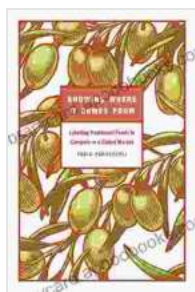


Knowing Where It Comes From: A Journey of Discovery and Transformation

We all have a story. A story that shapes who we are, what we believe, and how we live our lives. But what if that story is not our own? What if it is a story that has been handed down to us, from our parents, our culture, or our society? How do we know what is truly ours, and what is simply a reflection of the world around us?



Knowing Where It Comes From: Labeling Traditional Foods to Compete in a Global Market by Fabio Parasecoli

★★★★★ 5 out of 5

Language	: English
File size	: 3687 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 272 pages
Hardcover	: 200 pages
Item Weight	: 10.2 ounces
Dimensions	: 6 x 0.48 x 9 inches
Paperback	: 210 pages



This is the question that Dr. Gabor Maté explores in his groundbreaking book, *Knowing Where It Comes From: A Journey of Discovery and Transformation*. Drawing on his decades of experience as a physician and addiction specialist, Maté argues that many of the problems we face in life—from addiction to anxiety to depression—are rooted in our early

childhood experiences. He shows how the way we are raised can shape our brains and our bodies, creating patterns of behavior that can be difficult to break.

But Maté also offers hope. He believes that it is possible to break free from these patterns and to create a more fulfilling life. The key, he says, is to know where it comes from—to understand the roots of our fears and desires. Only then can we begin to change them.

Knowing Where It Comes From is a powerful exploration of the human condition. It is a book that will challenge your assumptions about yourself and the world around you. But it is also a book that will offer you hope—hope that you can change your life and become the person you were meant to be.

What Others Are Saying About *Knowing Where It Comes From*

“A groundbreaking book that will change the way we think about addiction, childhood trauma, and the human condition.” —**Johann Hari, author of *Chasing the Scream***

“Dr. Maté is a brilliant thinker and a compassionate healer. *Knowing Where It Comes From* is a must-read for anyone who wants to understand themselves and the world around them.” —**Marianne Williamson, author of *A Return to Love***

“This book is a gift. It is a profound exploration of the roots of our suffering and the path to healing.” —**Tara Brach, author of *Radical Acceptance***

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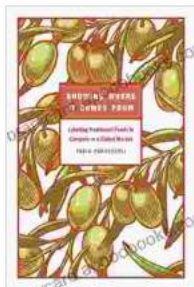
Knowing Where It Comes From is available now at all major bookstores. You can also Free Download your copy online at Our Book Library.com.

Alt attributes

* **Dr. Gabor Maté, author of *Knowing Where It Comes From*, speaks to a group of people.** * **A young woman sits in a lotus position, meditating.** * **A group of people sit in a circle, sharing their stories.** * **A man and woman hug, surrounded by a warm glow.**

SEO title

* ***Knowing Where It Comes From: The Journey to Self-Discovery and Transformation*** * ***Break Free from Your Past: The Power of Knowing Where It Comes From*** * ***Unlock Your True Potential: Knowing Where It Comes From***



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