

# Gabor Maté on Authenticity

Post by “Godfrey” of May 28, 2024 at 11:22 AM

## [Quote from Julia](#)

(At times like this, it still feels wild how I myself have been blind to this simple truth for so long; how that was even possible despite all the reading and reflection, despite knowing in my gut that “something isn't right”; how completely I was entrenched in what is wrong so obviously.)

You're not alone in feeling that! You've described well what I too have often felt.