~~

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Voice “In the Realm of

Hungry Ghosts is a

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illuminating treatise on

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Maté, a physician in

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cocaine, heroin, and ...

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the Buddhist Wheel of Life, revolves through six realms. Each realm is populated by characters representing aspects of human existence—our various ways of being. In the Beast Realm we are driven by basic survival instincts and appetites such as physical hunger and sexuality, what Freud called the Id.

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heal addiction, you have
to go back to the start....
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the world's most
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psychology of addiction.

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