

Going To Pieces Without Falling Apart A Buddhist Perspective On Wholeness Mark Epstein

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Going To Pieces Without Falling

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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Mark Epstein, M.D., is the author of Going to Pieces Without Falling Apart, A Buddhist Perspective on Wholeness -- Lessons from Meditation and Psychotherapy. Going to Pieces Without Falling Apart is an intimate guide to self-acceptance and discovery that offers a Buddhist perspective on wholeness within the framework of a Western understanding of self. Dr. Epstein is also the author of ...

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