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GOING TO PIECES WITHOUT FALLING APART

*A Buddhist Perspective on Wholeness
Unions from Neuroscience and Psychotherapy*

MARK EPSTEIN, M.D.

Author of Thoughts Without a Thinker

"Epstein elegantly intertwines his psychotherapy and Buddhism but does not merge the two powerfully—instead, he holds them apart and offers more subtle guidance." —Psychology Today

Going To Pieces Without Falling Apart A Buddhist Perspective On Wholeness

Erik van den Brink, Frits Koster



Going To Pieces Without Falling Apart A Buddhist Perspective On Wholeness:

Going to Pieces Without Falling Apart Mark Epstein, M.D., 2013-04-17 An intimate guide to self acceptance and discovery that offers a Buddhist perspective on wholeness within the framework of a Western understanding of self For decades Western psychology has promised fulfillment through building and strengthening the ego We are taught that the ideal is a strong individuated self constructed and reinforced over a lifetime But Buddhist psychiatrist Mark Epstein has found a different way **Going to Pieces Without Falling Apart** shows us that happiness doesn't come from any kind of acquisitiveness be it material or psychological Happiness comes from letting go Weaving together the accumulated wisdom of his two worlds Buddhism and Western psychotherapy Epstein shows how the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be He encourages us to relax the ever vigilant mind in order to experience the freedom that comes only from relinquishing control Drawing on events in his own life and stories from his patients **Going to Pieces Without Falling Apart** teaches us that only by letting go can we start on the path to a more peaceful and spiritually satisfying life

Going to Pieces Without Falling Apart Mark Epstein, 1998 **Book Going to Pieces Without Falling Apart** Epstein Dr. Mark, 1998 **Going on Being** Mark Epstein, 2001-06-19 The bestselling author of **Going to Pieces Without Falling Apart** combines a memoir of his own journey as a student of Buddhism and psychology with a powerful message about how cultivating true self awareness and adopting a Buddhist understanding of change can free the mind Meditation was the vehicle that opened me up to myself but psychotherapy in the right hands has similar potential It was actually through my own therapy and my own studies of Western psychoanalytic thought that I began to understand what meditation made possible As compelling as the language of Buddhism was for me I needed to figure things out in Western concepts as well Psychotherapy came after meditation in my life but it reinforced what meditation had shown me Before Mark Epstein became a medical student at Harvard and began training as a psychiatrist he immersed himself in Buddhism through experiences with such influential Buddhist teachers as Ram Dass Joseph Goldstein and Jack Kornfield The positive outlook of Buddhism and the meditative principle of living in the moment came to influence his study and practice of psychotherapy profoundly **Going on Being** is Epstein's memoir of his early years as a student of Buddhism and of how Buddhism shaped his approach to therapy It is also a practical guide to how a Buddhist understanding of psychological problems makes change for the better possible In psychotherapy Epstein discovered a vital interpersonal parallel to meditation but he also recognized Western psychology's tendency to focus on problems either by attempting to eliminate them or by going into them more deeply and how this too often results in a frustrating paralysis of analysis Buddhism opened his eyes to another way of change Drawing on his own life and stories of his patients he illuminates the concept of going on being the capacity we all have to live in a fully aware and creative state unimpeded by constraints or expectations By chronicling how Buddhism and psychotherapy shaped his own growth Mark Epstein has written an intimate

