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Going to pieces without falling apart a Buddhist perspective on wholeness 1st ed. by Mark Epstein Published 1998 by Broadway Books in New York. Written in English.

Going to pieces without falling apart (1998 edition

Mark Epstein, M.D. is a psychiatrist in private practice in New York City and the author of a number of books about the interface of Buddhism and psychotherapy, including Thoughts without a Thinker, Going to Pieces without Falling Apart, Going on Being, Open to Desire and Psychotherapy without the Self.

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Going to Pieces: Without Falling Apart (Broadway Books, 1999), and Thoughts Without a Thinker: Psychotherapy from a Buddhist Perspective (Basic Books, 1995). Dr. Epstein is a graduate of Harvard College and the Harvard Medical School. He is a psychotherapist with a private practice in New York City and Clinical Assistant Professor of Psychology at New York University. Dr. Epstein has been a ...

Shrink Rap Radio #252, November 25, 2010. A Buddhist

Would you listen to Going to Pieces without Falling Apart again? Why? I am definitely going to listen to this book multiple times because it was full of insights about the way our minds work, and was written and read in a beautiful way, full of anecdotes and stories to illustrate his points, which for me is a super helpful way of teaching.

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