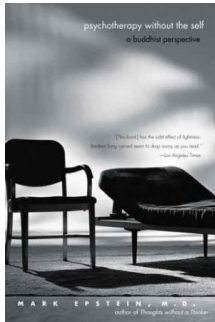


## Find Book

# PSYCHOTHERAPY WITHOUT THE SELF: A BUDDHIST PERSPECTIVE



Yale University Press. Paperback. Book Condition: new. BRAND NEW, Psychotherapy without the Self: A Buddhist Perspective, Mark (Mark William) Epstein, Immersed in Buddhist psychology prior to studying Western psychiatry, Dr. Mark Epstein first viewed Western therapeutic approaches through the lens of the East. This posed something of a challenge. Although both systems promise liberation through self-awareness, the central tenet of Buddha's wisdom is the notion of no-self, while the central focus of Western psychotherapy is the self. This book, which...

### Read PDF Psychotherapy without the Self: A Buddhist Perspective

- Authored by Mark (Mark William) Epstein
- Released at -



Filesize: 3.19 MB

## Reviews

---

*Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.*

-- **Elinore Vandervort**

*If you need to add benefit, a must buy book. I could possibly comprehend every little thing out of this composed e pdf. I am quickly could get a enjoyment of looking at a composed book.*

-- **Mrs. Mariam Hartmann**

*Basically no words and phrases to explain. It really is basic but unexpected situations from the fifty percent of your ebook. You will not feel monotony at anytime of your time (that's what catalogs are for regarding in the event you ask me).*

-- **Kiara Stamm IV**

---