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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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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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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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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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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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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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