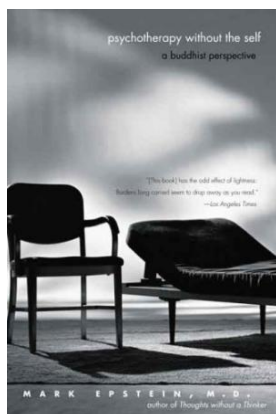


Download Doc

PSYCHOTHERAPY WITHOUT THE SELF: A BUDDHIST PERSPECTIVE



Yale University Press. Paperback. Book Condition: new. BRAND NEW, Psychotherapy without the Self: A Buddhist Perspective, Mark (Mark William) Epstein, Immersed in Buddhist psychology prior to studying Western psychiatry, Dr. Mark Epstein first viewed Western therapeutic approaches through the lens of the East. This posed something of a challenge. Although both systems promise liberation through self-awareness, the central tenet of Buddha's wisdom is the notion of no-self, while the central focus of Western psychotherapy is the self. This book, which...

Read PDF Psychotherapy without the Self: A Buddhist Perspective

- Authored by Mark (Mark William) Epstein
- Released at -



Filesize: 2.15 MB

Reviews

It in a single of the best publication. Sure, it is play, continue to an interesting and amazing literature. You will not really feel monotony at whenever you want of your time (that's what catalogues are for about in the event you question me).

-- **Sonia Block I**

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- **Arely Rath**

Related Books

- Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by**
- **Telling Them One Simple Story at a Time**
 - **Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee**
 - **Your Pregnancy for the Father to Be Everything You Need to Know about**
 - **Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler...**
 - **A Parent s Guide to STEM**
 - **Cat's Claw ("24" Declassified)**