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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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The Trauma of Everyday Life Amazon de Mark Epstein M D

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 M D The Trauma of Everyday Life Out in

Our ego, and its accompanying sense of nagging self-doubt as we work to be bigger, better, smarter, and more in control, is one affliction we all share.

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The Harvard-trained psychologist and author of The Trauma of Everyday Life explores how the traditions of Buddhism and Western psychotherapy can complement each other to promote a healthier ego and maximize the human potential for living a better life. --Publisher.

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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 by Mark Epstein

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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The Trauma of Everyday Life Psych Central

In The Trauma of Everyday Life, Mark Epstein begins by saying that "trauma is an indivisible part of human existence. It takes many forms but spares no one." For the first ten years of his practice

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