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Yet the Buddha's story is only one of many in The Trauma of Everyday Life. Here, Epstein looks to his own experience, that of his patients, and of the many fellow sojourners and teachers he encounters as a psychiatrist and Buddhist. They are alike only in that they share in trauma, large and small, as all of us do. Epstein finds throughout that trauma, if it doesn't destroy us, wakes us up

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### **Mark Epstein The Trauma of Everyday Life**

Harvard Book Store welcomed psychiatrist and author of Thoughts Without a Thinker Mark Epstein for a discussion of his latest book, The Trauma of Everyday Life, new to paperback.

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