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Taped by the WGBH Forum Network, Mark Epstein visited the Harvard Book Store to discuss his book, The Trauma of Everyday Life.

Book review: the trauma of everyday life

Mark Epstein, a psychiatrist and Professor of Psychotherapy and Psychoanalysis at New York University, became involved with Buddhism when he was a Harvard undergraduate.

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Apr 18, 2015 Taking Time To Be Aware; Awareness in everyday Life; Loss of ego is not enlightenment; The signs of enlightenment; How to Tell an Enlightened Being

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Mark Epstein, MD, is a psychiatrist in private practice in New York City and the author of a number of books about the interface of Buddhism and psychotherapy

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Jul 29, 2014 Harvard Book Store welcomed psychiatrist and author of Thoughts Without a Thinker Mark Epstein for a discussion of his latest book, The Trauma of Everyday

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