

Gabor Mate: Brain Development and Addiction (1h5m)

This episode features a talk by Canadian physician and addiction expert Gabor Mate from 2009. Drugs, alcohol, tobacco, gambling, compulsive work habits, sexual seeking or spending: what is amiss with our lives that we seek such destructive ways to comfort ourselves? And why is it so difficult to stop these habits, even as they threaten our health, jeopardize our relationships and corrode our spirits? Purchase books by Gabor Mate on Amazon [here](#).

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