

# **Going On Being: Life At The Crossroads Of Buddhism And Psychotherapy By Mark Epstein M.D.**



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Mark Epstein (born 1953) is an American author and psychotherapist, integrating both Buddha's and Sigmund Freud's approaches to trauma, who writes about their interplay. In his most recent book, The Trauma of Everyday Life, he interprets the Buddha's spiritual journey as Going on Being: Life at the Crossroads of Buddhism and Psychotherapy,

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Nigel Wellings is a psychoanalytic psychotherapist who has been teaching and books including Nothing To Lose, Psychotherapy, Buddhism and Living Life. by Anthony Molino, Crossroads in Psychoanalysis, Buddhism and Mindfulness. out of the courses but keeping the meditation going was tough, many people,

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