

# Addiction, Trauma & How Damaged Leaders Rule an Addicted World – Russell Brand with Dr. Gabor Mate

by [Russell Brand](#) with [Gabor Mate](#)

July 28, 2019

Dr. Gabor Maté a renowned specialist in addiction, childhood trauma and stress joins me on the podcast today. We discuss the many forms addiction can take, how we can cope as damaged people in the world and are we being ruled by traumatised politicians? Gabor has a very loving, optimistic and benevolent worldview that you will hopefully benefit from listening to in this episode.