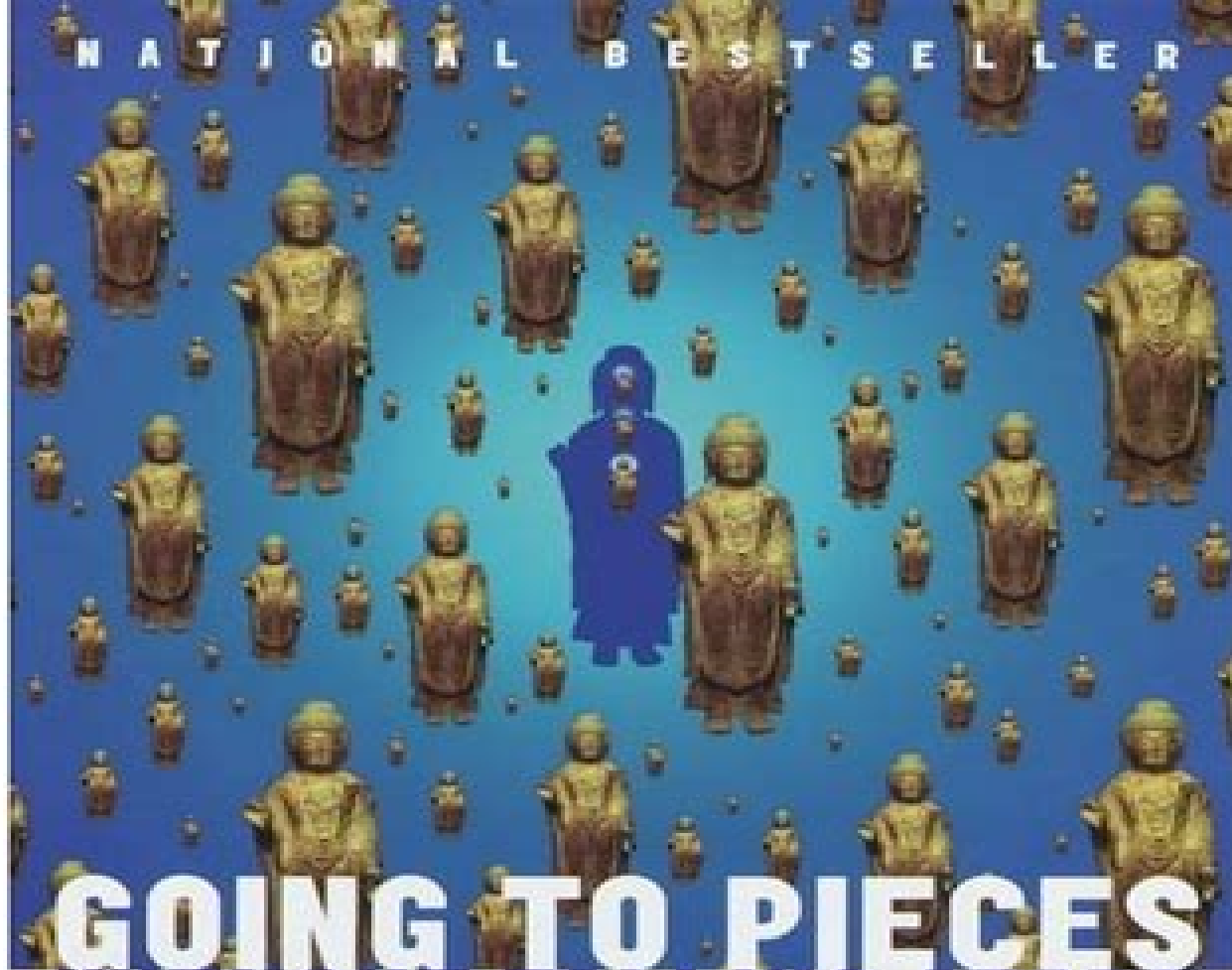


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GOING TO PIECES WITHOUT FALLING APART

A Buddhist Perspective on Wholeness

Lessons from Meditation and Psychotherapy

MARK EPSTEIN, M.D.

Author of Thoughts Without a Thinker

"[Epstein] elegantly describes how psychotherapy and meditation can help us manage our most powerful emotions—and make us feel more alive and whole in the process." —*Psychology Today*

Going To Pieces Without Falling Apart

Michael Rajnik



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