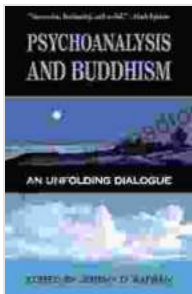


Psychoanalysis and Buddhism: An Unfolding Dialogue

By Mark Epstein, M.D.

Psychoanalysis and Buddhism are two of the world's most influential psychological and spiritual traditions. Both traditions share a deep concern with the human mind and its workings, and both offer powerful tools for understanding and transforming our lives. But despite their many similarities, there are also some important differences between the two traditions.



Psychoanalysis and Buddhism: An Unfolding Dialogue

by Jeremy D. Safran

★★★★☆ 4.7 out of 5

Language : English
File size : 1629 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 466 pages



In this groundbreaking book, Mark Epstein, M.D., a practicing psychoanalyst and Buddhist teacher, explores the convergences and divergences between psychoanalysis and Buddhism. Epstein draws on his own experiences as a therapist and a Buddhist practitioner to provide a unique and insightful perspective on both traditions.

Epstein begins by examining the different ways that psychoanalysis and Buddhism understand the human mind. Psychoanalysis sees the mind as a complex and dynamic system, shaped by both our conscious and unconscious experiences. Buddhism, on the other hand, sees the mind as a more fluid and impermanent entity, constantly changing and evolving.

These different understandings of the mind lead to different approaches to therapy. Psychoanalysis focuses on helping patients to understand their unconscious conflicts and desires, while Buddhism focuses on helping practitioners to cultivate mindfulness and compassion.

Despite their different approaches, Epstein argues that psychoanalysis and Buddhism can be mutually enriching. He shows how the insights of psychoanalysis can help Buddhists to deepen their understanding of their own minds, and how the practices of Buddhism can help psychoanalysts to become more effective therapists.

Psychoanalysis and Buddhism: An Unfolding Dialogue is a fascinating and thought-provoking book that will appeal to anyone interested in the human mind, psychology, or spirituality. Epstein's clear and engaging writing style makes this book accessible to both scholars and general readers alike.

Reviews

"*Psychoanalysis and Buddhism: An Unfolding Dialogue* is a groundbreaking book that offers a unique and insightful perspective on two of the world's most influential psychological and spiritual traditions. Mark Epstein's writing is clear and engaging, and he draws on his own experiences as a therapist and a Buddhist practitioner to provide a rich and nuanced understanding of both traditions."

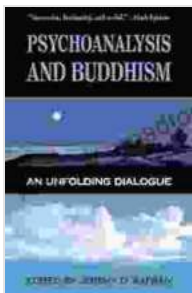
- **Jack Kornfield, author of *A Path with Heart***

"Mark Epstein has written a brilliant and deeply personal book that explores the convergences and divergences between psychoanalysis and Buddhism. This book is a must-read for anyone interested in the human mind, psychology, or spirituality."

- **Tara Brach, author of *Radical Acceptance***

About the Author

Mark Epstein, M.D., is a practicing psychoanalyst and Buddhist teacher. He is the author of several books, including *Thoughts Without a Thinker* and *Going to Pieces Without Falling Apart*. Epstein is a graduate of the New York University School of Medicine and the New York Psychoanalytic Institute. He is a clinical instructor in psychiatry at the New York University School of Medicine and a visiting scholar at the Center for Buddhist Studies at Columbia University.



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