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## PSYCHOTHERAPY WITHOUT THE SELF: A BUDDHIST PERSPECTIVE (HARDBACK)



Yale University Press, United States, 2007. Hardback. Condition: New. Language: English . Brand New Book. 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 , he observes. The central tenet of Buddha s wisdom is the notion of no-self, while the central focus of Western psychotherapy is the self. Yet both systems promise liberation through self-awareness . This book, which...

### Read PDF Psychotherapy without the Self: A Buddhist Perspective (Hardback)

- Authored by Mark (Mark William) Epstein
- Released at 2007



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### Reviews

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