



Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness

Mark Epstein

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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.

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Spent a free time to be fun activity to try and do! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to test look for book, may be the book untitled Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness can be fine book to read. May be it can be best activity to you.

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