

Going on Being



Life at the Crossroads
of Buddhism and Psychotherapy

MARK EPSTEIN, M.D.

"Epstein gets better with each book—this is his most brilliant yet."
Daniel Goleman, author of *Emotional Intelligence*

Going On Being Life At The Crossroads Of Buddhism And Psychotherapy

Dr. Anna Lembke



Going On Being Life At The Crossroads Of Buddhism And Psychotherapy:

Going on Being Mark Epstein, 2009-01-27 Before Mark Epstein became a medical student at Harvard and began training as a psychiatrist he immersed himself in Buddhism through experiences with such influential Buddhist teachers as Ram Dass Joseph Goldstein and Jack Kornfield The positive outlook of Buddhism and the meditative principle of living in the moment came to influence his study and practice of psychotherapy profoundly This is Mark Epstein s memoir of his early years as a student of Buddhism and of how the teachings and practice of Buddhism shaped his approach to therapy as well as a practical guide to how a Buddhist understanding of psychological problems makes change for the better possible *Going on Being* is an intimate chronicle of the evolution of spirit and psyche and a highly inviting guide for anyone seeking a new path and a new outlook on life Mark Epstein gets better and better with each book *Going on Being* is his most brilliant yet He weaves a mindful cartography of the human heart tying together insights from Buddhism and psychoanalytic thought into an elegant captivating tapestry Epstein shares the spiritual and emotional insights garnered from his own life journey in a fascinating account of what it can mean to us all to go on being Daniel Goleman author of *Emotional Intelligence*

Going on Being Mark Epstein, 2001-06-19 The bestselling author of *Going to Pieces Without Falling Apart* combines a memoir of his own journey as a student of Buddhism and psychology with a powerful message about how cultivating true self awareness and adopting a Buddhist understanding of change can free the mind Meditation was the vehicle that opened me up to myself but psychotherapy in the right hands has similar potential It was actually through my own therapy and my own studies of Western psychoanalytic thought that I began to understand what meditation made possible As compelling as the language of Buddhism was for me I needed to figure things out in Western concepts as well Psychotherapy came after meditation in my life but it reinforced what meditation had shown me Before Mark Epstein became a medical student at Harvard and began training as a psychiatrist he immersed himself in Buddhism through experiences with such influential Buddhist teachers as Ram Dass Joseph Goldstein and Jack Kornfield The positive outlook of Buddhism and the meditative principle of living in the moment came to influence his study and practice of psychotherapy profoundly *Going on Being* is Epstein s memoir of his early years as a student of Buddhism and of how Buddhism shaped his approach to therapy It is also a practical guide to how a Buddhist understanding of psychological problems makes change for the better possible In psychotherapy Epstein discovered a vital interpersonal parallel to meditation but he also recognized Western psychology s tendency to focus on problems either by attempting to eliminate them or by going into them more deeply and how this too often results in a frustrating paralysis of analysis Buddhism opened his eyes to another way of change Drawing on his own life and stories of his patients he illuminates the concept of going on being the capacity we all have to live in a fully aware and creative state unimpeded by constraints or expectations By chronicling how Buddhism and psychotherapy shaped his own growth Mark Epstein has written an intimate chronicle of the evolution of spirit and psyche and a highly inviting guide for anyone seeking

a new path and a new outlook on life From the Hardcover edition *Going on Being* Mark Epstein,2001 By chronicling how Buddhism and psychotherapy shaped his own growth the author of *Going to Pieces Without Falling Apart* has written an intimate chronicle of the evolution of spirit and psyche and presents a highly inviting guide for anyone seeking a new outlook on life **Going on Being** Geshe Tsering,Mark Epstein,2010-10 Before he began training as a psychiatrist Mark Epstein immersed himself in Buddhism through influential teachers such as Ram Dass Joseph Goldstein and Jack Kornfield Buddhism's positive outlook and the meditative principle of living in the moment profoundly influenced his study and practice of psychotherapy *Going on Being* is an intimate chronicle of Epstein's formative years as well as a practical guide to how a Buddhist understanding of psychological problems can help anyone change for the better Epstein gives readers a deeply personal look into his life thoughts fears and hopes while detailing the influences that have shaped his worldview Inspiring in its honesty and humility *Going on Being* is a compassionate brilliant look at how uniting the worlds of psyche and spirit can lead to a new way of seeing reality *Weaving the Paths of Buddhism and Psychotherapy* Helen Carter,2023-08-29 *Weaving the Paths of Buddhism and Psychotherapy* is an empathic guide to integrating Eastern and Western wisdom traditions that share the common goal of easing distress Following the so called mindfulness revolution there has been a surge in interest as to how Buddhism's overarching view on suffering may enhance therapeutic practice This book is not just a clinical text it is a first person account of one Buddhist therapist educator's lived experience of bringing Buddhism into the very personal and relational experience of psychotherapy Western trained therapists will recognize key concepts the existential underpinnings of distress driver behaviour and scripts modifications to contact such as projection and introjection relational conditions for healing ethical considerations and working with complex presentations and trauma among others Through autobiographical vignettes and case study material the book offers an invitation to all therapists to consider their own practice of human being

