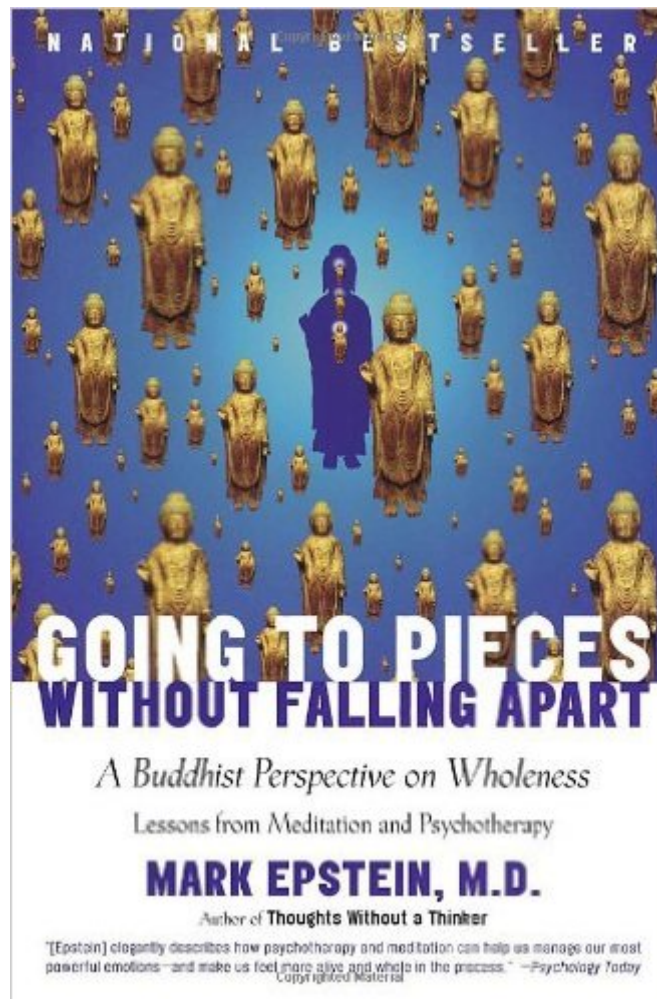


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# Going To Pieces Without Falling Apart: A Buddhist Perspective On Wholeness



## Synopsis

For decades, Western psychology has promised fulfillment through building and strengthening the ego. We are taught that the ideal is a strong, individuated self, constructed and reinforced over a lifetime. But Buddhist psychiatrist Mark Epstein has found a different way. *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--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 his 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

I came to this book with some experience in meditation, after reading Dan Harris' *10% Happier* (which I highly recommend). I was looking for a book that would offer additional insight into the practice and explain how best to merge it with Western psychology. On the whole, there were only a couple passages that actually resonated with me. First, I was disappointed with the book was its wishy-washy nature. I am not a Buddhist; I'm just someone who practices meditation in the hope that it will make my life better. To me, this book's description seemed to say the book would

reconcile ancient Buddhist theory with modern psychology and the scientific method. What the book mostly did was introduce a concept in Buddhism, make a claim that the concept was reflected in some passage by some psychological theorist, and then tell a brief story of one of Dr. Epstein's patients. I found most of these claims to be tenuous -- they were rarely, if ever, supported in any scientific way. It felt as if Dr. Epstein was trying to squeeze modern psychology into a Buddhist mold into which it doesn't quite fit, rather than reconcile the two. Furthermore, the book did not have many redeeming aspects for what it lacked in argument. Since the book was not scientifically rigorous, I would have preferred prose that was either simply entertaining or insightful on a gut level. The entertainment value was slim; I found the writing to be flat, lacking warmth and personality. In terms of insight, the book didn't tell me much about meditation that I didn't already know.

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