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A revolutionary reexamination of trauma s role in the life journey, opening the door to growth and healing Trauma does not just happen to a few unlucky people; it is the bedrock of our psychology. Death and illness touch us all, but even the everyday sufferings of loneliness and fear are traumatic.

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In The Trauma of Everyday Life renowned psychiatrist and author of Thoughts Without a Thinker Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind s own development.

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The Trauma of Everyday Life Mark Epstein M D

Death and illness touch us all, but even the everyday sufferings of loneliness and fear are traumatic. In The Trauma of Everyday Life renowned psychiatrist and author of Thoughts Without a Thinker Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind s own development.

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Mark Epstein Official Site

The Trauma of Everyday Life : Out in store August 15, 2013. Skip to content. BOOKS; MEDIA; In Advice Not Given, Dr. Mark Epstein reveals how Buddhism and Western psychotherapy, two traditions that developed in entirely different and personal revelations with the true capacity to rearrange one's perspective, even change one's life.

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Mark Epstein The Trauma of Everyday Life

Harvard Book Store welcomed psychiatrist and author of Thoughts Without a Thinker Mark Epstein for a discussion of his latest book, The Trauma of Everyday Life, new to paperback.

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The Trauma of Everyday Life Quotes (showing 1-30 of 37) The picture we present to ourselves of who we think we ought to be obscures who we really are. Mark Epstein, The Trauma of Everyday Life

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