

## WHEN YOUR BODY SAYS NO



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### **When The Body Says No Chapter One Dr Gabor Mat**

I had not thought about the When the Body Says No project in those terms. This was to be an intellectual quest, to explore an interesting theory that would help explain human health and illness. It was a path others had trod before me, but there was always more to be discovered. The counsellor s challenge made me confront the issue of emotional repression in my own life. My hidden limp, I realized, was only one small example.

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