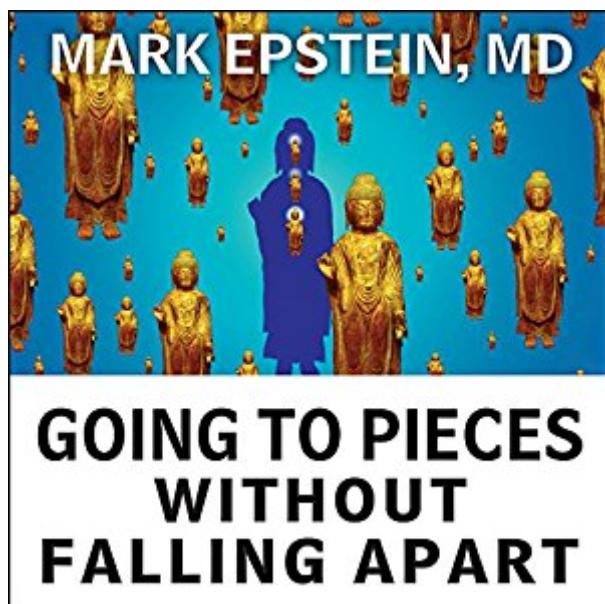


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# Going To Pieces Without Falling Apart: A Buddhist Perspective On Wholeness



## **Synopsis**

Going to Pieces Without Falling Apart shows us that happiness doesn't come from any kind of acquisitiveness, be it material or psychological. Happiness comes from letting go. Weaving together the accumulated wisdom of his two worlds - Buddhism and Western psychotherapy - Mark Epstein shows how "the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be." He encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control. Drawing on events in Epstein's own life and stories from his patients, Going to Pieces Without Falling Apart teaches us that only by letting go can we start on the path to a more peaceful and spiritually satisfying life.

## **Book Information**

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## **Customer Reviews**

This is the type of book that you can read over and over again and each time you read it, you discover a new deeper meaning. It's such a satisfying read. The most powerful message for me was - if you are feeling empty, then feel empty. Don't try to fill your life with distractions because you feel uncomfortable with the emptiness. Just sit there and feel empty because it is only in this state of emptiness that we can learn to be with ourselves in a nonjudgmental way and thus, discover our true inherent self.

Until I read this book I expected more from my meditation practice. Now I am willing to simply enjoy the moments, the colors, and any revelation that may present itself. A truly refreshing perspective

for those of us with a propensity to be neurotic.

Good read and helpful. Not as interesting as some of the other books I've read on Buddhism and meditation, but a good addition.

Although small in size, Epstein's book presents quite a powerful synthesis of Buddhism and psychotherapy. Amazingly, he brings clarity to the paradoxical concepts of: feeling whole by accepting emptiness; finding happiness by letting go; feeling more at peace by tolerating uncertainty; and being able to go to pieces in order to avoid falling apart. I've already read this book twice, and I have no doubt that each successive read will uncover more gems hidden inside. The writing is superb, the presentation is compelling and lucid, and the way Epstein is able to distill and integrate key concepts of Buddhism and psychotherapy is beyond impressive. Epstein concludes the book by reflecting on how his being able to incorporate the Buddhist principles into his life has "allowed my awareness to be stronger than my neurosis" (p. 181). May we all achieve such a state. :)

Mark Epstein lays out the essence and value of meditation thru thoughtful storytelling, poignant and relevant references, and humble shared experiences. For a beginning meditator like me, it was enlightening to learn I'm ok as I am...right where I am.

I first read this book in the 90's when it was first published. Several times actually. It was great having read in on my journey with insight meditation. After ceasing my practice for several years and now returning this book is powerful in reconnecting me with the reasons I loved the meditative practice and loved the wisdom of this book. Read.

About 1/2 year ago I went through what might be called an existential or mid-life crisis (depending on who you ask). I found the insights and viewpoints in this book to be very helpful in getting a different way of looking at the same bad situation that I was dealing with. I do tend to gravitate towards Buddhism, and this book uses it a lot. But I think that Buddhist philosophy has a lot of valuable insight into dealing with internal conflict and crisis. If I was asked to come up with a single sentence to describe this book, it would be "this book taught me how to be OK with not being OK."

I've given this book over and over again to people I know are in great stress, or who are

experiencing the kind of emotional pain and suffering it's hard to describe. Written by a Jewish man who is a doctor, a psychiatrist and a Buddhist, the book provides insight from several cultures, several belief systems and from the kind of professional/personal introspection that is invaluable. It helped me at a time when I was uncertain how to face another day. Get it. Read it. Give it.

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