



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

By Mark Epstein

Download now

Read Online 

## Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein

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.

 [Download Going to Pieces Without Falling Apart: A Buddhist ...pdf](#)

 [Read Online Going to Pieces Without Falling Apart: A Buddhis ...pdf](#)

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

*By Mark Epstein*

## **Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness** By Mark Epstein

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: A Buddhist Perspective on Wholeness** By Mark Epstein **Bibliography**

- Sales Rank: #49528 in eBooks
- Published on: 2013-04-17
- Released on: 2013-04-17
- Format: Kindle eBook

 [Download Going to Pieces Without Falling Apart: A Buddhist ...pdf](#)

 [Read Online Going to Pieces Without Falling Apart: A Buddhis ...pdf](#)

## Download and Read Free Online Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein

---

### Editorial Review

#### Amazon.com Review

In the era of self-empowerment and the relentless glorification of self-esteem, Mark Epstein is questioning whether we have it all backward. As a psychiatrist and practicing Buddhist for 25 years, Epstein has come to believe that the self-help movement has encouraged us to spend enormous amounts of time, money, and mental energy on patching up our egos, rather than pursuing true self-awareness. Instead, Epstein suggests we carefully shatter the ego, as if it were a fat piggy bank, to see what's inside--a scary prospect for those who spend their lives in fear of falling apart. But fear not. Epstein artfully shows readers how to patch the pieces together again into a far richer and more meaningful mosaic. --*Gail Hudson*

#### From The New England Journal of Medicine

In the introduction to his book, psychiatrist Mark Epstein recounts the story of a smart and eager professor who sought wisdom from an old Zen master. The master offered him tea and, on the professor's acceptance, poured the tea into a cup. To the professor's dismay, however, the master kept pouring the tea into an overflowing cup, even as the tea spread across the floor.

"A mind that is full cannot take in anything new," the master explained. "Like this cup, you are full of opinions and preconceptions." Wisdom and happiness are to be found only by emptying one's cup.

With this story, Epstein illustrates what he believes is an important problem for modern Western culture. Trained to approach life in the same way as the professor in the parable, Westerners tend to fill their lives with things and knowledge the way the master filled the cup with tea. In the psychological arena, this gives rise to a sort of psychological acquisitiveness, whereby we attempt to beef ourselves up with self-esteem, self-confidence, self-expression, or self-control. The message of Buddhism, Epstein argues, is that this Western tendency to build and strengthen the ego toward the ideal of a strong, individuated self will not work. We come to wisdom and peace of mind only by acknowledging the difficulties that are created by the ego's blind need to control and by allowing emptiness to be present as an inevitable and often valuable state.

Beginning with his own sense of emptiness as a boy in high school and then presenting a variety of Buddhist parables, clinical anecdotes, and personal examples, Epstein recounts what he has learned so far in his lifelong journey to understand the mind. Observations of his undergraduate classmates at Harvard, his contacts with the Dalai Lama, his deepening ability to understand and live in both Eastern and Western worlds during medical school and residency, and his subsequent contact with several schools of psychoanalysis, Gestalt therapy, and especially the writings of Winnicott -- this very personal journey reflects Epstein's growing conviction that the Western psychological notion of what it means to have a self is flawed.

Western thought tends to pathologize what is understood in Buddhism as a universally human starting point for wisdom and self-understanding. The "deficiencies" of childhood and the "errors" of adult life often do not represent darkness or void, as they initially seem to, but rather, are occasions that create the possibility of life and freedom. Human urges and conflicts are not necessarily pathologic; instead, they reflect the movement of life as it attempts to become manifest within us. The point is to allow the conflicts to surface and become visible.

In response to the Western proclivity for knowledge, Epstein offers wisdom from the ancient texts of

Buddhism; in response to the Western bias toward individuation, he offers connection; in response to the emphasis on rational mind, he offers mind-in-the-heart. In response to the warring of our cultural dualisms, whether between mind and body, individual and community, or men and women, he offers unity and reciprocity. All of this becomes possible through a "middle way" of nonjudgmental awareness that avoids either "attachment" or "aversion" to any of these polarities and, in so doing, transforms experience. Then, says Epstein, one can live in the lion's den of life with honesty and authenticity.