A Mindfulness-Based Stress Reduction Workbook Bob Stahl,Elisha Goldstein,2019-09-01 The ultimate practical guide to mindfulness based stress reduction MBSR with more than 115 000 copies sold is now available in a fully revised and updated second edition In *A Mindfulness Based Stress Reduction Workbook* two MBSR experts present a step by step eleven week program for effective stress reduction based on the concepts in Jon Kabat Zinn's groundbreaking book *Full Catastrophe Living* *Living with Your Heart Wide Open* Steve Flowers,Bob Stahl,2011-07-01 In *Living with Your Heart Wide Open* Steve Flowers a prominent mindfulness based stress reduction MBSR teacher and Bob Stahl author of the bestselling *Mindfulness Based Stress Reduction Workbook* help readers use mindfulness to move past the universal feelings of shame and self loathing and develop greater confidence and self esteem **Genetic Counseling Practice** Bonnie S. LeRoy,Patricia M. Veach,Dianne M. Bartels, PhD,2011-09-20 The first advanced level genetics counseling skills resource As genetic medicine and testing continue to expand so the role of the genetic counselor is transforming and evolving *Genetic Counseling Practice Advanced Concepts and Skills* is the first text to address ways that genetic counselors can deepen their

skills to meet expanding practice demands This timely resource not only helps readers further develop their abilities to gather relevant data and interpret it for patients it also aids them in surpassing their usual role by truly understanding patient situations incorporating patient values into clinical practice providing in depth support and facilitating thoroughly informed autonomous decisions Edited by an expert cross disciplinary team consisting of a genetic counseling program director a licensed psychologist and a nurse bioethicist family social scientist this authoritative reference provides specific and detailed instruction in addressing psychosocial aspects of genetic counseling practice and professional development and training issues of genetic counselors Provides a process view of genetic counselor service provision i e skills that promote desired genetic counseling outcomes are emphasized such as relationship skills patient characteristics client behaviors and extra clinical skills Includes experiential activities in every chapter to help readers apply concepts and skills Draws on the experience of widely recognized experts in genetic counseling theory practice and research who serve as chapter authors Features numerous specific real life examples from clinical practice Genetic Counseling Practice addresses issues relevant to practicing genetic counselors as well as students of genetic counseling programs In addition oncology nurses social workers and psychologists working with genetic counseling patients and families medical geneticists and physicians training in the field and physician assistants will also benefit from this resource

Practical Alternatives to the Psychiatric Model of Mental Illness Arnoldo Cantú, Eric Maisel, Chuck Ruby, 24-02-09 Practical Alternatives to the Psychiatric Model of Mental Illness is the fifth Volume of the Ethics International Press Critical Psychology and Critical Psychiatry Series Understanding the current systems of psychology and psychiatry is profoundly important So is exploring alternatives The Critical Psychology and Critical Psychiatry Series presents solicited chapters from international experts on a wide variety of underexplored subjects This is a series for mental health researchers teachers and practitioners for parents and interested lay readers and for anyone trying to make sense of anxiety depression and other emotional difficulties Practical Alternatives provides practical and implementable alternatives to psychiatric diagnosing These discussions will be set against the unique backdrop that is managed care and the contemporary system of healthcare in the United States It likewise looks at worldwide practices that have arisen in different cultures and as a result of various alternative frameworks The aim of this book is to provide people including medical and psychiatric professionals researchers and students with practical and varied clinical approaches they can utilize that sidestep the need to rely on psychiatric diagnoses

Daily Doses of Wisdom Josh Bartok, 2013-08-19 Daily Doses of Wisdom draws on the richness of Buddhist writings to offer a spiritual cornucopia that will illuminate and inspire day after day year after year Sources span a spectrum from ancient sages to modern teachers from monks to laypeople from East to West from poetry to prose Each page and each new day reveals another gem carefully selected from the entire list of titles published by Wisdom