chronicle of the evolution of spirit and psyche and a highly inviting guide for anyone seeking a new path and a new outlook on life From the Hardcover edition **The Psychology of Awakening** Gay Watson, Stephen Batchelor, Guy Claxton, 2012-03-31 The Buddhist view of the mind how it works how it goes wrong how to put it right is increasingly being recognised as profound and highly practical by scientists counsellors and other professionals In The Psychology of Awakening this powerful vision of human nature and its implications for personal and social life are for the first time brought to a wider audience by some of those most influential in exploring its potential for the way we live today These include David Brazier Jon Kabat Zinn Francisco Varela Joy Manne Geshe Thubten Jinpa Mark Epstein Gay Watson Maura Sills Guy Claxton Stephen Batchelor Deeply relevant accessible and authoritative The Psychology of Awakening will be of interest to all those who wish to understand the workings of their minds a little better and who are also seeking new ways of mastering the challenges personal professional and cultural with which modern life confronts us all **Going on Being** Mark Epstein, 2001 By chronicling how Buddhism and psychotherapy shaped his own growth the author of Going to Pieces Without Falling Apart has written an intimate chronicle of the evolution of spirit and psyche and presents a highly inviting guide for anyone seeking a new outlook on life **Exploring Identities of Psychiatric Survivor Therapists** Alexandra L. Adame, Matthew Morsey, Ronald Bassman, Kristina Yates, 2017-10-19 This book is about people that are uniquely situated between the realms of activism within the Psychiatric Survivor Movement and their careers as mental health professionals It focuses on the co authors navigation and juxtaposition of the roles of psychiatric survivor mental health professional and activist Psychiatric Survivors is an international movement advocating for human rights in mental health systems and supporting humane and effective alternative options to mainstream practice for help seeking Drawing on past research as well as the co authors own experiences the volume explores identities of people who identify as both psychiatric survivors and mental health professionals discussing the potential for further dialogue between psychiatric survivors and mental health professionals to create humane and person centred communities of healing This book is specifically targeted for practising psychotherapists and graduate students to gain new insight into the Psychiatric Survivor Movement and to appreciate the value of lived experience and of psychiatric survivors efforts shaping the future of mental health care **Politics of Soft Power Diplomacy And Its Responses** Dr. Samson S Chiru, Politics of Soft Power Diplomacy and its Responses is the outcome of Seminar Series at Mt Everest College Senapati Manipur for the past more than half dozen decade of continual effort sustained by loving promotion and encouragement received from reputed ICSSR and UGC in granting Seminar grant to me as convener of this series The book covers wide ranges of inclusion and exclusion in accessing mainstream projects and government programmes which are dealt and discussed here by different contributors of papers from various academic disciplines It is felt that Soft Power Diplomacy is very instrumental in shaping the image of a country abroad Joseph Nye coined the term and domestic policies are as important as foreign policies Classical Realists too have informed consent on the

similar understanding of domestic domain having ramification on foreign policies for a country The author editor of this book feels that the work will contribute in its bit to researches and analyses and expected that the gap in formulating the issues pertaining to the marginalized and suppressed groups in policy formulation and implementation can be further carried in future I always said that soft corner given to minorities and dominated section in any given group society is pre requisite to development of the country If in a given country only the the majority rules then that country would never be called a pluralistic and cosmopolitan approach in its shape of designing the structure of its government and governance Besides the author editor also has no doubt that such studies as this will be of special interest to academicians policy makers policy implementers legal practitioners politicians activists students and public at large As issues discussed here are all Soft Power Diplomacy domain that pertain to flexible and diversified components that are most required to address the grievances of the discriminated and dominated lots in the society

Women and Desire Polly Young-Eisendrath,2023-02-08 Polly Young-Eisendrath s Women and Desire Beyond Wanting to Be Wanted was first published by Harmony Books in 1999 Since then it has become a classic read for those readers to use a cinematographic expression who want to use analytical psychology to shed light on what women want This book when first published was described and still is as provocative and vital More than 20 years after its publication this book still shows effectively how to break out of this double bind so that women can encounter the challenges of choice and responsibility for our own desires The author wisely uses mythological and personal stories to help us take control of our sexual relational material and spiritual lives Therefore If you feel confused resentful or trapped in a life that does not seem to be fully yours then you can find a clear path to your true self once and for all with the help of Women and Desire This book is the second of the series titled Jungianum Re Covered Classics in Analytical Psychology curated by Stefano Carpani

