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Yet the Buddha s story is only one of many in The Trauma of Everyday Life. Here, Epstein looks to his own experience, that of his patients, and of the many fellow sojourners and teachers he encounters as a psychiatrist and Buddhist. They are alike only in that they share in trauma, large and small, as all of us do. Epstein finds throughout that trauma, if it doesn t destroy us, wakes us up

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Epstein s discovery begins in his analysis of the life of Buddha, looking to how the death of his mother informed his path and teachings. The Buddha s spiritual journey can be read as an expression of primitive agony grounded in childhood trauma. Yet the Buddha s story is only one of many in The Trauma of Everyday Life.

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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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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. Western psychology teaches that if we understand the cause of trauma, we might move past it while many drawn to Eastern practices see meditation as a means of rising above, or

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### **The Trauma of Everyday Life MARK EPSTEIN M D**

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