IN THE REALM OF THE HUNGRY GHOSTS
CLOSE ENCOUNTERS WITH ADDICTION

Profoundly original, bestselling writer and physician Gabor Maté looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviours.

Gabor Maté is a staff physician at the Portland Hotel, a residence and harm reduction facility in Vancouver’s Downtown Eastside. His patients are challenged by life-threatening drug addictions, mental illness, Hepatitis C or HIV and, in many cases, all four.

Starting with a close view of his drug addicted patients, Dr. Maté looks at his own history of compulsive behaviour, weaving a story of real people who struggle with addiction with the latest research on addiction and the brain. A bold synthesis of clinical experience, insight and cutting edge scientific findings, Dr. Maté sheds light on this most puzzling of human frailties. He proposes a compassionate approach to helping drug addicts and, for the many behaviour addicts among us, to addressing the void addiction is meant to fill.

“I believe there is one addiction process, whether it manifests in the lethal substance dependencies of my Downtown Eastside patients, the frantic self-soothing of overeaters or shopaholics, the obsessions of gamblers, sexaholics and compulsive internet users, or in the socially acceptable and even admired behaviours of the workaholic...In the dark mirror of their lives we can trace outlines of our own.”

—from In the Realm of Hungry Ghosts

KEY SELLING POINTS / MARKETING
- Winner of the Hubert Evans Non Fiction Prize, 2009
- Daniel Mate’s performance is notable for its emotional resonance with the author’s patients and their journeys.
- #1 North American Best Seller
- Received an Earphone Award from AudioFile Magazine

PRAISE FOR IN THE REALM OF THE HUNGRY GHOSTS

“If stigma still shapes the ways we understand and respond to addictions in contemporary society – and it does – then this book deserves our attention. Gabor Maté employs both passion and reason in shaping an ambitious, sprawling book that is engaging and provocative.”

CANADIAN MEDICAL ASSOCIATION JOURNAL

“Gabor Maté’s connections – between the intensely personal and the global, the spiritual and the medical, the psychological and the political – are bold, wise and deeply moral. He is a healer to be cherished and this exciting book arrives at just the right time.”

NAOMI KLEIN, AUTHOR, NO LOGO

“Gabor Maté is a common-sense doctor and a truth-teller. By looking at causes and their effects, he helps you find your way home.”

JAMIE LEE CURTIS, ACTRESS, AUTHOR, ALCOHOLIC

Contact Us:
info@posthypnoticpress.com
112 Royal Avenue
New Westminister, BC
V3L 1H3
The inhabitants of the Hungry Ghost Realm are depicted as creatures with scrawny necks, small mouths, emaciated limbs and large, bloated, empty bellies. This is the domain of addiction, where we constantly seek something outside ourselves to curb an insatiable yearning for relief or fulfillment. The aching emptiness is perpetual because the substances, objects or pursuits we hope will soothe it are not what we really need. We don’t know what we need, and so long as we stay in the hungry ghost mode, we’ll never know. We haunt our lives without being fully present. Some people dwell much of their starting with a dramatically close view of Maté’s drug addicted patients, In the Realm of Hungry Ghosts weaves in stories of real people while providing a bold synthesis of clinical experience, insight and cutting-edge scientific findings. A haunting, compassionate and deeply personal examination of the nature of addiction. (From Knopf Canada). Why Russell Bowers believes In the Realm of Hungry Ghosts by Gabor Maté is a mental health must-read. The great Canadian reading list: 150 books to read for Canada 150. Treating addiction requires both science and compassion, says Dr. Gabor Maté. 1