The Courage to Be Present Karen Kessel Wegela,2010-12-07 The quality of presence a psychotherapist or counselor brings to the therapeutic relationship makes all the difference in effective treatment With this application of Buddhist practice to psychotherapy Karen Kessel Wegela offers mental health professionals a new perspective on bringing compassion patience generosity and equanimity to their work with clients She also shows how counselors can apply this wisdom in their own lives and how they can help their clients to cultivate these qualities in themselves

Psychology in India Volume IV: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research) Girishwar Misra, Psychology in India Volume IV Theoretical and Methodological Developments is part of the periodic surveys in the major disciplines of the social sciences to assess disciplinary developments and to identify gaps in researches conducted by The Indian Council of Social Science Research Six essays cover appraisal of the methodological developments in psychological research efforts towards developing indigenous perspectives in psychology etc Also psychoanalytic contributions concerns of gender in psychological research and some other critical perspectives are also discussed

The Death of Psychotherapy Donald A. Eisner,2000-01-30 Psychologist attorney Eisner puts psychotherapy

on trial by critically examining its effectiveness through the lens of the scientific method From psychoanalysis to cognitive behavior therapy as well as the 500 or so other psychotherapies there is not a single experimental study that supports the effectiveness of psychotherapy over a placebo or religious healing Using both case examples and clinical research this book challenges the conclusion that there is empirical support for the notion that psychotherapy is effective

A Dream in the World Robin van Lōben Sels,2004-03-01 How can science and religion co exist in the modern discipline of psychotherapy A Dream in the World explores the interfaces between religious experience and dream analysis At the heart of this book is a selection of dreams presented by the author s patient during analysis which are compared with the dreams of Hadewijch a thirteenth century woman mystic The patient s dreams led the modern woman to an unanticipated breakthrough encounter with the divine her experience of soul The experience reoriented and energized her life and became her dream in the world Following Jung s idea that the psyche has a religious instinct Robin van Loben Sels demonstrates that the healing process possible through psychotherapy can come from beyond the psyche and can not be explained by our usual theories of scientific psychology Written in flowing easily read language A Dream in the World details a classical Jungian analysis of a woman s dreams and searches the relationship between religious encounter psyche and soul

Living with Dying Joan Berzoff,Phyllis R. Silverman,2004 The first resource on end of life care for healthcare practitioners who work with the terminally ill and their families Living with Dying begins with the narratives of five healthcare professionals who when faced with overwhelming personal losses altered their clinical practices and philosophies The book provides ways to ensure a respectful death for individuals families groups and communities and is organized around theoretical issues in loss grief and bereavement and around clinical practice with individuals families and groups Living with Dying addresses practice with people who have specific illnesses such as AIDS bone marrow disease and cancer and pays special attention to patients who have been stigmatized by culture ability sexual orientation age race or homelessness The book includes content on trauma and developmental issues for children adults and the aging who are dying and it addresses legal ethical spiritual cultural and social class issues as core factors in the assessment of and work with the dying It explores interdisciplinary teamwork supervision and the organizational and financing contexts in which dying occurs Current research in end of life care ways to provide leadership in the field and a call for compassion insight and respect for the dying makes this an indispensable resource for social workers healthcare educators administrators consultants advocates and practitioners who work with the dying and their families

Inner Alchemy of Internal Work Taylor Ellwood,2021-12-29 Transform your life with internal work Some occultists will tell you that internal work isn t REAL magical work What they don t know is that an unexamined life leads to lots of reactive magic where you try to solve your problems only to have those same problems occur again and again How do you get out of that cycle of reactive magic By learning how to apply internal work to your life In Inner Alchemy of Internal Work I introduce you to the processes and methods of internal work and share why internal work can help you

take proactive control of your life and lead to better results with your spiritual practice In this book you will also learn What internal work actually is and why its a lot more than just shadow work and psychology How to apply meditation pathworking and other magical techniques as forms of internal work that transform your life How to dissolve and release stress tension and emotional reactivity from your life How to work through trauma using internal work If you re tired of living a reactive life and you want to go deeper in your magical practice and get better results this book will show you how to apply internal work to your life

