

## The Trauma Of Everyday Life Mark Epstein

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Death and illness touch us all, but even the everyday sufferings of loneliness and fear are traumatic. In *The Trauma of Everyday Life* renowned psychiatrist and author of *Thoughts Without a Thinker* Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind's own development.

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In *The Trauma of Everyday Life*, Mark Epstein begins by saying that "trauma is an indivisible part of human existence. It takes many forms but spares no one." For the first ten years of his practice, he didn't think too much about trauma, but then over a short period of time three of his young women patients each had her husband die unexpectedly.

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"Mark Epstein's *Advice Not Given* continues his important, fascinating work in exceptionally lucid language. It also offers its readers a collection of fables, vignettes, and personal revelations with the true capacity to rearrange one's perspective, even change one's life.

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In *The Trauma of Everyday Life* renowned psychiatrist and author of *Thoughts Without a Thinker* Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind's own development. Epstein finds throughout that trauma, if it doesn't destroy us, wakes us up to both our minds' own capacity and to the suffering of others.

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Death, illness and loss eventually impact us all, but even the everyday sufferings of loneliness and fear are difficult to face. Psychotherapists have described the traumas of early life. Buddhism has emphasized the inherent precariousness of impermanence. But both disciplines agree that trauma is a fact of life.

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