In sizing up the possible relevance of Eastern mysticism to Western postindustrial cultures, it is important to understand that both Western science and Christianity were born in what we now call the East and that many modern problems revolve around ways in which intellectual categories have been reshaped since then. In the emergence of the intellectual basis of Western culture, science and values developed in reaction to each other and, in so doing, became somewhat falsified and alienated from the way in which people actually lived their lives. The most extreme separation occurred in Descartes's sharp isolation of the worlds of mind and matter. Since then, medicine has come to view the body as a machine with parts that could be manipulated. Personhood came to be understood as an increasingly large and fragmented number of components and functions, and academic inquiry was cordoned off into disciplinary ghettos. It is only with growing recognition of the limits of the Cartesian-Newtonian framework for solving human problems, the development of quantum mechanics, general-systems theory, and brain science, and the increasing contact between the West and the East that these old separations are breaking down.

In general, Epstein's discussion is balanced, and he is aware of the paradoxical nature of his topic. In his efforts to explicate the Buddhist worldview, however, he occasionally parodies Western psychology and its notion of the self. Self-esteem, self-confidence, the building of a strong self -- these are not the problem, although some of his statements could lead readers to believe otherwise. Instead, the problem arises when selfhood becomes the only goal. To become oneself, one must also lose oneself. In the expression of an idea so dialectical, one statement immediately implies its opposite. The sweetness of the "middle way" is not learned easily or quickly, and fictions abound on both sides of the discussion.

Plato's Socrates once wondered whether he should be a politician or a physician -- that is, whether he should try to serve the existing tastes and interests of his fellow citizens or continually work to improve their minds and souls. *Going to Pieces without Falling Apart* will appeal to physicians, therapists, and patients who, like Socrates, opt for the latter.

*Reviewed by Jeffrey Rediger, M.D., M.Div.*

Review

"An insightful blending of two disciplines, one analytical, one spiritual." ---Booklist

## **Users Review**

### **From reader reviews:**

#### **Martin Phair:**

What do you with regards to book? It is not important together with you? Or just adding material when you really need something to explain what yours problem? How about your extra time? Or are you busy man? If you don't have spare time to accomplish others business, it is make you feel bored faster. And you have time? What did you do? Everyone has many questions above. They have to answer that question mainly because just their can do that. It said that about publication. Book is familiar in each person. Yes, it is proper. Because start from on jardín de infancia until university need this *Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness* to read.

**Jack Michaud:**

The publication with title *Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness* has a lot of information that you can find out it. You can get a lot of advantage after read this book. This particular book exist new expertise the information that exist in this guide represented the condition of the world currently. That is important to yo7u to learn how the improvement of the world. This book will bring you throughout new era of the globalization. You can read the e-book on your own smart phone, so you can read this anywhere you want.

**Theresa Braun:**

People live in this new day time of lifestyle always try to and must have the free time or they will get great deal of stress from both way of life and work. So , when we ask do people have free time, we will say absolutely of course. People is human not only a robot. Then we ask again, what kind of activity do you have when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative in spending your spare time, the particular book you have read is definitely *Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness*.

**Lorraine Bryant:**

What is your hobby? Have you heard this question when you got college students? We believe that that concern was given by teacher to the students. Many kinds of hobby, Every person has different hobby. And you know that little person just like reading or as reading through become their hobby. You should know that reading is very important and book as to be the issue. Book is important thing to provide you knowledge, except your own teacher or lecturer. You will find good news or update in relation to something by book. A substantial number of sorts of books that can you choose to use be your object. One of them is this *Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness*.

**Download and Read Online *Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness* By Mark Epstein  
#JO5AD9WXZ3S**

## **Read Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein for online ebook**

Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein books to read online.

### **Online Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein ebook PDF download**

**Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein Doc**

**Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein Mobipocket**

**Going to Pieces Without Falling Apart: A Buddhist Perspective on Wholeness By Mark Epstein EPub**