

Open To Desire Epstein Mark

Open to Desire Psychotherapy without the Self The Middle Way Tricycle Body & Soul Shambhala Sun The Sculpture of Epstein Dieting, Overweight, and Obesity Atlantis Sculpture and Drawings Cross-cultural Studies in Curriculum Supreme Court Appellate Division- First Department Body & Soul (Watertown, Mass.) Commentary Nashim Boston College Environmental Affairs Law Review Research & Creative Activity Spotlights on Russian and Balkan Slavic Cultural History American Sociological Review Choice Mark Epstein, M.D. Mark Epstein Evelyn Silber Wolfgang Stroebe Jacob Epstein Claudia Eppert Boston College. Law School Alexandra Ioannidou

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a masterpiece it teaches us how not to fear and repress but to rechannel and harness the most powerful energies of life toward freedom and bliss. Robert Thurman, it is common in both Buddhism and Freudian psychoanalysis to treat desire as if it is the root of all suffering and problems. But psychiatrist Mark Epstein believes this to be a grave misunderstanding. In his controversial defense of desire, he makes clear that it is the key to deepening intimacy with ourselves, each other, and our world, proposing that spiritual attainment does not have to be detached from intimacy or eroticism. Open to Desire begins with an exploration of the state of dissatisfaction that causes us to cling to irrational habits. Dr. Epstein helps readers overcome their own fears of desire so that they can more readily bridge the gap between self and other, cope with feelings of incompleteness, and get past the perception of others as objects freed from clinging and shame. Desire's spiritual potential can then be opened up.

Insights on the interface between Buddhist teachings and Western psychotherapy by the best-selling author of *Thoughts without a Thinker*. Immersed in Buddhist psychology prior to studying Western psychiatry, Dr. Mark Epstein first viewed Western therapeutic approaches through the lens of the East. This posed something of a challenge, although both systems promise liberation through self-awareness. The central tenet of Buddha's wisdom is the notion of no self, while the central focus of Western psychotherapy is the self. This book, which includes writings from the past twenty-five years, wrestles with the complex relationship between Buddhism and psychotherapy and offers nuanced reflections on therapy, meditation, and psychological and spiritual development. A best-selling author and popular speaker, Epstein has long been at the forefront of the effort to introduce Buddhist psychology to the West. His unique background enables him to serve as a bridge between the two traditions, which he has found to be more compatible than at first thought. Engaging with the teachings of the Buddha as well as those of Freud and Winnicott, he offers a compelling look at desire, anger, and insight and helps reinterpret the Buddha's four noble truths and central concepts such as egolessness and emptiness in the psychoanalytic language of our time.

Dieting, Overweight, and Obesity: Self Regulation in a Food-Rich Environment examines why self

regulation of weight is so difficult for many people the author explains the history of bodyweight standards details the emotional and physical consequences of being overweight and explores the various treatment and prevention plans for obesity in reviewing the numerous psychological theories that explain people's problems with weight strobe points out that each does not take into consideration the desire for palatable food he then presents the goal conflict theory which assumes that chronic dieters who have difficulties in controlling their weight often disregard bodily cues of hunger and satiety not because they are unable to recognize them but because they do not want to recognize them

this volume broadens the horizon of educational research in north america by introducing a comprehensive dialogue between eastern and western philosophies and perspectives on the subject of curriculum theory and practice it is a very timely work in light of the progressively globalized nature of education and educational studies and the increasingly widespread attunement to eastern educational theories in the west by introducing eastern perspectives this book questions taken for granted thinking in western educational thought about the foundations of teaching and learning curriculum theory educational policy and educational issues such as teaching for social justice service learning initiatives human rights and environmental education and the teaching of content area subjects it provides an important opportunity for scholars from different countries and different disciplines to establish a solid yet accessible foundation of east west inquiry that furthers the scope and depth of curriculum studies and to disseminate the insights from this book in the venues in which they work researchers faculty and graduate students in the fields of curriculum theory curriculum and instruction educational foundations philosophy of education international comparative education and multicultural educational studies will welcome this book it is appropriate as a text for upper level courses in these areas

this volume comprises various contributions from slavonic studies at the interface of linguistics literature art and cultural studies with a focus on the history situation and perception of slavonic issues in greece as well as the russian avant garde of the 20th century

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