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GOING TO PIECES WITHOUT FALLING APART

*A Buddhist Perspective on Wholeness
Unions from Neuroscience and Psychotherapy*

MARK EPSTEIN, M.D.

Author of Thoughts Without a Thinker

"Epstein elegantly intertwines his psychotherapy and Buddhism but does not merge them into a poorly conceived, unconvincing whole and also offers some useful advice." —Psychology Today

Going To Pieces Without Falling Apart A Buddhist Perspective On Wholeness

Michal Rosen-Zvi



Going To Pieces Without Falling Apart A Buddhist Perspective On Wholeness:

Going To Pieces Without Falling Apart A Buddhist Perspective On Wholeness Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Going To Pieces Without Falling Apart A Buddhist Perspective On Wholeness**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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