Dopamine Nation Dr. Anna Lembke, 2023-01-03 INSTANT NEW YORK TIMES and LOS ANGELES TIMES BESTSELLER Brilliant riveting scary cogent and cleverly argued Beth Macy

author of *Dopesick* This book is about pleasure It s also about pain Most important it s about how to find the delicate balance between the two and why now more than ever finding balance is essential We re living in a time of unprecedented access to high reward high dopamine stimuli drugs food news gambling shopping gaming texting sexting Facebooking Instagramming YouTubing tweeting The increased numbers variety and potency is staggering The smartphone is the modern day hypodermic needle delivering digital dopamine 24 7 for a wired generation As such we ve all become vulnerable to compulsive overconsumption In *Dopamine Nation* Dr Anna Lembke psychiatrist and author explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain and what to do about it Condensing complex neuroscience into easy to understand metaphors Lembke illustrates how finding contentment and connectedness means keeping dopamine in check The lived experiences of her patients are the gripping fabric of her narrative Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives In essence *Dopamine Nation* shows that the secret to finding balance is combining the science of desire with the wisdom of recovery

The Awakened Introvert Arnie Kozak, 2015-05-01 In a world that favors the outgoing gregarious extrovert being an introvert can be difficult But the truth is that introverts are powerful observers and creators *The Awakened Introvert* shows readers how to tap into their introvert strengths and awaken their potential using mindfulness meditations and cognitive behavioral techniques Introverts will also learn to minimize weaknesses such as a tendency toward worry and rumination and discover new skills for recharging in between social encounters

Essence of the Heart Sutr Mark Epstein, 2010-10 This is the best available resource for studying and understanding one of Buddhism s seminal and best known texts the Heart Sutra Masterfully translated and edited by Geshe Thupten Jinpa this volume comprises the Dalai Lama s famous Heart of Wisdom teachings of 2001 including an overview of Buddhism background material as well as commentary on the text The Heart Sutra is a presentation of profound wisdom on the nature of emptiness and selflessness but these terms can be easily misunderstood The Dalai Lama identifies misconceptions and shows how an understanding of emptiness leads not to nihilism but to a view of reality and to a deep and compassionate understanding

Crossroads in Psychoanalysis, Buddhism, and Mindfulness Anthony Molino, 2013-12-18 A comprehensive collection of essays exploring the interstices of Eastern and Western modes of thinking about the self *Crossroads in Psychoanalysis Buddhism and Mindfulness* The Word and the Breath documents just some of the challenges conflicts pitfalls and wow moments that inhere in today s historical and cultural intersections of theory practice and experience As this collection demonstrates the crossroads between Buddhist and psychoanalytic approaches to mindfulness are rich beyond belief in integrative potential The surprising and fertile connections from which this book originates and the future ones which every reader in turn will spur will invigorate and intensify this specific form of contemporary commerce at the crossroads of East and West Analytically oriented psychotherapists themselves of different climates and cultures break out of the seclusion of the consulting room to think

translate meditate on and mediate their experiences generated via the maternal order in such a way as to make those experiences thinkable via the necessary filters of the paternal order of language In this light the word and the breath of the book s subtitle are addressed as the privileged instruments of psychoanalysis and meditation respectively *Patience* Allan Lokos,2012-01-05 As founder and guiding teacher of the Community Meditation Center in New York Allan Lokos has an arsenal of tools for coping with stressful situations Rachel Lee Harris New York Times To survive the roller coaster ride of life with its ever changing shifts from pleasure to pain gain to loss and praise to blame requires a substantial depth of patience In this life changing book Allan Lokos sheds new light on this much sought after state of mind and provides a road map for cultivating greater patience in one s life According to Lokos to develop a depth of patience we must first acknowledge the unhappiness caused by our impatience and anger in its many manifestations from mild annoyance to rage In this revelatory book Lokos draws on his many years as a Buddhist practitioner and spiritual teacher as well as interviews with a wide range of individuals who have had their patience tested often dramatically so and lays out a compelling path to the heart of patience

Líderes de hoy María Gabriela Hoch,2023-11-02 Tiene sentido seguir liderando con viejas recetas Aplicar la inteligencia emocional es suficiente Qu modelo de comunicaci n necesitamos C mo lograr un equilibrio entre el bienestar y los l mites El escenario es nuevo desafiante y nos invita a repensarnos Mar a Gabriela Hoch cocreadora de vocesvitalconosur vitalvoicesmia y mentora en comunicaci n empoderamiento y liderazgo nos estimula a ser parte de esta gran transformaci n brind ndonos las herramientas necesarias para despertar la fuerza vital y nica de nuestro l der interior

