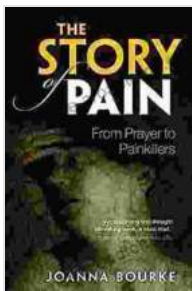


# The Story of Pain: From Prayer to Painkillers

Pain is a universal human experience. It can be physical, emotional, or both. It can be acute or chronic. It can be mild or severe. And it can have a profound impact on our lives.

In *The Story of Pain*, Dr. Gabor Maté tells the story of pain from its earliest origins to the present day. He explores the different ways that humans have understood and treated pain, and he argues that our current approach to pain is often ineffective and even harmful.



## The Story of Pain: From Prayer to Painkillers

by Joanna Bourke

★★★★☆ 4.3 out of 5

Language : English  
File size : 8146 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 409 pages  
Lending : Enabled



Maté offers a new model for understanding pain, one that is based on the latest scientific research and that takes into account the whole person, not just the symptoms.

## Part I: The Origins of Pain

In the first part of the book, Maté explores the origins of pain. He argues that pain is not simply a signal from the body that something is wrong. Rather, it is a complex experience that is influenced by our biology, our psychology, and our social environment.

Maté traces the evolution of pain from its earliest origins in animals to the present day. He shows how pain has played a vital role in our survival as a species, and how it has shaped our understanding of ourselves.

## **Part II: The Treatment of Pain**

In the second part of the book, Maté explores the different ways that humans have treated pain. He discusses the use of prayer, meditation, herbs, and surgery, and he shows how these treatments have evolved over time.

Maté argues that our current approach to pain is often ineffective and even harmful. He points out that many common pain medications have serious side effects, and that they do not always provide long-term relief.

## **Part III: A New Model for Understanding Pain**

In the third part of the book, Maté offers a new model for understanding pain. This model is based on the latest scientific research, and it takes into account the whole person, not just the symptoms.

Maté argues that pain is not simply a medical problem. It is also a psychological and social problem. He shows how our thoughts, beliefs, and emotions can all contribute to pain, and how our social environment can make it worse.

Maté offers a number of practical strategies for managing pain. These strategies include: mindfulness meditation, yoga, tai chi, and cognitive behavioral therapy.

The Story of Pain is a groundbreaking book that challenges the way we think about pain. Maté offers a new model for understanding pain that is based on the latest scientific research and that takes into account the whole person.

The Story of Pain is a must-read for anyone who has ever experienced pain, or who knows someone who has.

## Reviews

"The Story of Pain is a masterpiece. Gabor Maté has written a book that is both deeply personal and profoundly insightful. This book will change the way you think about pain, and it will give you the tools you need to manage it."

—**Jon Kabat-Zinn**, *author of Full Catastrophe Living*

"The Story of Pain is a groundbreaking book. Maté offers a new model for understanding pain that is based on the latest scientific research and that takes into account the whole person. This book is a must-read for anyone who has ever experienced pain, or who knows someone who has."

—**Daniel Siegel**, *author of The Developing Mind*

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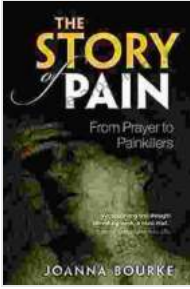
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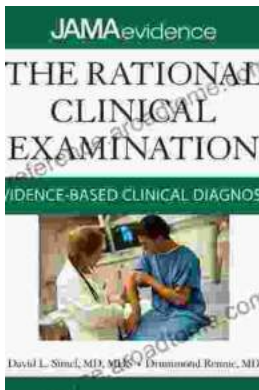
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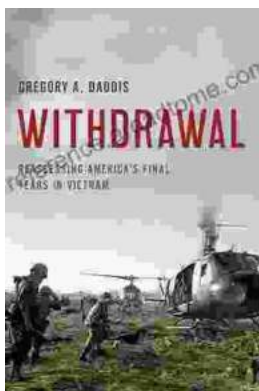


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