

# Gabor Maté on Authenticity

Post by “Pacatus” of May 28, 2024 at 7:56 PM

[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.)

I'm 73 years old, and I still struggle with some of that old stuff (though so much I have let go), and I still have questions. I just keep coming back here. 😊