Mindfulness-Based Compassionate Living Erik van den Brink,Frits Koster,2015-05-08 Mindfulness involves learning to be more aware of life as it unfolds moment by moment even if these moments bring us difficulty pain or suffering This is a challenge we will all face at some time in our lives and which health professionals face every day in their work The Mindfulness Based Compassionate Living programme presents a new way of learning how to face the pressures of modern living by providing an antidote which teaches us how to cultivate kindness and compassion starting with being kind to ourselves Compassion involves both sensitivity to our own and others suffering and the courage to deal with it Integrating the work of experts in the field such as Paul Gilbert Kristin Neff Christopher Germer and Tara Brach Erik van den Brink and Frits Koster have established an eight stage step by step compassion training programme supported by practical exercises and free audio downloads which builds on basic mindfulness skills Grounded in ancient wisdom and modern science they demonstrate how being compassionate shapes our minds and brains and benefits our health and relationships The programme will be helpful to many including people with various types of chronic or recurring mental health problems and can be an effective means of coping better with low self esteem self reproach or shame enabling participants to experience more warmth safeness acceptance and connection with themselves and others Mindfulness Based Compassionate Living will be an invaluable manual for mindfulness teachers therapists and counsellors wishing to bring the care back into healthcare both for their clients and themselves It can also be used as a self help guide for personal practice

Streaming Media Delivery in Higher Education: Methods and Outcomes Wankel, Charles, Law, J. Sibley,2011-06-30 This book is both a snapshot of streaming media in higher education as it is today and a window into the many developments already underway forecasting of areas yet to be developed Provided by publisher

The Mind's Eye: The Evolution of the Athlete's Skills and Consciousness Jimmy Joy,2009 The Mind s Eye describes a successful method in the implementation of a mental training program for rowers Under Jimmy Joy s guidance and direction countless rowers at all levels including the international and university level trained using an integral approach that develops the athletes skills and his consciousness This book is Jimmy s description of the specific processes involved in developing you or your athlete s ability to achieve Flow the sense of effortless in an activity and experience peak performance Amazon com

The Relevance of the Wisdom Traditions in Contemporary Society Transnational Network for the Study of Physical, Psychological, and Spiritual Wellbeing. International Conference,Mark Blows,2004

Journey Through Trauma Gretchen L. Schmelzer,

PhD,2018-02-06 For survivors of PTSD and repeated relational trauma and the people who love them Gretchen Schmelzer watched too many people quit during treatment for trauma recovery They found it too difficult or too frightening or just decided that for them it was too late But as a therapist and trauma survivor herself Dr Schmelzer wants us to know that it is never too late to heal from trauma whether it is the suffering caused within an abusive relationship or PTSD resulting from combat Sometimes what feels like a big setback is actually an unexpected difficult step forward So she wrote Journey Through Trauma specifically for survivors to help them understand the terrain of the healing process and stay on the path There are three basic principles that every trauma survivor should know Healing is possible It requires courage And it cannot be done alone Traumas that happen more than once child abuse sexual abuse domestic violence gang violence even war are all relational traumas They happened inside a relationship and therefore must be healed inside a relationship whether that relationship is with a therapist or within a group Journey Through Trauma gives us a map to help guide us through that healing process see where the hard parts show up and persevere in the process of getting well We learn the five phases that every survivor must negotiate along the way and come to understand that since the cycle of healing is not linear circling back around to a previous stage does not mean defeat it actually means progress as well as facing new challenges Authoritative and accessible Journey Through Trauma provides support for survivors and their loved ones through one of the most challenging but necessary processes of healing that anyone can face

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