

Thoughts Without A Thinker: Psychotherapy from a Buddhist Perspective

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Blending the lessons of psychotherapy with Buddhist teachings, Mark Epstein offers a revolutionary understanding of what constitutes a healthy emotional life

The line between psychology and spirituality has blurred, as clinicians, their patients, and religious seekers explore new perspectives on the self. A landmark contribution to the field of psychoanalysis, *Thoughts Without a Thinker* describes the unique psychological contributions offered by the teachings of Buddhism. Drawing upon his own experiences as a psychotherapist and meditator, New York-based psychiatrist Mark Epstein lays out the path to meditation-inspired healing, and offers a revolutionary new understanding of what constitutes a healthy emotional life.

Mark Epstein, M.D., is a graduate of Harvard College and Harvard Medical School. He is the author of several books, including *Going to Pieces Without Falling Apart*, *Going on Being*, *The Trauma of Everyday Life*, and *Advice Not Given*. He practices psychiatry and lives in New York City. "One of the most sophisticated integrations of the therapeutic and spiritual disciplines."-Daniel Goleman, *New York Times*

"Eloquent yet down-to-earth, this gem offers an exhilarating and expansive perspective on the therapeutic process."-Booklist

"A highly personal, thoughtful, illuminating synthesis.... Patients, psychologists, and mediators...will find much spiritual nourishment."-Publishers Weekly

"Mark Epstein's book is inspired by its lucidity.... After *Thoughts Without a Thinker*, psychotherapy without a Buddhist perspective looks like a diminished thing."-Adam Phillips, author of *Missing Out: In Praise of the Unlived Life*

"A groundbreaking work.... The book will take its place among the classics of the literature of meditation."-Jon Kabat-Zinn, author of *Mindfulness for Beginners*

"Epstein tries bravely and earnestly to make such matters of the mind and heart as clear as possible."-Robert Coles, *New England Journal of Medicine*

"Epstein's solid book offers another example of contemporary efforts to revitalize psychotherapy."-*Spirituality and Practice*

"A marvelous book that is at once scholarly and fresh, informative and personal."-Stephen A. Mitchell, author of *Can Love Last?*

"A most lucid and expert account of the wedding of psychotherapy and meditation. An Eastern-Western psychology that truly speaks from the inside of both worlds."-Jack Kornfield, author of *Meditation for Beginners*

"I loved *Thoughts Without a Thinker*. Mark Epstein has given us a brilliant account of how an ancient science of mind, based on a rich meditative tradition, can complement therapy and lead to new dimensions of wisdom and wholeness."-Joan Borysenko, author of *Fried*:

Why You Burn Out and How to Revive

Other Books

Re-humanizing Medicine. What starts as personal dissatisfaction in the workplace can become personal transformation that changes clinical practice and ultimately changes the culture of medicine. Physicians and professionals train extensively to relieve suffering. Yet the systems they train and practice in create suffering for both themselves and their clients through the neglect of basic human needs. True healthcare reform requires addressing dehumanization in medicine by caring for the whole person of the professional and the patient. Re-humanizing Medicine provides a holistic framework to support human connection and the expression of full human being of doctors, professionals and patients. A clinician needs to be a whole person to treat a whole person, thus the work of transformation begins with clinicians. As professionals work to transform themselves, this will in turn transform their clinical practices and healthcare institutions.

47. David Whyte, *The Three Marriages: Reimagining Work, Self and Relationship* (New York: Penguin, 2009), 313. 48. Whyte, *Marriages*, 313. 49. John Ralston Saul, *On Equilibrium* (Ringwood: Penguin Books, 2001), 317. 50. 1. 2. 3. 4. 5. 6."