Il Metodo No Stress Elisha Goldstein,Bob Stahl,2017-01-20 Un metodo straordinario per alleviare lo stressStress e dolore sono quasi inevitabili al giorno d oggi poich fanno ormai parte della condizione umana Spesso possono renderci irritabili tesi sopraffatti e demotivati La chiave per mantenere l equilibrio consiste nel rispondere allo stress non tanto con la frustrazione e l autocritica quanto piuttosto con la consapevolezza della piena presenza mentale senza giudizio riferita al corpo e alla mente Impossibile In realt pi facile di quanto sembri In poche settimane potrete ridurre lo stress con Il Metodo No stress un metodo clinicamente testato per alleviare l ansia il panico la depressione il dolore cronico e una vasta gamma di problemi di salute Questo potente approccio viene insegnato nelle aule e cliniche di tutto il mondo e mostra come potete concentrarvi sul momento presente allo scopo di cambiare permanentemente la vostra modalit di gestione dello stress Con questo manuale imparerete a sostituire le abitudini che generano il vostro stress con altre abitudini basate sulla piena consapevolezza un abilit che porterete con voi per il resto della vostra vita Supera ansia panico e depressione con il Programma MindfulnessGli autoriElisha Goldstein psicologo clinico e co fondatore del Mindfulness Center for Psychotherapy and Psychiatry Insegna MBSR e terapia cognitiva basata sulla Mindfulness MBTC Mindfulness Based cognitive Therapy nell area occidentale di Los Angeles Bob Stahl fondatore e direttore di programmi di riduzione dello stress in base alla Mindfulness MBSR Mindfulness Based Stress Reduction Programs presso tre Scuole di Medicina della Bay Area

di San Francisco Ha conseguido l abilitazione in qualitt di insegnante di MBSR presso il Medical Center dell Universit del Massachusetts

Kit Dopamina Dra. Anna Lembke,2024-12-11 NA O DOPAMINA Este livro sobre prazer tamb m sobre sofrimento Mas mais importante um livro que trata de como encontrar o delicado equil brio entre os dois e por que hoje em dia mais do que nunca encontrar o equil brio essencial Estamos vivendo em uma poca de excessos de acesso sem precedentes a est mulos de alta recompensa e alta dopamina drogas comida not cias jogos compras sexo redes sociais A variedade e a pot ncia desses est mulos s o impressionantes assim como seu poder adictivo Nossos telefones celulares oferecem dopamina digital 24 horas por dia 7 dias por semana para uma sociedade ao mesmo tempo conectada e alheia do que acontece ao redor Estamos todos vulnerveis ao consumo excessivo e compuls o Em Na o dopamina Dra Anna Lembke psiquiatra e professora da Escola de Medicina da renomada Universidade Stanford explora as novas e empolgantes descobertas cient ficas que explicam por que a busca incans vel do prazer gera mais sofrimento do que felicidade e o que podemos fazer a respeito Traduzindo a complexidade da neuroci ncia para met foras f ceis de entender a Dra Anna mostra que o caminho para manter a dopamina sob controle encontrar contentamento nas pequenas coisas e nos conectar com as pessoas queridas Como prova disso a autora compartilha diversas experi ncias vividas por seus pacientes em trechos muito emocionantes S o hist rias fascinantes de sofrimento e reden o que nos d o a esperan a de que poss vel transformar a nossa vida Nestas p ginas Na o dopamina mostra que o segredo para encontrar o equil brio combinar a ci ncia do desejo com a sabedoria da recupera o NA O TARJA PRETA Uma den ncia que envolve m dicos bem intencionados a ind stria farmac utica os planos de sa de e muitos mas muitos medicamentos prescritos Neste livro a Dra Anna Lembke autora do best seller Na o dopamina volta o seu olhar para as for as invis veis que est o por tr s da depend ncia em diversos medicamentos receitados todos os dias para jovens adultos e crian as Nos dias de hoje a velocidade do mundo promove p lulas como solu es r pidas Como se n o bastasse as grandes corpora es farmac uticas em conjunto com os planos de sa de se valem de uma burocracia que estimula o uso de comprimidos a indica o de procedimentos muitas vezes protelat rios e a solu o provis ria dos problemas em vez de promover o bem estar do paciente a longo prazo Para a Dra Anna Lembke estamos diante de uma epidemia de medicamentos prescritos que sintoma de um sistema de sa de prec rio para o qual a nica solu o repensar como os cuidados de sa de s o prestados e investir em um tratamento mais humanizado e atento Combinando sua experi ncia cl nica estudos de caso pesquisas cient ficas e entrevistas com profissionais de sa de farmac uticos assistentes sociais administradores de hospitais executivos de seguradoras jornalistas economistas advogados e pacientes e suas fam lias este livro um alerta para todos aqueles que preferem viver e n o s sobreviver

Dr. Anna Lembke,2023-03-02 20 dopamine Dr Anna Lembke DOPAMINE Data Objectives Problems Abstinence Mindfulness Insight Next steps Experiment mindfulness Lori Gottlieb Beth Macy Dopesick Dealers Doctors and the Drug Company That Addicted America Daniel Levitin The Organized Mind Successful Aging Inside the Bestseller List Publishers Weekly Kirkus Reviews

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Going On Being Life At The Crossroads Of Buddhism And Psychotherapy Introduction

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